

Cambie Community Centre

SENIORS GUIDE

Fall
2024



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.



Friday **Knitting Group**

10:00 - 11:30am

Knit for charity or for yourself.

Join us & have fun!



Arts and Fitness

Arts - Visual

PAINT NIGHT

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

55+ yrs	September 26	Thu	6:30-8:30pm	\$35.00/1 sess.	#00330866
55+ yrs	December 5	Thu	6:30-8:30pm	\$35.00/1 sess.	#00330867

Dance and Fitness

CHAIR FITNESS

Manage chronic conditions and pain more effectively both in and out of the chair. Focus is on simple exercises, deep breathing, and gentle stretches in this basic fitness class. Suitable for older adults and those with physical limitations.

55+ yrs	Sep 10-Oct 15	Tue	1:15-2:00pm	\$36.05/6 sess.	#00339661
55+ yrs	Nov 5-Dec 17	Tue	1:15-2:00pm	\$42.05/7 sess.	#00340432

DANCE MOVES

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

55+ yrs	Sep 9-Sep 23	Mon	10:00-11:00am	\$19.60/3 sess.	#00352422
55+ yrs	Oct 7-Dec 16	Mon	10:00-11:00am	\$58.75/9 sess.	#00330890

WOMEN ON WEIGHTS

Build confidence, strength and knowledge in this small group program designed for women. Focus on developing strength and toning muscles using machines, free weights and other fitness equipment in a supportive setting led by a personal trainer.

55+ yrs	Sep 11-Sep 25	Wed	2:00-3:00pm	\$32.20/3 sess.	00337565
---------	---------------	-----	-------------	-----------------	----------

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	Sep 5-Dec 19	Thu	10:00-11:00am	Free/16 sess.	#00330264
---------	--------------	-----	---------------	---------------	-----------

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	Sep 4-Dec 18	Wed	11:00-11:45am	Free/16 sess.	#00330260
---------	--------------	-----	---------------	---------------	-----------

55+ yrs	Sep 6-Dec 20	Fri	11:00-11:45am	Free/16 sess.	#00330261
---------	--------------	-----	---------------	---------------	-----------

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	Sep 6-Dec 20	Fri	8:30-9:30am	Free/16 sess.	#00330259
---------	--------------	-----	-------------	---------------	-----------

TAI CHI PRACTICE - 24 FORM*

Increase flexibility, relaxation and balance in these sessions for current registrants in Tai Chi - 24 Form. Instructed by an experienced volunteer leader. Seniors Facility Pass and registration required. Must be registered in the Tai Chi - 24 Form sessions to register.

55+ yrs	Sep 3-Dec 17	Tue	8:30-9:15am	Free/16 sess.	#00330256
---------	--------------	-----	-------------	---------------	-----------

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	Sep 4-Dec 18	Wed	8:30-9:30am	Free/16 sess.	00330258
---------	--------------	-----	-------------	---------------	----------

TAI CHI PRACTICE - 48 FORM*

Achieve health benefits that include better balance, increased flexibility and relaxation in sessions. Instructed by a qualified volunteer. Suitable for intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required. Pre-requisite: Tai Chi - Form 24 and instructor approval.

55+ yrs	Sep 3-Dec 17	Tue	9:15-10:00am	Free/16 sess.	#00330257
---------	--------------	-----	--------------	---------------	-----------

General Interest

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

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. This program is held on the first Wednesday of each month.

55+ yrs Sep 4-Dec 4 Wed 10:00-11:30am Free/4 sess. #00330265

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 Sep 10-Dec 10 Tue 10:00am-12:00pm Free/4 sess. #00330266

WRITING CLUB

Share stories, writing experiences and ideas, and offer constructive feedback to other members to help peers improve writing skills. Facility Pass and registration required. This program is held on the third Wednesday of every month.

55+ yrs Sep 18-Dec 18 Wed 10:00am-12:00pm Free/4 sess. #00334799



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 CLINICS

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. Call 604-238-8399 to book a 30-minute appointment between 9:00am and 3:00pm.

55+ yrs	September 16	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00330472
55+ yrs	October 21	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00330473
55+ yrs	October 28	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00330474
55+ yrs	November 25	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00330475
55+ yrs	December 16	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00330476

Located at the East Richmond Community Hall.

Call (604) 238-8399 to book an appointment.

HEARING CLINICS

Register for a hearing test appointment offered the fourth Wednesday of each month. Registration required. Registration is for a 20 minute Hearing Clinic appointment.

Wednesday, September 25

Wednesday, October 23

Wednesday, November 27

9:00 - 10:40am

Free/1 sess.

Located at the East Richmond Community Hall.

Visit us online at richmond.ca/register or call **604-238-8399** to book an appointment.

WELLNESS CLINICS - REFLEXOLOGY - YVONNE

This alternative medical practice involves applying pressure to the feet, hands or ears with specific thumb, finger & hand technique work that results in physical changes to the body. 2nd & 4th Wed.

Located at the East Richmond Community Hall.

Visit us online at richmond.ca/register or call **604-238-8399** to book an appointment.

WELLNESS CLINICS - SHIATSU - RUNA

Relieve stress & pain with this form of massage that uses kneading, pressing, soothing, tapping & stretching techniques performed in a specialty ergonomically designed portable chair. 2nd & 4th Wed of month.

Located at the East Richmond Community Hall.

Visit us online at richmond.ca/register or call **604-238-8399** to book an appointment.

