

Cambie Community Centre

SENIORS GUIDE

Fall
2025



East Richmond Community Hall

12360 Cambie Road,
Richmond, BC V6V 1G4
604-238-8399
cambie@richmond.ca



Cambie Community Centre



@cambiecc

This guide is updated regularly. Program information and schedules are subject to change. Thank you for your understanding!



Drop-In Activities

A Seniors Facility Pass is required for these drop-in programs.

Monday **Coffee & Tea**

Last week / month
(Call to confirm dates)
11:00am-12:30pm

Drop-in to enjoy refreshments.
Meet old and new friends.



Tuesday **Karaoke**

First and Third Tues / month
10:00am-12:30pm

Bring your own microphone.



Wednesday **Coffee & Tea**

Second Wednesday / month
following Blood Pressure /
Reflexology Wellness Clinic
10:00am-12:30pm

Drop-in to enjoy refreshments.



Wednesday **Peking Opera**

4:00-6:00pm

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



Wednesday & Friday **Table Tennis**

9:30-10:30am

One table available.

Bring your own paddles.



Friday **Knitting Group**

10:00-11:30am

Knit for charity or for yourself.

Join us & have fun!



Arts, Dance and Fitness

Arts - Visual

DRAWING BASICS

Capture on paper simple objects, images and still lifes while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence. Supplies list provided.

55+ yrs	Sep 3-Oct 22	Wed	2:45-4:15pm	\$80.65/8 sess.	00434717
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PAINT NIGHT

Create a magnificent painting to take home with step-by-step instruction. Instructed by Party with Laura. No experience required. Supplies included.

55+ yrs	Sep 18	Thu	6:30-8:30pm	\$35.00/1 sess.	00427495
55+ yrs	Dec 4	Thu	6:30-8:30pm	\$35.00/1 sess.	00429791

Dance and Fitness

CHAIR FITNESS

Manage chronic conditions and pain more effectively both in and out of the chair. Focus on simple exercises, deep breathing and gentle stretches in these basic fitness sessions. Suitable for older adults and those with physical limitations.

55+ yrs	Sep 9-Oct 28	Tue	1:15-2:00pm	\$43.75/7 sess.	00434918
55+ yrs	Sep 12-Oct 24	Fri	11:15am-12:00pm	\$43.75/7 sess.	00434925
55+ yrs	Oct 31-Dec 19	Fri	11:15am-12:00pm	\$50.00/8 sess.	00434931
55+ yrs	Nov 4-Dec 16	Tue	1:15-2:00pm	\$37.50/6 sess.	00434929

DANCE MOVES - ALL LEVELS

Enjoy a great workout with fun and easy-to-follow dance routines. Suitable for all fitness and experience levels.

55+ yrs	Sep 8-Oct 6	Mon	10:00-11:00am	\$33.60/5 sess.	00428977
55+ yrs	Oct 20-Dec 15	Mon	10:00-11:00am	\$60.50/9 sess.	00428978

Fitness and Martial Arts

A Seniors Facility Pass is required for Indoor Walking, Tai Chi, and Luk Tung.
Classes with an * do not have an instructor and are for practice only.

INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Facility Pass and registration required.

55+ yrs	Sep 4-Dec 18	Thu	10:00-11:00am	Free/16 sess.	00427233
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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. Seniors Facility Pass and registration required.

55+ yrs	Sep 3-Dec 17	Wed	11:00-11:45am	Free/16 sess.	00427218
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55+ yrs	Sep 5-Dec 19	Fri	11:00-11:45am	Free/14 sess.	00427222
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TAI CHI - 24 FORM

Increase flexibility, relaxation and balance in this beginner class instructed by a qualified volunteer instructor. Seniors Facility Pass and registration required.

55+ yrs	Sep 5-Dec 19	Fri	8:30-9:30am	Free/16 sess.	00427215
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TAI CHI PRACTICE - 24 FORM*

Increase flexibility, relaxation and balance in these sessions for current registrants in Tai Chi - 24 Form. Instructed by an experienced volunteer leader. Seniors Facility Pass and registration required. Must be registered in the Tai Chi - 24 Form sessions to register.

