# Cambie Community Centre SPRING 2024 SENIORS GUIDE



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.



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.

Bring your own paddles.



Friday Knitting Group

10:00 - 11:30am

Knit for charity or for yourself.

Join us & have fun!





### Arts and General Interest

### 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 May 23 Thu 6:30-8:30pm \$35.00/1 sess. #298234





### Dance and Dance Fitness

#### DANCE MOVES

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

Mon

55+ yrs May 06-June 24

10:00-11:00am

\$44.40/7 sess.

#291586





### 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+ yrsApr 4-Jun 27Thu10:00-11:00amFree/13 sess.#291262

#### 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	Apr 3-Jun 26	Wed	11:00-11:45am	Free/13 sess.	#291258
55+ yrs	Apr 5-Jun 28	Fri	11:00-11:45am	Free/13 sess.	#291259

#### 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	Apr 5-Jun 28	Fri	8:30-9:30am	Free/13 sess.	#291257
---------	--------------	-----	-------------	---------------	---------

#### **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 Apr 2-Jun 25 Tue 8:30-9:15am Free/13 sess. #291253

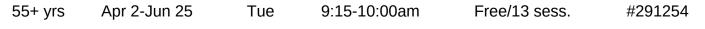
#### TAI CHI - 48 FORM

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 Apr 3-Jun 26 Wed 8:30-9:30am Free/13 sess. #291255

#### **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.





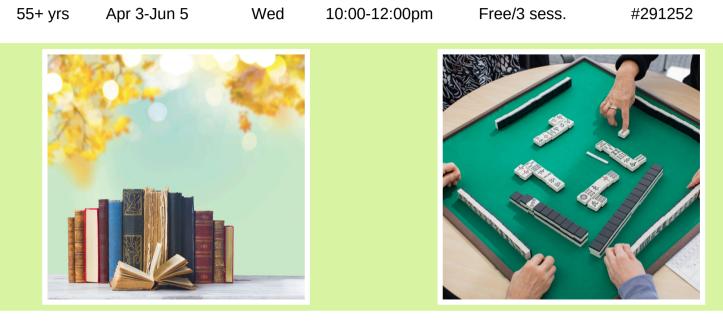


### General Interest

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

#### **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.



#### EMERGENCY PREPAREDNESS WORKSHOP

Learn to create a safer home and develop skills to remain calm and collected in the event of an emergency. This session is led by Emergency Programs - City of Richmond. Registration required.

55+ yrs May 14 Tue 1:00-2:30pm Free/1 sess. #308389

#### 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 Apr 9-Jun 11 Tue 10:00-12:00pm Free/3 sess. #291299

#### 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. Held third Wednesday of the month.

55+ yrs	Apr 17-Jun 19	Wed	10:00-12:00pm	Free/3 sess.	#317132
---------	---------------	-----	---------------	--------------	---------





# Health and Wellness

### 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 Clinic - Registration Required

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.

55+ yrs	April 15	Mon	9:00am-3:00pm	\$55.00/1 sess.	#291288
55+ yrs	May 13	Mon	9:00am-3:00pm	\$55.00/1 sess.	#292153
55+ yrs	June 10	Mon	9:00am-3:00pm	\$55.00/1 sess.	#292154
55+ yrs	June 24	Mon	9:00am-3:00pm	\$55.00/1 sess.	#292155

Located at the East Richmond Community Hall.

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

### Wellness Clinic - Reflexology - Registration Required

Try this alternative medical practice that involves applying pressure to the feet, hands or ears with specific thumb, finger and hand technique work that results in physical changes to the body.

55+ yrs	March 27	Wed	9:30-9:50am	\$17.25/1 sess.	#313220
55+ yrs	March 27	Wed	10:00-10:20am	\$17.25/1 sess.	#313232
55+ yrs	March 27	Wed	10:30-10:50am	\$17.25/1 sess.	#313236
55+ yrs	March 27	Wed	11:00-11:20am	\$17.25/1 sess.	#313239
55+ yrs	March 27	Wed	11:30-11:50am	\$17.25/1 sess.	#313242
55+ yrs	March 27	Wed	12:00-12:20pm	\$17.25/1 sess.	#313244





### Health and Wellness

### Wellness Clinic - Reflexology cont.

Try this alternative medical practice that involves applying pressure to the feet, hands or ears with specific thumb, finger and hand technique work that results in physical changes to the body.

55+ yrs	April 10	Wed	9:30-9:50am	\$17.25/1 sess.	#304873
55+ yrs	April 10	Wed	10:00-10:20am	\$17.25/1 sess.	#304878
55+ yrs	April 10	Wed	10:30-10:50am	\$17.25/1 sess.	#304880
55+ yrs	April 10	Wed	11:00-11:20am	\$17.25/1 sess.	#304882
55+ yrs	April 10	Wed	11:30-11:50am	\$17.25/1 sess.	#304885
55+ yrs	April 10	Wed	12:00-12:20pm	\$17.25/1 sess.	#304888
55+ yrs	April 10	Wed	12:30-12:50pm	\$17.25/1 sess.	#304891
55+ yrs	April 10	Wed	1:00-1:20pm	\$17.25/1 sess.	#304896
55+ yrs	May 8	Wed	9:30-9:50am	\$17.25/1 sess.	#304902
55+ yrs	May 8	Wed	10:00-10:20am	\$17.25/1 sess.	#304905
55+ yrs	May 8	Wed	10:30-10:50am	\$17.25/1 sess.	#304917
55+ yrs	May 8	Wed	11:00-11:20am	\$17.25/1 sess.	#304926
55+ yrs	May 8	Wed	11:30-11:50am	\$17.25/1 sess.	#304929
55+ yrs	May 8	Wed	12:00-12:20pm	\$17.25/1 sess.	#304932
55+ yrs	May 8	Wed	12:30-12:50pm	\$17.25/1 sess.	#304935
55+ yrs	May 8	Wed	1:00-1:20pm	\$17.25/1 sess.	#304937

