

# Cambie Community Centre

## FALL 2023 SENIORS GUIDE



### 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

Seniors Facility Pass required for these drop-in programs.



## **Monday** **Coffee & Tea**

2nd & Last week / month  
(Call to confirm dates)  
11:00am - 12:30pm

Drop-in to enjoy refreshments.  
Meet old and new friends.



## **Tuesday** **Karaoke**

1st & 3rd Tuesday /month  
9:00 - 11:00am

**Bring your own microphone.**



## **Wednesday** **Coffee & Tea**

Second Wednesday / month  
following Blood Pressure / Glucose  
Wellness Clinic  
11:30 - 12:30pm

Drop-in to enjoy refreshments.



## **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

**PAINT NIGHT**

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

55+ yrs	September 14	Thu	6:30-8:30pm	\$35.00/1 sess.	#247508
55+ yrs	November 23	Thu	6:30-8:30pm	\$35.00/1 sess.	#247510



## Dance and Dance Fitness

**DANCE MOVES**

Enjoy a great workout with fun and easy-to-follow dance routines. All fitness and experience levels welcome.

55+ yrs	Sep 25-Oct 30	Mon	10:00-11:00am	\$25.35/4 sess.	#246358
55+ yrs	Nov 6-Dec 11	Mon	10:00-11:00am	\$38.05/6 sess.	#247983

# 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 7-Dec 21	Thu	10:00-11:00am	Free/16 sess.	#246335
---------	--------------	-----	---------------	---------------	---------

## 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 6-Dec 20	Wed	11:00-11:45am	Free/16 sess.	#246331
---------	--------------	-----	---------------	---------------	---------

55+ yrs	Sep 8-Dec 15	Fri	11:00-11:45am	Free/15 sess.	#246334
---------	--------------	-----	---------------	---------------	---------

## 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 8-Dec 22	Fri	9:30-10:30am	Free/16 sess.	#246327
---------	--------------	-----	--------------	---------------	---------

## TAI CHI PRACTICE - 24 FORM\*

Increase flexibility, relaxation and balance in this class for current registrants in Tai Chi - 24 Form. Led by an experienced volunteer leader. Seniors Facility Pass and registration required.

55+ yrs	Sep 5-Dec 19	Tue	8:30-9:15am	Free/16 sess.	#246328
---------	--------------	-----	-------------	---------------	---------

## 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 6-Dec 20	Wed	8:30-9:30am	Free/16 sess.	#246329
---------	--------------	-----	-------------	---------------	---------

## TAI CHI PRACTICE - 48 FORM\*

Achieve health benefits that include better balance, increased flexibility and relaxation in this class led by a qualified volunteer and suitable for those with an intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required. Pre-requisite: Form 24 and instructor approval.

55+ yrs	Sep 5-Dec 19	Tue	9:15-10:00am	Free/16 sess.	#246330
---------	--------------	-----	--------------	---------------	---------



# General Interest

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

## 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. First Wednesday of every month.

55+ yrs      Sep 6-Dec 6      Wed      10:00-11:30am      Free/4 sess.      #246336

## 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. Second Tuesday of every month.

55+ yrs      Sep 12-Dec 12      Tue      10:00am-12:00pm      Free/4 sess.      #246343

## MEMOIR WRITING WORKSHOP

Explore various approaches to personal/family memoir writing and receive feedback on individual projects. Registration required. Third Wednesday of every month.

55+ yrs      Sep 20-Nov 15      Wed      10:00am-12:00pm      Free/3 sess.      #246337

## DECORATE A CHRISTMAS SWEATER

Bring a sweater, sweatshirt or vest to decorate and to celebrate National Ugly Sweater Day. Lighten up the busy holiday by showing off an ugly or elegant sweater. Registration required.

55+ yrs      December 15      Fri      12:30-2:30pm      \$20.00/1 sess.      #251580



## Blood Pressure Testing - Drop-In



Second Wednesday of the Month from 9:30am - 12:00pm

Shoppers Drug Mart Pharmacist Visits include:

Glucose Testing

Medication Review (upon request)

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	September 18	Mon	9:00am-3:00pm	\$55.00/1 sess.	#246338
55+ yrs	October 16	Mon	9:00am-3:00pm	\$55.00/1 sess.	#246339
55+ yrs	November 20	Mon	9:00am-3:00pm	\$55.00/1 sess.	#246340
55+ yrs	December 11	Mon	9:00am-3:00pm	\$55.00/1 sess.	#246341

Located at the East Richmond Community Hall.