55+ yrs	Sep 2-Dec 16	Tue	8:30-9:15am	Free/14 sess.	00427202
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TAI CHI - 48 FORM

Achieve health benefits that include better balance, increased flexibility and relaxation in this class instructed by a qualified volunteer instructor and suitable for those with an intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required.

55+ yrs	Sep 3-Dec 17	Wed	8:30-9:30am	Free/16 sess.	00427210
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TAI CHI PRACTICE - 48 FORM*

Achieve health benefits that include better balance, increased flexibility and relaxation in sessions. Instructed by a qualified volunteer. Suitable for intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required. Pre-requisite: Tai Chi - Form 24 and instructor approval.

55+ yrs	Sep 2-Dec 16	Tue	9:15-10:00am	Free/14 sess.	00427209
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A Seniors Facility Pass is required for Book Club, Mahjong and Writing Club.

BOOK CLUB

Meet with other book lovers to discuss the latest books. Facility Pass and registration required. Call Cambie at 604-238-8399 to register. First Wed of month.

55+ yrs Sep 3-Dec 3 Wed 11:00am-12:30pm Free/4 sess. 00427238

EASY RIDERS - TRANSIT CONFIDENCE WORKSHOP

Gain confidence navigating on transit, and learn about route planning, HandyDART and transitioning from driving to transit. This interactive session includes a bus ride on the 406 and the Canada Line to practice learnings. Vouchers provided. Presented by Better Environmentally Sound Transportation (BEST) - Seniors On The Move. Registration required.

55+ yrs Sep 11-Sep 18 Thu 1:00-2:30pm Free/2 sess. 00436615

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. Second Tue of month.

55+ yrs Sep 9-Dec 9 Tue 10:00am-12:00pm Free/3 sess. 00427230

WRITING CLUB

Share stories, writing experiences and ideas, and offer constructive feedback to other members to help peers improve writing skills. Facility Pass and registration required. Third Wed of month.

55+ yrs Sep 17-Dec 17 Wed 10:00am-12:00pm Free/4 sess. 00427264



Blood Pressure - Drop-In



Second Wednesday of the month from 9:30am to 12:00pm

Blood pressure checks with a registered nurse

Refreshments, information and resources available.

Call Linda for more information: 604-238-8372

FOOT CARE CLINICS

Keep feet healthy with an assessment of the feet and nails by a licensed Foot Care Nurse. Receive treatment for corns, calluses, ingrown toenails or thickened toenails. Call 604-238-8399 to book a 30-minute appointment between 9:00am and 3:00pm.

55+ yrs	Sep 8	Mon	9:00am-3:00pm	\$57.50/1 sess.	00427341
55+ yrs	Sep 22	Mon	9:00am-3:00pm	\$57.50/1 sess.	00438323
55+ yrs	Oct 6	Mon	9:00am-3:00pm	\$57.50/1 sess.	00427342
55+ yrs	Nov 3	Mon	9:00am-3:00pm	\$57.50/1 sess.	00427343
55+ yrs	Dec 1	Mon	9:00am-3:00pm	\$57.50/1 sess.	00427344
55+ yrs	Dec 29	Mon	9:00am-3:00pm	\$57.50/1 sess.	00427345

Located at the East Richmond Community Hall.

Call 604-238-8399 to book an appointment.

HEARING CLINICS

Register for a hearing test appointment offered the fourth Wednesday of each month. Registration required. Registration is for a 20 minute hearing clinic appointment.

Wed, Sep 24

Wed, Oct 22

Wed, Nov 26

9:00-11:00am

Free/1 sess.

Located at the East Richmond Community Hall.

Visit richmond.ca/register or call **604-238-8399** to book an appointment.

WELLNESS CLINICS - REFLEXOLOGY - YVONNE

This alternative medical practice involves applying pressure to the feet, hands or ears with specific thumb, finger and hand technique work that results in physical changes to the body. 2nd and 4th Wed. of month. Registration required, \$18.00/20 minute appointment.

