

Cambie Community Centre

WINTER 2024 SENIORS GUIDE



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
10:30am - 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 - Visual

PAINT NIGHT

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

55+ yrs	January 25	Thu	6:30-8:30pm	\$35.00/1 Sess.	#278797
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Dance and Dance Fitness

DANCE MOVES

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

55+ yrs	Jan 15-Feb 12	Mon	10:00-11:00am	\$31.70/5 Sess.	#281259
55+ yrs	Feb 26-Mar 25	Mon	10:00-11:00am	\$31.70/5 Sess.	#282547



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	Jan 11-Mar 28	Thu	10:00-11:00am	Free/11 sess.	#271022
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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	Jan 10-Mar 27	Wed	11:00-11:45am	Free/12 sess.	#271020
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55+ yrs	Jan 12-Mar 22	Fri	11:00-11:45am	Free/10 sess.	#271021
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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	Jan 12-Mar 22	Fri	8:30-9:30am	Free/11 sess.	#271017
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TAI CHI PRACTICE - 24 FORM*

Increase flexibility, relaxation, and balance in this class for current registrants in Tai Chi - 24 Form. Led by an experienced volunteer leader. Seniors Facility Pass and registration required.

55+ yrs	Jan 9-Mar 26	Tue	8:30-9:15am	Free/12 sess.	#271008
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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	Jan 10-Mar 27	Wed	8:30-9:30am	Free/12 sess.	#271013
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TAI CHI PRACTICE - 48 FORM*

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

55+ yrs	Jan 9-Mar 26	Tue	9:15-10:00am	Free/12 sess.	#271009
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General Interest

A Seniors Facility Pass is required for Book Club, Mahjong, and Memoir Writing Workshop.

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.

55+ yrs Jan 3-Mar 6 Wed 10:00-11:30am Free/3 sess. #271023

FINANCIAL LITERACY - CREATING A FINANCIAL PLAN

Learn tips and tricks and get help on the path to financial success. Presented by a G&F Financial advisor. Registration required.

55+ yrs March 21 Thu 6:30-8:00pm Free/1 sess. #281279

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.

55+ yrs Jan 9-Mar 12 Tue 10:00am-12:00pm Free/3 sess. #271024

MEMOIR WRITING WORKSHOP

Explore various approaches to personal/family memoir writing and receive feedback on individual projects. Registration required.

55+ yrs Jan 17-Mar 20 Wed 10:00am-12:00pm Free/3 sess. #280142



Blood Pressure - Drop-In



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

Blood Pressure checks with a registered nurse

Refreshments,
Information, and Resources available

Call Linda for more information (604) 238-8372

Foot Care and Wellness Clinics

FOOT CARE CLINIC

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.

55+ yrs	January 8	Mon	9:00am-3:00pm	\$55.00/1 sess.	#271359
55+ yrs	February 5	Mon	9:00am-3:00pm	\$55.00/1 sess.	#271360
55+ yrs	February 26	Mon	9:00am-3:00pm	\$55.00/1 sess.	#271361
55+ yrs	March 18	Mon	9:00am-3:00pm	\$55.00/1 sess.	#271362

WELLNESS CLINIC - REFLEXOLOGY

Try this alternative medical practice that 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.

55+ yrs	January 10	Wed	9:30-9:50am	\$17.25/1 sess.	#281335
55+ yrs	January 10	Wed	10:00-10:20am	\$17.25/1 sess.	#281354
55+ yrs	January 10	Wed	10:30-10:50am	\$17.25/1 sess.	#281359
55+ yrs	January 10	Wed	11:00-11:20am	\$17.25/1 sess.	#281363
55+ yrs	January 10	Wed	11:30-10:50am	\$17.25/1 sess.	#281366
55+ yrs	January 10	Wed	12:00-12:20pm	\$17.25/1 sess.	#281369
55+ yrs	January 10	Wed	12:30-12:50pm	\$17.25/1 sess.	#281372

Additional dates will be available for February and March.

ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT PROGRAM

Recognize the signs and symptoms of diabetes and learn to manage low and high blood glucose, nutrition, activity, stress, and medications to prevent complications. Also learn core self-management skills including problem-solving, making action plans, and decision-making. Family members and caregivers welcome. Presented by Self-Management BC, University of Victoria, and the BC Ministry of Health. Registration required.

55+ yrs Jan 25-Feb 29 Thu 10:00am-12:30pm Free/6 sess. #275741

HEALTHY EATING FOR HEALTHY AGING

Learn about important principles of healthy eating and nutrition to support healthy aging of the body and mind. Discussion will include practical strategies to overcome common food and nutrition related challenges associated with chronic disease management, meal preparation, and changes in weight or appetite.

55+ yrs March 28 Thu 12:00-1:00pm Free/1 sess. #282359

HOLISTIC HEALTH SERIES - ALZHEIMER'S AND DEMENTIA WORKSHOP

Learn about the underlying contributors and symptoms of mild cognitive decline and dementia. Presented by a naturopathic doctor. Registration required.

55+ yrs January 8 Mon 1:00-2:30pm Free/1 sess. #279859



HOLISTIC HEALTH SERIES - HEALTHY HEART WORKSHOP

Learn to optimize cardiovascular health for benefits that include lowering blood pressure and stress, strengthening muscles, and helping with weight control. Presented by a naturopathic doctor.

Registration required.

55+ yrs February 12 Mon 1:00-2:30pm Free/1 sess. #275781

MINDS IN MOTION (CANTONESE)

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program.

Conducted in Cantonese.

55+ yrs Jan 10-Mar 27 Wed 1:30-3:30pm \$67.80/12sess. #271352



Online Programs

ONLINE - COOKING CHAT LINE WITH SIMON (CANTONESE)

Talk online with a chef and others in this unique session that includes sharing recipes, discussing various cooking methods, and having culinary questions answered. Conducted in Cantonese. Offered through Zoom. Registration required.

55+ yrs Jan 11-Mar 7 Thu 11:00am-12:00pm Free/3 sess. #271025

ONLINE - JEOPARDY GAME

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 Jan 19-Mar 15 Fri 2:00-3:00pm Free/3 sess. #271038

ONLINE - MAPQUEST TRAVEL

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

55+ yrs Jan 9-Mar 12 Tue 12:45-1:45pm Free/3 sess. #272305



Out Trips and Tours

ROEDDE HOUSE MUSEUM TRIP

Enjoy the "Tea and Tour" in this City of Vancouver-designated Class A Heritage House designed by famed architect Francis Rattenbury and made up of 11 rooms furnished with artifacts and period items collected over the years. Transportation, tour, and tea included.

55+ yrs January 28 Sun 12:30-3:00pm \$27.00/1 sess. #279482

OLIVE GARDEN LUNCH TRIP

Dine on authentic Italian dishes at this popular Langley restaurant. Transportation only included. No refunds within 7 days of trip.

55+ yrs March 14 Thu 10:30am-2:00pm \$22.00/1 sess. #279088

Special Events

LUNAR NEW YEAR CELEBRATION

Enjoy colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

55+ yrs February 2 Fri 11:00am-1:00pm \$16.50/1 sess. #282476



Fall Hours:

Monday - Friday: 7:00am - 9:45pm

Saturday: 9:00am - 8:45pm

Sunday: 9:00am - 9:45pm



Program Registration Information

- 1) **Online:** Visit www.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 register in person

To browse available programs please check out www.richmond.ca/register. A MyRichmond account and credit card are 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**, Monday to Friday, 8:30 am to 5:00 pm. Visit www.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!**

\$16.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Memoir
Writing Class, Walking Club, Tai Chi,
Luk Tung Kuen, Knitting, 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