Additional sessions will be added as they are available!

### Health and Wellness

#### CHRONIC CONDITION SELF-MANAGEMENT PROGRAM

Gain systematic knowledge of how to effectively manage different aspects of health and improve practical skills that include goal-setting, decision-making and problem-solving. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

55+ yrs Ap	or 18-May 23	Thu	9:30am-12:00pm	Free/6 sess.	#303094
------------	--------------	-----	----------------	--------------	---------





### Health and Wellness

#### CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CANTONESE)

Learn to cope with the physical and emotional challenges that result from ongoing health issues. These workshops offer information and strategies proven to increase confidence and wellbeing. Conducted in Cantonese. Registration required.

May 30-Jul 4 55+ yrs Thu 9:30am-12:00pm Free/6 sess. #306185

#### COME OUT OF THE BLUE - TIPS TO MANAGE STRESS, ANXIETY AND DEPRESSION

Learn the cause and explore strategies to mange and reduce these symptoms, as well as minimize the impact on daily and social life. This workshop is presented by Pathways Clubhouse. Registration required.

55+ yrs May 23

1:00-2:00pm

#294530

Free/1 sess.

#### FALLS PREVENTION WORKSHOP

Thu

Tue

Explore the common causes and risks of predictable and preventable falls that are the leading cause of injury and hospitalization. Presented by Vancouver Coastal Health's Falls Prevention Team. Registration required.

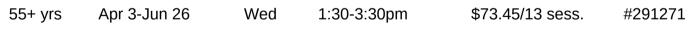
55+ yrs June 18

1:00-2:30pm

Free/1 sess. #303966

#### **MINDS IN MOTION (CANTONESE)**

Join this fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required and free of charge. PAR-Q+ Form must be completed at the start of the program. Conducted in Cantonese.









# 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.

55+ yrs Apr 4-Jun 4 4th of every month 11:00am-12:00pm Free/3 sess. #291268





# Out Trips and Tours

#### **ITALIAN DAY ON THE DRIVE TRIP**

Join in on this vibrant Vancouver cultural street festival that celebrates Italian culture, heritage and community with piazza-style animated zones, live music, food vendors, patios, lifestyle attractions, family fun activities and more. Transportation included.

55+ yrsJune 9Sun10:30am-2:00pm\$20.00/1 sess.#296622









# Special Events

### Join the Community Challenge at Cambie!

#### Be All You Cambie Fun Run

Join this walk or run through King George Park while enjoying family-friendly activities. Parent participation and registration of all participants required.

> Saturday, June 15 10:00 - 12:00pm Ages 1 mo. + Free, #00327977

#### **Drum Fit**

Move to fun songs using a fitness ball and drum sticks from a seated or standing position. Registration required.

> Monday, June 17 12:15 - 1:15pm Ages 55+ Free, #00328038

#### \$30 for 30 Under 30

Purchase a Cambie Total Fitness Pass for the month of June for \$30! This pass will give access to the Cambie Fitness Centre and Drop-in Fitness Classes. Pass valid for month of June only.

> June 1 - June 30 Ages 19-30 \$30 for 30 day Total Fitness Pass

#### **Dance Moves**

Move to lively music in a dance class that offers a fun workout. Registration required.

Monday, June 24 12:15 - 1:15pm Ages 55+ Free, #00329129

#### Youth Open Gym

Drop-in and play after school in this free program for youth. Engage in sport while tuning into a variety of competing musical genres.

> Thursdays, Jun 6-Jun 27 3:00 - 4:30pm Ages 13-18 **Free, Drop-in**









PRESENTED BY







# SPRING 2024

#### Mission: To provide accessible programs and services in East Richmond that promote community and enhance our quality of life.

**Spring Hours:** Monday - Friday: 7:00am - 9:45pm

Saturday: 9:00am - 8:45pm Sunday: 9:00am - 9:45pm



#### **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, 8:30 am to 5:00 pm. 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!

#### **Prevention Is Key**

We have health and safety protocols in place to help reduce the transmission of COVID-19. Our programs and activities are subject to change as we continue to follow public health guidelines. Thank you for your patience!





### Purchase your Seniors Facility Pass today!

Purchase a Cambie Community Centre Seniors Facility Pass today!

\$16.00/1 Year Membership

### **Programs Include:**

Coffee & Tea Socials/Games, Book Club, Walking Club, Tai Chi, Luk Tung Kuen, Knitting, Table Tennis, Mahjong 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