

Thompson Community Centre Seniors Annual Facility Pass Program Schedule

FALL 2023

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
Drop-In per visit	\$4.30

Visit the front desk or call 604-238-8422 for more information.

Schedule subject to change.

3 Ways to Register:

- www.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 – 8:45am	Luk Tung Kuen 7:45 – 8:45am	Luk Tung Kuen 7:45 – 8:45am	Luk Tung Kuen 7:45 – 8:45am	Luk Tung Kuen 7:45 – 8:45am	
	Tai Chi 9:00 – 9:30am	Luk Tung Kuen Coffee Hour 9:00 – 10:00am	Tai Chi 9:00 – 9:30am			
	Online – Name that Tune (3rd Mon/mth) 10:30 – 11:45am		Spanish Conversation Group 10:00 – 11:30am	Crafts Group 11:00am – 1:00pm	Gentlemen in Conversation (2nd Fri/mth) 10:30am – 12:30pm <hr/> Karaoke 10:30am – 12:30pm	
	Book Club (2nd Mon/mth) 2:15 – 3:45pm		Chinese Cultural Dance 1:30 – 2:45pm			

CLASS DESCRIPTIONS

BOOK CLUB

Meet with other book lovers to discuss the book of the month.

CHINESE CULTURAL DANCE

Practice a wide range of popular dances with an opportunity to perform in the community.

CRAFTS GROUP

Share ideas and patterns with this fundraising group.

GENTLEMEN IN CONVERSATION

Meet other men to chat about interesting topics from current events to health, wellness and Sports. Coffee and tea provided.

KARAOKE

Find some rhythm, play some music and get singing to some great songs!

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.

LUK TUNG KUEN COFFEE HOUR

Relax after Luk Tung Kuen and socialize with coffee and snacks.

ONLINE – NAME THAT TUNE

Connect with others from the comfort of home while listening to music from across the decades. Offered through Zoom. Registration required.

SPANISH CONVERSATION GROUP

Join this informal session to practice and maintain Spanish conversation skills. All levels welcome.

TAI CHI

Increase flexibility, relaxation and balance with this popular form of martial arts.