

# Cambie Community Centre

## SENIORS GUIDE

Winter  
2025

THE POWER OF  
**POSITIVE  
AGING**



### East Richmond Community Hall

12360 Cambie Road,  
Richmond, BC V6V 1G4

604-238-8399

[cambie@richmond.ca](mailto: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  
10:00am-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.

Bring your own paddles.



## Friday

### Knitting Group

10:00-11:30am

Knit for charity or for yourself.

Join us & have fun!

## Arts - Visual

### DRAWING - BASICS

Capture on paper simple objects, images and still life's while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence.

55+ yrs    Jan 15-Mar 19    Wed    2:45-4:45pm    \$130.60/10 sess.    #00370214

### 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    February 13    Thu    6:30-8:30pm    \$35.00/1 sess.    #00362398

## 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    Jan 7-Feb 11    Tue    1:15-2:00pm    \$36.05/6 sess.    #00369170

55+ yrs    Feb 18-Mar 25    Tue    1:15-2:00pm    \$36.05/6 sess.    #00369174

### DANCE MOVES

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

55+ yrs    Jan 6-Feb 10    Mon    10:00-11:00am    \$39.20/6 sess.    #00361391

55+ yrs    Feb 24-Mar 24    Mon    10:00-11:00am    \$32.65/5 sess.    #00361401

# 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    Jan 9-Mar 27    Thu    10:00-11:00am    Free/12 sess.    #00361363

## 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    Jan 8-Mar 26    Wed    11:00-11:45am    Free/12 sess.    #00361321

55+ yrs    Jan 10+-Mar 28    Fri    11:00-11:45am    Free/12 sess.    #00361322

## 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    Jan 10-Mar 28    Fri    8:30-9:30am    Free/12 sess.    #00361317

## 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    Jan 7-Mar 25    Tue    8:30-9:15am    Free/11 sess.    #00361319

## 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    Jan 8-Mar 26    Wed    8:30-9:30am    Free/12 sess.    #00361318

## 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    Jan 7-Mar 25    Tue    9:15-10:00am    Free/11 sess.    #00361320

# General Interest

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

## BEHIND THE WHEEL - NAVIGATING ROAD SAFETY

Learn tips to help support older drivers understand how to do a self-assessment, navigate driver's fitness test and stay safe. Presented by the Insurance Corporation of BC (ICBC). Registration required.

55+ yrs    February 20    Thu    10:00-11:30am    Free/1 sess.    #00361442

## 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    Feb 5-Mar 5    Wed    10:00-11:30am    Free/2 sess.    #00361326

## 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    Jan 14-Mar 11    Tue    10:00am-12:00pm    Free/3 sess.    #00361323

## 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 each month.

55+ yrs    Jan 15-Mar 19    Wed    10:00am-12:00pm    Free/3 sess.    #00361347



## 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 | January 13  | Mon | 9:00am-3:00pm | \$57.50/1 sess. | #00361983 |
| 55+ yrs | February 10 | Mon | 9:00am-3:00pm | \$57.50/1 sess. | #00361984 |
| 55+ yrs | March 17    | Mon | 9:00am-3:00pm | \$57.50/1 sess. | #00361985 |

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, January 22  
Wednesday, February 26  
Wednesday, March 26  
9:00-10:40am  
Free/1 sess.

Located at the East Richmond Community Hall.

Visit us online at [richmond.ca/register](http://richmond.ca/register) or call **604-238-8399** to book an appointment.



## 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 fee. Conducted in Cantonese.

55+ yrs    Jan 8-Mar 26    Wed    1:30-3:30pm    \$69.60/12 sess.    #00361382

## OSTEOARTHRITIS SERIES - BEVERAGES AND HEALTH

Learn how drinks that include water, coffee, juice, milk and milk alternatives, alcohol and pop can affect living with arthritis and general wellbeing and find out examples of healthy choices. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs    February 27    Thu    1:00-2:30pm    Free/1 sess.    #00367284

## OSTEOARTHRITIS SERIES - MINDFUL EATING

Learn how behaviours, thoughts and emotions can affect eating and understand how changing those relationships can improve eating habits. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration. Registration required.

55+ yrs    Mar 20-Mar 27    Thu    1:00-3:00pm    Free/2 sess.    #00367165



# Online Programs

## 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    Jan 17-Mar 21    Fri    2:00-3:00pm    Free/3 sess.    #00361439

## 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    Jan 14-Mar 11    Tue    12:45-1:45pm    Free/3 sess.    #00365738



# Out Trips and Tours

## LONSDALE QUAY AND THE SHIPYARDS DISTRICT SHOPPING AND LUNCH TRIP

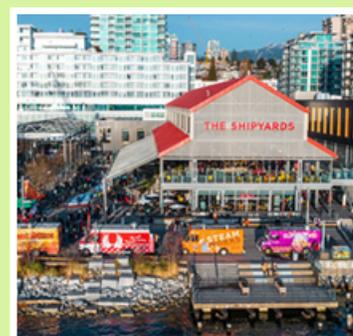
Explore over 60 locally owned and operated businesses at this vibrant North Shore market, and stroll through The Shipyards public space on the waterfront, featuring shopping, dining and entertainment options. Transportation only included.

55+ yrs    February 14    Fri    10:00am-2:00pm    \$18.00/1 sess.    #00369779

## WEST VANCOUVER SENIORS' ACTIVITY CENTRE TOUR

Discover the wide range of programs, services and amenities for 55+ adults in this vibrant facility followed by lunch in the Garden Side Café. Transportation only included.

55+ yrs    March 13    Thu    10:00am-2:30pm    \$20.75/1 sess.    #00364098

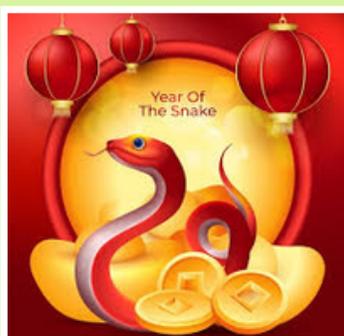


# Special Events

## LUNAR NEW YEAR CELEBRATION

Enjoy colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

55+ yrs    February 4    Tue    11:00am-1:00pm    \$11.70/1 sess.    #00367440



## Facility Hours:

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

Saturday: 9:00am-8:45pm

Sunday: 9:00am-9:45pm

Visit us at [richmond.ca/cambie](http://richmond.ca/cambie) for up to date holiday hours!



## Program Registration Information

- 1) **Online:** Visit [www.richmond.ca/register](http://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](http://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](http://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](http://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,  
Indoor Walking, Luk Tung Kuen,  
Tai Chi, Karaoke, Table Tennis,  
Knitting, 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](mailto:Linda.Simpson@richmond.ca)