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

## HOLISTIC HEALTH SERIES - OPTIMIZE YOUR MEMORY WORKSHOP

Discover practical tips for optimizing and strengthening memory, brain function and focus. Presented by a naturopathic doctor. Registration required.

55+ yrs    October 23    Mon    1:00-2:30pm    Free/1 sess.    #248918

## HOLISTIC HEALTH SERIES - LOVE YOUR LIVER WORKSHOP

Learn about the liver and understand what this crucial organ does. Presented by a naturopathic doctor. Registration required.

55+ yrs    December 4    Mon    1:00-2:30pm    Free/1 sess.    #248955

## 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.

55+ yrs    Sep 6-Dec 20    Wed    1:30-3:30pm    \$90.40/16 sess.    #246353

## 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    September 14    Thu    1:00-3:30pm    Free/1 sess.    #248903

## OSTEOARTHRITIS SERIES - MANAGING SHOULDER ARTHRITIS

Focus on joint specific strategies of management including joint protection, exercise and shoulder pain management. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs    October 19    Thu    1:00-3:00pm    Free/1 sess.    #251702

## OSTEOARTHRITIS SERIES - FOOT AND ANKLE ARTHRITIS

Focus on joint specific strategies for management including joint protection, exercise and pain management of the ankle and foot. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs    October 26    Thu    1:00-3:00pm    Free/1 sess.    #251712

## 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    Nov 9-Nov 16    Thu    1:00-3:00pm    Free/2 sess.    #248902

## 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    November 23    Thu    1:00-2:30pm    Free/1 sess.    #248909

## 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    November 30    Thu    1:00-2:00pm    Free/1 sess.    #248904

## 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. Recommended to download a photo app for this program - contact Seniors Coordinator Linda for more information. First Thursday of the month.

55+ yrs    Sep 7-Dec 7    Thu    11:00am-12:00pm    Free/2 sess.    #246368

### 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. Third Friday of every month.

55+ yrs    Sep 15-Nov 17    Fri    2:00-3:00pm    Free/3 sess.    #246796

### ONLINE - MAPQUEST TRAVEL

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

55+ yrs    Sep 12-Dec 12    Tue    12:45-1:45pm    Free/4 sess.    #249191



# Out Trips and Tours

## FRASER VALLEY HERITAGE RAILWAY TRIP

Ride the heritage Interurban Tram along its original BC Electric Railway route from Cloverdale to Sullivan Station. Following this 55 minute round trip is a short drive to a nearby plaza for a leisurely lunch. Price includes transportation and tram ride.

55+ yrs      September 16      Sat      10:00am-3:15pm      \$46.00/1 sess.      #248031

## SYLVIA HOTEL BRUNCH TRIP

Take in the beauty of English Bay while dining at this historic Vancouver hotel. Price includes transportation only.

55+ yrs      October 14      Sat      10:45am-2:45pm      \$25.00/1 sess.      #251818

## CHRISTMAS STORE AT POTTERS TRIP

Dine at Brogan's Diner followed by a shopping expedition at the 28,000 square foot store that offers all things Christmas with many unique items. Transportation only included. No refunds within 7 days of trip.

55+ yrs      November 30      Thu      10:00am-4:00pm      \$29.50/1 sess.      #247985



# Special Events

## MID-AUTUMN CELEBRATION

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

55+ yrs      September 26      Tue      10:00am-12:00pm      \$11.00/1 sess.      #249226

## 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      September 29      Fri      1:00-2:30pm      Free/1 sess.      #249230

## DIWALI CELEBRATION

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

55+ yrs      November 6      Mon      11:00am-1:00pm      \$11.00/1 sess.      #252084

## CHRISTMAS LUNCH

Celebrate the festive season with delicious turkey sandwiches, treats and music. Bring a \$5.00 gift to play an exchange game

55+ yrs      December 18      Mon      12:00-2:00pm      \$11.00/1 sess.      #249058



## Facility Hours:

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

Saturday: 9:00am - 8:45pm

Sunday: 9:00am - 9:45pm

Effective September 5



## 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!**

\$16.00/1 Year Membership

**Programs Include:**

Coffee Social, Book Club, Memoir  
Writing Class, Walking Club, Tai Chi,  
Luk Tung Kuen, Knitting, Crib, Table  
Tennis, and Karaoke

**\*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)