Thompson 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 604-238-8422 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
					Table Tennis 7:30 – 9:30am	Table Tennis 7:30 – 10:30am
	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 8:50 – 9:20am	Luk Tung Kuen Coffee Hour 9:00 – 10:00am	Tai Chi 8:50 – 9:20am			
				Women in Conversation 11:00am – 1:00pm	Gentlemen in Conversation *(2nd Fri/mth)* 10:30am – 12:30pm Karaoke 10:30am – 12:30pm	
	Table Tennis 2:00 – 4:30pm	Bridge 1:00 – 2:45pm	Chinese Cultural Dance 1:30 – 2:45pm			
Table Tennis 5:00 – 8:00pm				Table Tennis 8:15 – 9:30pm		

CLASS DESCRIPTIONS

BRIDGE
Play this popular trick-taking card game with three other players.

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

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.

TABLE TENNIS
Rally with friends, hone skills and improve coordination and focus in fast-paced games and friendly competition.

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

WOMEN IN CONVERSATION
Meet other women to chat about interesting topics from current events to health, wellness and sports. Coffee and tea provided.