

Cambie Community Centre

SENIORS GUIDE

Spring
2025



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
10:00am-12:30pm

Bring your own microphone.

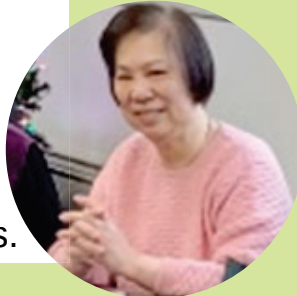


Wednesday

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, Dance and Fitness

Arts - Visual

DRAWING BASICS

Capture on paper simple objects, images and still lifes while learning basic concepts and techniques to eventually progress to drawing from imagination with improved understanding and confidence. Supplies extra, list provided.

55+ yrs Apr 9-Jun 11 Wed 2:45-4:45pm \$130.60/10 sess. #00391373

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 8 Thu 6:30-8:30pm \$35.00/1 sess. #00385218



Dance and Fitness

CHAIR FITNESS

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

55+ yrs Apr 1-May 13 Tue 1:15-2:00pm \$42.05/7 sess. #00391873

55+ yrs May 20-Jun 24 Tue 1:15-2:00pm \$36.05/6 sess. #00391874

DANCE MOVES

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

55+ yrs Apr 7-Jun 23 Mon 10:00-11:00am \$65.30/10 sess. #00382153

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 Apr 3-Jun 26 Thu 10:00-11:00am Free/13 sess. #00381963

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 2-Jun 25 Wed 11:00-11:45am Free/13 sess. #00381959

55+ yrs Apr 4-Jun 27 Fri 11:00-11:45am Free/12 sess. #00381962

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 4-Jun 27 Fri 8:30-9:30am Free/12 sess. #00381958

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 1-Jun 24 Tue 8:30-9:15am Free/13 sess. #00381950

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 2-Jun 25 Wed 8:30-9:30am Free/13 sess. #00381956

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 Apr 1-Jun 24 Tue 9:15-10:00am Free/13 sess. #00381954

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. Held on the first Wednesday of the month.

55+ yrs Apr 2-Jun 4 Wed 10:00-11:30am Free/3 sess. #00381972

FRAUDS AND CONS PREVENTION WORKSHOP

Learn tips on how to recognize, avoid and prevent frauds and cons that seem too good to be true. This workshop is presented by the RCMP. Registration required.

55+ yrs June 12 Thu 1:00-2:00pm Free/1 sess. #00390337

LET'S RECYCLE CORRECTLY WORKSHOP

Become a Gold Star Recycler in Richmond after learning the basics in this interactive session. Led by Environmental Programs - City of Richmond. Registration required.

18+ yrs April 24 Thu 2:00-3:30pm Free/1 sess. #00394818

55+ yrs April 24 Thu 2:00-3:30pm Free/1 sess. #00395202

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. Held on the second Tuesday of each month.

55+ yrs Apr 8-Jun 10 Tue 10:00am-12:00pm Free/3 sess. #00381968

WELLNESS IN THE GARDEN WORKSHOP

Join others to learn about some of the therapeutic benefits of gardening and creating a relationship with plants. Presented by Urban Bounty. Registration required.

55+ yrs April 22 Tue 1:00-2:30pm Free/1 sess. #00395196

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 the third Wednesday of the month.

55+ yrs Apr 16-Jun 18 Wed 10:00am-12:00pm Free/3 sess. #00381973

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	March 31	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00391031
55+ yrs	April 14	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00382042
55+ yrs	May 12	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00382047
55+ yrs	June 9	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00382051

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, April 23

Wednesday, May 28

Wednesday, June 25

9:00-11:00am

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. of month. Registration required, \$17.70/20 minute appointment.

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. Registration required, \$17.70/20 minute appointment.

Located at the East Richmond Community Hall.

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

HEARING HEALTH WORKSHOP

Explore effective strategies to protect hearing, as age and several common factors can influence deterioration. Registration required.

55+ yrs May 5 Mon 1:00-2:30pm Free/1 sess. #00389249

HOLISTIC HEALTH SERIES - DIABETES WORKSHOP

Explore this health issue characterized by sustained high blood sugar levels and the underlying contributors to insulin resistance. Presented by a naturopathic doctor. Registration required.

55+ yrs April 7 Mon 1:00-2:30pm Free/1 sess. #00385270

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. Must be referred by the Alzheimer's Society. Conducted in Cantonese.