Located at the East Richmond Community Hall.

Visit richmond.ca/register or call **604-238-8399** to book an appointment.

WELLNESS CLINICS - SHIATSU - RUNA

Relieve stress and pain with this form of massage that uses kneading, pressing, soothing, tapping and stretching techniques performed in a specialty ergonomically designed portable chair. 2nd and 4th Wed of month. Registration required, \$18.00/20 minute appointment.

Located at the East Richmond Community Hall.

Visit richmond.ca/register or call **604-238-8399** to book an appointment.

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Learn coping strategies to help take control or better manage pain and to work more effectively and confidently with health care providers. Caregivers are welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

55+ yrs	Sep 25-Oct 30	Thu	10:00am-12:30pm	Free/6 sess.	00427355
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FALLS PREVENTION WORKSHOP

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by Vancouver Coastal Health's Falls Prevention Team. Registration required.

55+ yrs	Nov 27	Thu	1:00-2:30pm	Free/1 sess.	00427346
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HOLISTIC HEALTH SERIES - IRRITABLE BOWEL SYNDROME (IBS) WORKSHOP

Learn about this chronic condition of the digestive system with primary symptoms of abdominal pain and changes in bowel habits. Presented by a naturopathic doctor. Registration required.

55+ yrs	Nov 10	Mon	1:00-2:30pm	Free/1 sess.	00412040
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MINDFULNESS AND MOVEMENT

Discover a range of holistic healing practices, explore personalized stretches and engage in meditation for a more balanced and healthier life. Led by a certified mindfulness and movement facilitator. Registration required.

55+ yrs	Sep 2-Sep 23	Tue	1:00-2:00pm	\$26.90/4 sess.	00408804
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55+ yrs	Oct 7-Nov 4	Tue	1:00-2:00pm	\$33.60/5 sess.	00430777
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MINDS IN MOTION (CANTONESE)

Enjoy light exercise led by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in fee. Must be referred by the Alzheimer's Society. Conducted in Cantonese.

55+ yrs Sep 3-Dec 17 Wed 1:30-3:30pm \$95.50/16 sess. 00428972

OSTEOARTHRITIS SERIES - OSTEOARTHRITIS OF THE SPINE

Learn strategies for managing this specific kind of osteoarthritis, including improving posture, joint protection, exercise and pain management. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Sep 4 Thu 1:00-3:00pm Free/1 sess. 00435152

OSTEOARTHRITIS SERIES - MANAGING HIP AND KNEE OSTEOARTHRITIS

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery and what happens during joint replacement surgery. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Sep 22 Mon 11:00am-1:00pm Free/1 sess. 00435153

OSTEOARTHRITIS SERIES - NUTRITION, SUPPLEMENTS AND ARTHRITIS

Learn how diet and weight affect osteoarthritis with topics that include nutrients, supplements, weight, eating habits, portion sizes and Canada's Food Guide. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Nov 6 Thu 1:00-3:00pm Free/1 sess. 00435154

OSTEOARTHRITIS SERIES - EXERCISE AND ARTHRITIS

Learn about the various types and amount of exercise that can help those with osteoarthritis to increase range of motion, strength and endurance. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Dec 11 Thu 1:00-3:00pm Free/1 sess. 00437045

Online Programs

JEOPARDY GAME - ONLINE

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required.

55+ yrs Sep 19-Dec 19 Fre 2:00-3:00pm Free/4 sess. 00429055

MAPQUEST TRAVEL - ONLINE

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Second Tue of month. Registration required.

55+ yrs Sep 9-Dec 9 Tue 1:00-2:00pm Free/3 sess. 00437804

Out Trips and Tours

NEW WESTMINSTER RIVERFEST TRIP

Celebrate the mighty Fraser River at this annual event that includes a delicious salmon chowder cook-off, artisan displays and a unique workboat parade. Transportation only included. Admission is free.

