

Thompson Community Centre Seniors Annual Facility Pass Program Schedule

SUMMER 2024

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	\$16.00
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:

- 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 – 9:30am
	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 9:00 – 9:30am		Tai Chi 9:00 – 9:30am	Luk Tung Kuen Coffee Hour 9:00 – 10:00am		
				Crafts Group 11:00am – 1:00pm	Gentlemen in Conversation <i>(2nd Fri/mth)</i> 10:30am – 12:30pm <hr/> Karaoke 10:30am – 12:30pm	
	Table Tennis 1:30 – 5:30pm					
			Chinese Cultural Dance 1:30 – 2:45pm			

CLASS DESCRIPTIONS

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.

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.