

Cambie Community Centre Seniors Annual Facility Pass Program Schedule

SUMMER 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.

1 Year Pass	\$16.00
Drop-In per visit	\$4.30

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

Schedule subject to change.

3 Ways to Register:

- 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) #309594	Tai Chi– 48 Form* 8:30–9:30am #309598		Tai Chi– 24 Form* 8:30–9:30am #309599	
		Tai Chi Practice– Form 48* 9:15–10:00am (no instruction) #309597	Table Tennis 9:30–10:30am		Table Tennis 9:30–10:30am	
		Mahjong* (2nd Tue/mth) 10:00am– 12:00pm #309615	Book Club* (1st Wed/mth) 10:00–11:30am #309613	Indoor Walking* 10:00–11:00am #309612 (CCC)	Knitting– Drop-In 10:00–11:30am	
	Coffee and Tea (last Mon/mth) 11:00am– 12:30pm (Call for more dates)	Karaoke (1st and 3rd Tue/mth) 10:30am– 12:30pm	Luk Tung Kuen* 11:00–11:45am #309600		Luk Tung Kuen* 11:00–11:45am #309607	
			Coffee and Tea (2nd Wed/mth) 12:00–1:30pm			



Class Descriptions

CLASS DESCRIPTIONS

BOOK CLUB

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

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 and Facility Pass required. This program is held on the second Tuesday of each month.

TABLE TENNIS

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

TAI CHI – 24 FORM

Increase flexibility, relaxation and balance in this beginner class instructed by a qualified volunteer. Registration required.

TAI CHI – 48 FORM

Achieve health benefits that include better balance, increased flexibility and relaxation in this class instructed by a qualified volunteer and 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 classes led by a qualified volunteer and for current registrants in Tai Chi – 24 Form and/or 48 Form. Registration required.