

Cambie Community Centre

Fall
2026

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.



Drop-In Activities

A Seniors Facility Pass is required for drop in programs on this page.
\$20.00 for 1 year membership (see back page for more details)

Monday

Coffee, Tea & Games

Mondays
11:00am-12:30pm

Drop-in to enjoy refreshments, play a game with old or new friends.



Tuesday

Karaoke

First and Third Tues / month
10:00am-12:30pm

Bring your own microphone.



Wednesday

Coffee & Tea

Second Wednesday / month
during Wellness Clinic

Blood Pressure

Shiatsu, Reflexology

9:30am-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, Dance, and Fitness

PAINT NIGHT

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

55+ yrs	Sep 17	Thu	6:30-8:30pm	\$35.00/1 sess.	00538594
55+ yrs	Oct 29	Thu	6:30-8:30pm	\$35.00/1 sess.	00538598
55+ yrs	Dec 3	Thu	6:30-8:30pm	\$35.00/1 sess.	00539054



Here are some gorgeous examples of the art pieces made from previous participants in this program!

DANCE MOVES - ALL LEVELS

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

55+ yrs	Sep 14-Oct 26	Mon	10:00-11:00am	\$34.75/5 sess.	00528938
55+ yrs	Nov 2-Dec 14	Mon	10:00-11:00am	\$48.65/7 sess.	00528939

INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Facility Pass and registration required.

This program is held in the gymnasium at Cambie Community Centre.

55+ yrs	Sep 10-Dec 17	Thurs	10:00-11:00am	Free/15 sess.	00528886
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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	Sep 11-Dec 11	Fri	11:15am-12:00pm	\$98.00/14 sess.	00537457
55+ yrs	Sep 15-Dec 15	Tu	11:15am-12:00pm	\$98.00/14 sess.	00544194

A Seniors Facility Pass is required for Indoor Walking, Tai Chi, and Luk Tung.
Classes with an * are led by an experienced volunteer leader for practice.

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 9-Dec 23	Wed	11:00-11:45am	Free/14 sess.	00528884
55+ yrs	Sep 11-Dec 18	Fri	11:00-11:45am	Free/15 sess.	00528885

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.

This program is held in the gymnasium at Cambie Community Centre.

55+ yrs	Sep 11-Dec 18	Fri	8:30-9:30am	Free/15 sess.	00528880
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TAI CHI PRACTICE - 24 FORM* - Must be registered in Form - 24 to register

BodIncrease 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.

55+ yrs	Sep 8-Dec 29	Tue	8:30-9:15am	Free/17 sess.	00528882
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TAI CHI - 48 FORM

Achieve health benefits that include better balance, increased flexibility and relaxation in this class instructed by a qualified volunteer instructor. **Pre-requisite: Tai Chi - Form 24 and instructor approval.** Seniors Facility Pass and registration required.

55+ yrs	Sep 9-Dec 30	Wed	8:30-9:30AM	Free/15 sess.	00528881
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TAI CHI PRACTICE - 48 FORM* - Must be registered in Form 48 class to register

Achieve health benefits that include better balance, increased flexibility and relaxation in sessions. Instructed by a qualified volunteer. Seniors Facility Pass and registration required.

55+ yrs	Sep 8-Dec 29	Tue	9:15-10:00am	Free/17 sess.	00528883
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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. First Wed of month.

55+ yrs Oct 7-Dec 2 Wed 10:30am-12:00pm Free/3 sess. 00528889

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 Tue of month.

55+ yrs Sep 8-Dec 8 Tue 10:00am-12:00pm Free/4 sess. 00528890

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. Third Wed of month.

55+ yrs Sep 16-Dec 16 Wed 10:00am-12:00pm Free/4 sess. 00528891



Health and Wellness appointments are located at the East Richmond Community Hall.
Call 604-238-8399 to book an appointment.



