

# Cambie Community Centre Seniors Annual Facility Pass Program Schedule

SUMMER 2025



## 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.

1 Year Pass	\$18.00
Drop-In per visit	\$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](https://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 (no instruction) 00405319	Tai Chi–48 Form* 8:30–9:30am 00405316		Tai Chi– 24 Form* 8:30–9:30am 00405311 (CCC)	
		Tai Chi Practice– Form 48* 9:15–10:00am (no instruction) 00405320	Table Tennis– Drop-In 9:30–10:30am		Table Tennis– Drop-In 9:30–10:30am	
		Mahjong* (2nd Tue/mth) 10:00am–12:00pm 00405327	Book Club* (1st Wed/mth) 10:00–11:30am 00405332	Indoor Walking* 10:00–11:00am 00405330 (CCC)	Knitting– Drop-In 10:00–11:30am	
	Coffee and Tea 11:00am–12:30pm	Karaoke (1st and 3rd Tue/mth) 10:00am–12:30pm	Luk Tung Kuen* 11:00–11:45am 00405323		Luk Tung Kuen* 11:00–11:45am 00405325	
			Coffee and Tea (2nd Wed/mth) 11:00am–1:00pm			
			Chinese Peking Opera 4:00–6:00pm			



604-238-8399 | [richmond.ca/cambie](https://richmond.ca/cambie)



# 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.