

Cambie Community Centre Seniors Annual Facility Pass Program Schedule

WINTER 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
- 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> 00361319	Tai Chi–48 Form* 8:30–9:30am 00361318		Tai Chi– 24 Form* 8:30–9:30am 00361317	
		Tai Chi Practice– Form 48* 9:15–10:00am <i>(no instruction)</i> 00361320	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 00361323	Book Club* <i>(1st Wed/mth)</i> 10:00–11:30am 00361326 <hr/> Writing Club* <i>(3rd Wed/mth)</i> 10:00am–12:00pm 00361347	Indoor Walking* 10:00–11:00am 00361363 <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> 10:00am–12:30pm	Luk Tung Kuen* 11:00–11:45am 00361321		Luk Tung Kuen* 11:00–11:45am 00361322	
			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.