55+ yrs Sep 27 Sat 11:00am-3:00pm \$21.65/1 sess. 00437298

UBC APPLE FESTIVAL TRIP

Explore and sample a diverse selection of apples—from popular favourites to rare and unusual varieties—at this lively festival hosted by the UBC Botanical Garden. Enjoy main stage entertainment, a food fair and the ever-popular tasting tent. Transportation, admission and apple tasting fee included.

55+ yrs Oct 18 Sat 9:45am-1:45pm 55+ yrs \$38.00/1 sess.
65+ yrs \$37.00/1 sess. 00433747

MARTINI TOWN - MERRY AND BRIGHT TRIP

Explore the streets and buildings of Langley's Martini Studios and be transported to yesteryear holidays. Take in the traditional festive music, a small artisan market and tasty food options. Transportation and admission included.

55+ yrs Dec 19 Fri 2:35-8:10pm \$42.00/1 sess. 00430214

Special Events

NATIONAL SENIORS DAY - MULTICULTURAL SOCIAL

Celebrate the day with light refreshments, learn about upcoming 55+ activities and share ideas for future programming. Registration required.

55+ yrs Sep 29 Mon 1:00-2:30pm Free/1 sess. 00428841

MID-AUTUMN CELEBRATION

Come and share moon cakes to wish others health and happiness in the coming year. Registration required.

55+ yrs Oct 3 Fri 11:00am-1:00pm \$11.35/1 sess. 00430794

DIWALI CELEBRATION

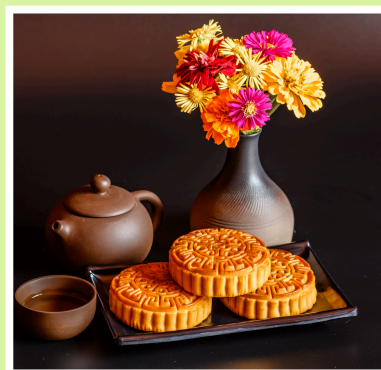
Observe this Indian festival of lights with good food, music and friends.

55+ yrs Oct 24 Fri 12:00-2:00pm \$11.35/1 sess. 00430823

CHRISTMAS CELEBRATION AND LUNCH

Enjoy a festive afternoon social offering entertainment, lunch and the chance to connect with others in a cheerful setting.

55+ yrs Dec 22 Mon 12:00-2:00pm \$17.00/1 sess. 00438121



Facility Hours:

Mon-Fri: 7:00am-9:45pm

Sat: 9:00am-8:45pm

Sun: 9:00am-9:45pm

Visit richmond.ca/cambie for up to date holiday hours!



Program Registration Information

- 1) **Online:** Visit richmond.ca/register to register at any time.
- 2) **By Phone:** Registration Call Centre at **604-276-4300**, Mon-Fri, 8:30am-5:00pm
- 3) **In Person:** Visit the community centre during operating hours

To browse available programs, check out richmond.ca/register. A MyRichmond account and credit card is required for online registration.

Refunds and Withdrawals

To receive a refund, or to withdraw or transfer from a class, call the Registration Call Centre at **604-276-4300**, Mon-Fri, 8:30am-5:00pm. Visit richmond.ca/register for our full refund policy.

Register early to avoid program cancellations!

Programs are cancelled approximately seven days prior to start date if there are not enough participants. Register as early as possible to reserve your spot and avoid program cancellations!

Volunteer Opportunities

Interested in volunteering with Cambie Community Centre? Visit icanhelp.richmond.ca to browse volunteer opportunities!

Purchase your Seniors Facility Pass today!

**Purchase a Cambie Community
Centre Seniors Facility Pass today!**

\$19.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Writing Club,
Indoor Walking, Tai Chi, Luk Tung
Kuen, Knitting, Karaoke, Table Tennis,
Mahjong and Peking Opera

***Note that some of these programs
require registration!**

**Seniors programs are typically located
at East Richmond Community Hall.
12360 Cambie Road**

Meet Cambie's Seniors Coordinator

Linda Simpson

Phone: 604-238-8372

Email: Linda.Simpson@richmond.ca