55+ yrs Apr 2-Jun 25 Wed 1:30-3:30pm \$75.40/13 sess. #00381980

Online Programs

JEOPARDY GAME - ONLINE

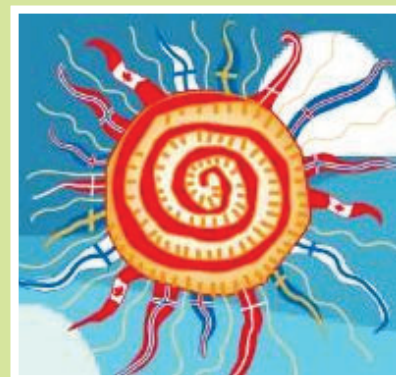
Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required. Held on the third Friday of the month.

55+ yrs May 16-Jun 20 Fri 12:45-1:45pm Free/2 sess. #00385463

MAPQUEST TRAVEL - ONLINE

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

55+ yrs Apr 8-Jun 10 Tue 12:45-1:45pm Free/3 sess. #00381971



Out Trips and Tours

RENFREW COMMUNITY CENTRE LUNCH TRIP

Enjoy a full meal along with entertainment and a chance to win door prizes at this active East Vancouver community centre. Transportation, lunch and entertainment included.

55+ yrs May 7 Wed 11:15am-3:00pm \$31.20/1 sess. #00387977

SCANDINAVIAN MIDSUMMER FESTIVAL TRIP

Experience this 20+ year vibrant celebration in Burnaby that highlights Danish, Finnish, Icelandic, Norwegian and Swedish cultures with live music, 50 food and craft vendors, games and a real Viking raid! Transportation and admission included.

55+ yrs June 22 Sun 10:15am-3:45pm \$32.00/1 sess. #00396438

Special Events

VAISAKHI CELEBRATION

Celebrate this colourful festival that marks the beginning of a new solar year in the Indo-Canadian culture. Light refreshments included.

55+ yrs April 11 Friday 12:00-2:00pm \$16.50/1 sess. #00387571



MULTICULTURAL DAY SOCIAL

Celebrate Canada's diverse cultures with friends and neighbours while enjoying entertainment and refreshments. Registration required.

55+ yrs June 27 Friday 1:00-3:00pm Free/1 sess. #00391691



Volunteer Week 2025

Meet the volunteers who make seniors programs possible!



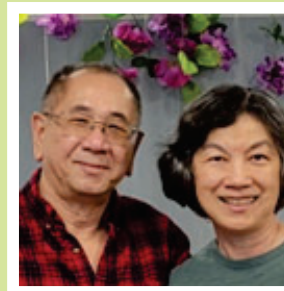
Bosco - Tai Chi Instructor



Bill - Tai Chi Leader



Albert & Rebecca
Karaoke, events



Johnny & Janet -
Table Tennis,
Gardening, Events



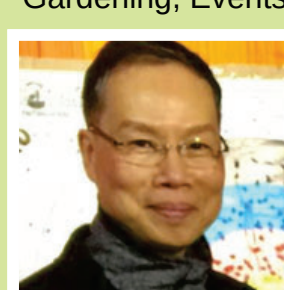
Simon - Events,
Program Committee



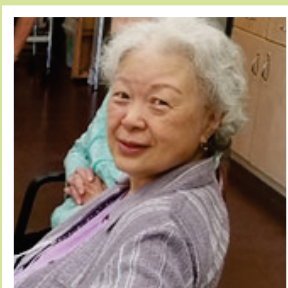
Ted - Luk Tung,
Table Tennis,
Gardener, Events,



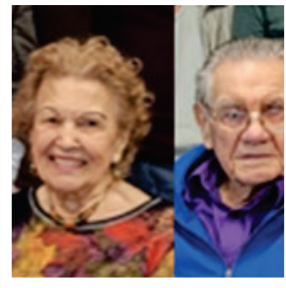
Susan & Peter -
Events, Tai Chi,
Tea,



Louis - Events,
Program Committee



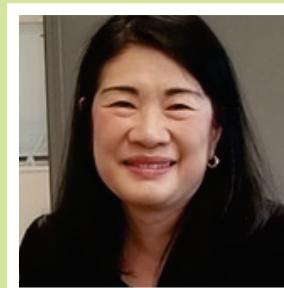
Virginia - Mahjong



Jella & George-
Event support,
Crafts



Jeanette - Knitting



Bonita - Events,
Luk Tung, Dance
Moves Instructor



Yumi - Coffee &
Tea, Program
support



Naseem - Luk Tung



Ivy - Karaoke



Nina - Karaoke

Spring 2025

Mission:

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

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,
Indoor Walking, Tai Chi, Luk Tung
Kuen, Knitting, Karaoke, 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