

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.



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 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.

55+ yrs

May 06-June 24

Mon

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+ yrs Apr 4-Jun 27 Thu 10:00-11:00am Free/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.

55+ yrs Apr 2-Jun 25 Tue 9:15-10:00am Free/13 sess. #291254

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.

55+ yrs Apr 3-Jun 5 Wed 10:00-12:00pm Free/3 sess. #291252



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

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

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	Apr 18-May 23	Thu	9:30am-12:00pm	Free/6 sess.	#303094
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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.

55+ yrs May 30-Jul 4 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 manage 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 Thu 1:00-2:00pm Free/1 sess. #294530

FALLS PREVENTION WORKSHOP

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 Tue 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.

55+ yrs Apr 3-Jun 26 Wed 1:30-3:30pm \$73.45/13 sess. #291271



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+ yrs June 9 Sun 10:30am-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 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