DRY EYES WORKSHOP

Learn what the causes, signs, symptoms, prevention and treatment are of Dry Eye Syndrome. Presented by an optometrist. Registration required.

55+ yrs October 23 Wed 10:00-11:30am Free/1 sess. #00335230

FOOD SKILLS FOR FAMILIES - SENIORS EDITION

Gain hands-on cooking experience and adapt simple and delicious recipes to make at home. Presented by the BC Centre for Disease Control. Registration required.

55+ yrs Oct 17-Nov 21 Thu 11:00am-2:00pm Free/6 sess. #00338955

HOLISTIC HEALTH SERIES - DIGESTIVE HEALTH

Learn why digestive health is considered the second brain of the body and how to make improvements. Presented by a naturopathic doctor. Registration required.

55+ yrs September 23 Mon 1:00-2:00pm Free/1 sess. #00335960

HOLISTIC HEALTH SERIES - ADRENAL HEALTH

Learn to make the body more resilient to stress through improving these important glands that produce hormones that help burn fat and protein and regulate sugar and blood pressure. Presented by a naturopathic doctor. Registration required.

55+ yrs December 9 Mon 1:00-2:00pm Free/1 sess. #00335957

MINDS IN MOTION (CANTONESE)

Enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Designed for people living with early-stage memory loss due to Alzheimer's disease and other dementias and a friend, family member or care partner. Light refreshments provided. PAR-Q+ form must be completed at the start of the program. One person with dementia and one care partner covered in price. Conducted in Cantonese.

55+ yrs Sep 4-Dec 18 Wed 1:30-3:30pm \$92.80/16 sess. #00335206

OSTEOARTHRITIS SERIES - INTRODUCTION TO MEDITATION

Learn basic meditation techniques to help manage pain in this entirely chair-based class. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs September 26 Thu 10:00-11:00am Free/1 sess. #00335226

OSTEOARTHRITIS SERIES - PAIN MANAGEMENT

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs October 3 Thu 1:00-3:00pm Free/1 sess. #00335227

OSTEOARTHRITIS SERIES - NORDIC POLE WALKING FOR ARTHRITIS

Learn about the benefits of using poles while walking and techniques to support joints. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs October 10 Thu 10:00-11:00am Free/1 sess. #00335402

OSTEOARTHRITIS SERIES - SLEEP AND STRESS MANAGEMENT

Learn evidence-based strategies to effectively manage stress and sleep issues. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs November 28 Thu 1:00-3:00pm Free/1 sess. #00335228

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. This program is held on the first Thursday of each month.

55+ yrs Sep 5-Dec 5 Thu 11:00am-12:00pm Free/4 sess. #00330270 **Cancelled**

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. This program is held on the third Friday of each month.

55+ yrs Sep 20-*Dec 20 Fri 2:00-3:00pm Free/4 sess. #00334708

ONLINE - MAPQUEST TRAVEL

Sit back, relax and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Registration required. This program is held on the second Tuesday of each month.

55+ yrs Oct 8-Dec 10 Tue 12:45-1:45pm Free/3 sess. #00337322

Out Trips and Tours

WHITE ROCK FARMERS' MARKET TRIP

Browse the 80+ vendors made up of local makers, bakers and growers and enjoy live music at this established market. Transportation only included.

55+ yrs September 15 Sun 10:00am-3:00pm \$24.00/1 sess. #00331245 **Cancelled**

WEST COAST EXPRESS TO MISSION AND DINNER TRIP

Enjoy the sights riding this commuter railway to Mission, followed by time to roam around downtown and dinner at a local restaurant before returning by bus. Transportation only included.

55+ yrs September 25 Wed 2:15-8:30pm \$38.00/1 sess. #00339066

MARTINI TOWN - MERRY AND BRIGHT TRIP

Explore the streets and buildings of Langley's Martini Studios and be transported to yesteryear holidays. Take in the traditional festive music, a small artisan market and tasty food options. Transportation and admission included.

55+ yrs December 14 Sat 1:00-5:30pm \$40.00/1 sess. #00331246

Special Events

MID-AUTUMN CELEBRATION

Come and share moon cakes to wish others health and happiness in the coming year.

55+ yrs September 12 Thu 10:00am-12:00pm \$11.70/1 sess. #00332335

NATIONAL SENIORS DAY - MULTICULTURAL SOCIAL

Celebrate the day with light refreshments, learning about 55+ year program activities and sharing ideas for future programming. Registration required.

55+ yrs October 1 Tue 1:00-2:30pm Free/1 sess. #00331321

DIWALI CELEBRATION

Observe this Indian festival of lights with good food, music and friends.

55+ yrs October 29 Tue 1:00-3:00pm \$11.70/1 sess. #00353677

TACO TUESDAY WORKSHOP

Make and taste these delicious and popular hand-sized corn or wheat-based tortillas topped with a filling in this hands-on session. Supplies included. Registration required.

55+ yrs November 19 Tue 11:00am-1:00pm Free/1 sess. #00353711

CHRISTMAS LUNCH

Celebrate the festive season with delicious turkey sandwiches, treats and music.

55+ yrs December 19 Thu 12:00-2:00pm \$11.70/1 sess. #00333494



Facility Hours:

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

Saturday: 9:00am - 8:45pm

Sunday: 9:00am - 9:45pm

Visit us at richmond.ca/cambie for up to date holiday hours!



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 is 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, 8:30am-5:00pm. 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!**

\$18.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Writing Club,
Walking Club, Knitting, Mahjong,
Tai Chi, Luk Tung Kuen,
Table Tennis, 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