South Arm Community Centre
Seniors Annual Facility Pass Program Schedule

FALL 2026

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	$20.00
Drop-In per visit	$4.70

Visit the front desk or call 604-238-8060 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

SUN	MON	TUE	WED	THU	FRI	SAT
	Luk Tung Kuen 7:45 – 8:30am	Luk Tung Kuen 7:45 – 8:30am	Luk Tung Kuen 7:45 – 8:30am	Luk Tung Kuen 7:45 – 8:30am	Luk Tung Kuen 7:45 – 8:30am	
	New Immigrant Support/ English Conversation Group 9:00 – 11:30am			Friendship Group 8:30 – 9:20am		
	Scrabble 10:00am – 12:00pm	Social Coffee/ Tea Group 9:30 – 11:00am	Book Club *(4th Wed/month)* 10:00 – 11:30am	Karaoke 9:30am – 12:00pm Mahjong Social 9:30am – 1:00pm	TED Talks *(4th Fri/month)* 10:00 – 11:30am	
Sahara Sisters *(last Sun/mth)* 12:30 – 3:30pm			Classical QiPao Dance 12:00 – 2:00pm Sing-A-Long 12:30 – 2:30pm			MILAP Group B 11:30am – 1:30pm
	Carpet Bowling 1:00 – 3:00pm MILAP Group A *(Bi-weekly)* 1:00 – 3:00pm			Knitting Group 1:00 – 3:00pm	Carpet Bowling 1:00 – 3:00pm	

CLASS DESCRIPTIONS

BOOK CLUB
Meet with other reading enthusiasts to discuss the current monthly book selection from the Richmond Public Library.

CARPET BOWLING
Try this social game that is played indoors on a long 'felt' carpet.

CLASSICAL QIPAO DANCE
Try this unique form of dance and learn about the QiPao culture in a fun and social environment.

FRIENDSHIP GROUP
Socialize, share news in the community and meet old and new friends.

KARAOKE
Sing solos, duets in English or Chinese or come simply to enjoy the music in this social environment. Masks recommended.

KNITTING GROUP
Turn yarn into something magical to be sold in facility display cases in the centre's hallway and Seniors Lounge or donated to charitable organizations throughout the year. All proceeds for Seniors programming. Members required to bring needles and yarn to 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. These sessions are led by an Activity Liaison. All skill levels welcome.

MAHJONG SOCIAL
Play this tile-based game that originated in China and is similar to the Western card game rummy. These non-gambling sessions include skill, strategy and calculation with a degree of chance. All skills welcome.

MILAP GROUP
Join this South Asian women's support group with weekly activities facilitated by a group liaison. Call to confirm meeting date.

NEW IMMIGRANT SUPPORT/ENGLISH CONVERSATION GROUP
Meet new friends and learn basic English in this informal learning group. Great for those new to the country or people who want to practice their English speaking skills.

SAHARA SISTERS
Join this women's support group with weekly activities facilitated by a group liaison. Call to confirm meeting date.

SCRABBLE
Challenge others in this classic game of word strategy. Scrabble sets provided.

SING-A-LONG
Enjoy singing with a live accompaniment and others to popular music from across the decades.

SOCIAL COFFEE/TEA GROUP
Get comfortable with a warm beverage and join in light conversation with others during this weekly get together.

TED TALKS
Prepare to be inspired, engaged and entertained watching online presentations of TED (Technology, Entertainment, Design) Talks followed by a group discussion.