

# Cambie Community Centre Seniors Annual Facility Pass Program Schedule

FALL 2024

## PASS AND DROP-IN FEE

A Seniors Facility Pass is available for individuals 55+ years old and to spouses less than 55 years old for one year from date of purchase.

<b>1 Year Pass</b>	\$18.00
<b>Drop-In per visit</b>	\$4.45

Visit the front desk or call 604-238-8399 for more information.

*Schedule subject to change.*

### 3 Ways to Register:

- [richmond.ca/register](http://richmond.ca/register)
- 604-276-4300, Mon – Fri, 8:30am – 5:00pm
- In-person at any community facility

### \*Registration required.

All sessions are at East Richmond Community Hall (ERCH), 12360 Cambie Road, unless otherwise indicated.

**CCC** – Cambie Community Centre, 12800 Cambie Road

SUN	MON	TUE	WED	THU	FRI	SAT
		Tai Chi Practice– Form 24* 8:30–9:15am <i>(no instruction)</i> #00330256	Tai Chi–48 Form* 8:30–9:30am #00330258		Tai Chi– 24 Form* 8:30–9:30am #00330259	
		Tai Chi Practice– Form 48* 9:15–10:00am <i>(no instruction)</i> #00330257	Table Tennis– Drop-In 9:30–10:30am		Table Tennis– Drop-In 9:30–10:30am	
		Mahjong* <i>(2nd Tue/mth)</i> 10:00am–12:00pm #00330266	Book Club* <i>(1st Wed/mth)</i> 10:00–11:30am #00330265 <hr/> Writing Club* <i>(3rd Wed/mth)</i> 10:00am–12:00pm #00334799	Indoor Walking* 10:00–11:00am #00330264 <i>(CCC)</i>	Knitting– Drop-In 10:00–11:30am	
	Coffee and Tea 11:00am–12:30pm	Karaoke <i>(1st and 3rd Tue/mth)</i> 10:30am–12:30pm	Luk Tung Kuen* 11:00–11:45am #00330260		Luk Tung Kuen* 11:00–11:45am #00330261	
			Coffee and Tea <i>(2nd Wed/mth)</i> 11:00am–1:00pm			
			Chinese Peking Opera 4:00–6:00pm			



# Class Descriptions

## CLASS DESCRIPTIONS

### BOOK CLUB

Meet with other book lovers to discuss the book of the month. Library card and registration required.

### CHINESE PEKING OPERA

Practice this unique form of Chinese Opera that synthesizes speech, singing and music.

### COFFEE AND TEA

Make new friends, meet old friends or just drop-in to enjoy conversation and refreshments.

### INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Registration required.

### KARAOKE

Choose from English or Cantonese songs to sing solo or a duet. Bring your own microphone.

### KNITTING – DROP-IN

Turn yarn into something magical in these social sessions.

### LUK TUNG KUEN

Counter the pain of aging with this very gentle, safe and fluid form of exercise that keeps the mind alert and moves the whole body. Registration required.

### MAHJONG

Play this tile-based game that originated in China and is similar to the Western card game rummy. This social and popular game includes skill, strategy and calculation and involves a degree of chance. Registration required. This program is held on the second Tuesday of each month.

### TABLE TENNIS – DROP-IN

Play this table and racquet sport with two or four players. One table available.

### TAI CHI – 24 FORM

Increase flexibility, relaxation and balance in these beginner sessions. Instructed by a qualified volunteer. Registration required.

### TAI CHI – 48 FORM

Achieve health benefits that include better balance, increased flexibility and relaxation in these sessions. Instructed by a qualified volunteer. Suitable for those with an intermediate knowledge of Tai Chi – 24 Form. Registration required.

### TAI CHI PRACTICE – 24 FORM AND 48 FORM

Increase flexibility, relaxation and balance in these sessions. Led by a qualified volunteer and for current registrants in Tai Chi – 24 Form and/or 48 Form. Registration required.

### WRITING CLUB

Share stories, writing experiences and ideas, and offer constructive feedback to other members to help peers improve writing skills. Registration required.