

Cambie Community Centre

FALL 2023 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

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.

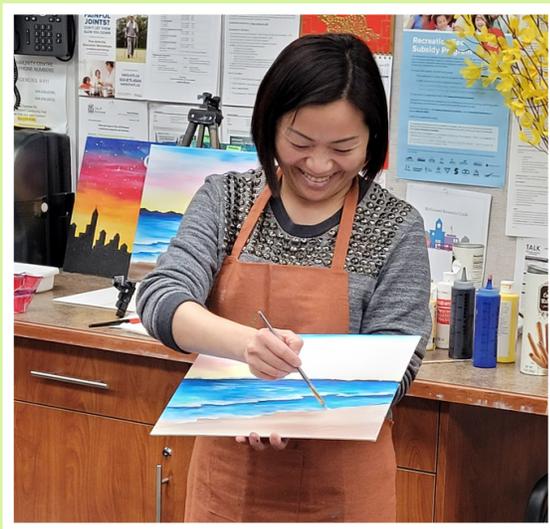
Join us & have fun!

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

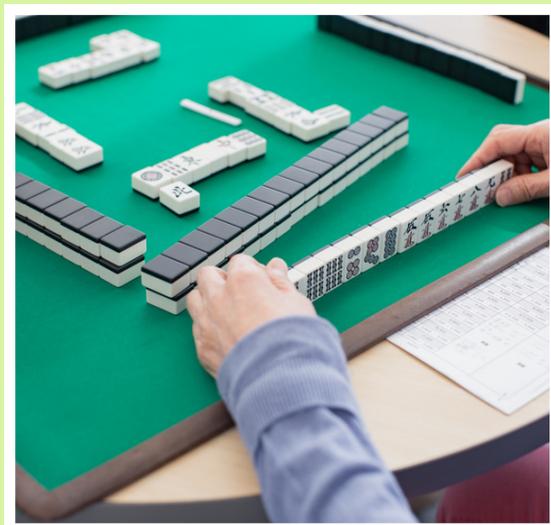
Explore various approaches to personal/family memoir writing and receive feedback on individual projects. Registration required. Third Wednesday of every month.

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

Health and Wellness cont.

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

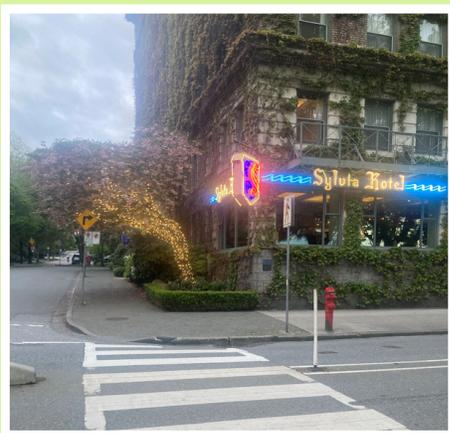
Take in the beauty of English Bay while dining at this historic Vancouver hotel. Price includes transportation only.

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



FALL 2023

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

Effective September 5



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!**

\$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