Blood Pressure - Drop-In

Blood pressure checks with a registered nurse.
Refreshments, information and resources available

Second Wednesday of the month from 9:30am to 12:00pm
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-3:00pm. **Registration required.**

55+ yrs	Sep 21	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528898
55+ yrs	Oct 5	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528900
55+ yrs	Oct 26	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528901
55+ yrs	Nov 9	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528902
55+ yrs	Nov 23	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528904
55+ yrs	Dec 7	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528927
55+ yrs	Dec 21	Mon	9:00am-3:00pm	\$65.00/1 sess.	00528928



WELLNESS CLINICS - REFLEXOLOGY - YVONNE

Sit in a zero-gravity chair and receive a touch therapy that increases blood circulation and reduces inflammation and stress. **Registration required.**

- 2nd and 4th Wed. of month.
- \$18.00/20 minute appointment.
- Registration opens 1 month prior at 8:00am
Sep 9 & Sep 23
Oct 14 & Oct 28
Nov 11 & Nov 25
Dec 9 & Dec 23



WELLNESS CLINICS - SHIATSU - RUNA

Relieve stress and pain with this form of massage that uses kneading, pressing, soothing, tapping and stretching techniques performed in a specialty ergonomically designed portable chair.

Registration required.

- 2nd and 4th Wed. of month.
- \$18.00/20 minute appointment.
- Registration opens 1 month prior at 8:00am
Sep 9 & Sep 23
Oct 14 & Oct 28
Nov 11 & Nov 25
Dec 9 & Dec 23



MINDS IN MOTION (CANTONESE)

Enjoy light exercise led 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	Sep 16-Oct 21	Wed	1:00-2:30pm	\$29.85/5 sess.	00528942
55+ yrs	Nov 4-Dec 9	Wed	1:00-2:30pm	\$29.85/5 sess.	00528943

OSTEOARTHRITIS SERIES - PAIN MANAGEMENT

Gain an understanding of why pain occurs for those with osteoarthritis, factors that increase pain and strategies to manage a flare up and chronic pain. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Sep 17 Thu 1:00-3:00pm Free/1 sess. 00530504

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 Oct 15 Thu 1:00-3:00pm Free/1 sess. 00530758

ADVANCE CARE PLANNING WORKSHOP - PERSONAL & ESTATE

Plan for the future to ensure that personal wishes are respected and implemented. Learn about planning tools such as Wills, Power of Attorney, Joint Bank Accounts and Representation Agreements. Presented by Seniors First BC staff lawyers. Registration required.

55+ yrs Oct 19 Mon 1:30-3:00pm Free/1 sess. 00534484

SENIOR SAFETY AND FRAUD PREVENTION WORKSHOP

Discover warning signs and learn how to stay protected from common scams, including artificial intelligence (AI), romance, investment, service and more. Presented by Metro Vancouver Crime Stoppers. Caregivers welcome. Registration required.

55+ yrs Oct 22 Thu 11:00am-12:00pm Free/1 sess. 00535664

ADVANCE CARE PLANNING WORKSHOP

Learn how to start this important medical and health-care conversation along with myths and realities. Presented by healthcare professionals from Vancouver Coastal Health. Registration required.

55+ yrs Nov 2 Mon 1:00-2:30pm Free/1 sess. 00539670

BONE HEALTH 101

Cover what osteoporosis is, the risk factors, how to maintain healthy bones, fall prevention and the impact of nutrition and different types of physical activity. Presented by Osteoporosis Canada. Registration required.

55+ yrs Nov 5 Thu 1:00-2:00pm Free/1 sess. 00539068

HOLISTIC HEALTH SERIES - BONE HEALTH WORKSHOP

Understand some of the physiological factors behind osteoporosis and steps to increase bone density from a holistic health perspective. Presented by a naturopathic doctor. Registration required.

55+ yrs Nov 16 Mon 1:00-2:30pm Free/1 sess. 00535505



POLISH FESTIVAL IN NORTH VANCOUVER TRIP

Experience vibrant Polish-Canadian culture at The Shipyards in North Vancouver through authentic cuisine, live music, singing and dynamic folk dancing. Discover rich traditions, connect with community, enjoy immersive entertainment and create memorable moments in a lively waterfront festival setting. Transportation only included.

55+ yrs Sep 12 Sat 12:30-4:30pm \$19.50/1 sess. 00524042

MENNONITE CHRISTMAS MARKET IN ABBOTSFORD TRIP

Experience a special Christmas market in Abbotsford with hand-chosen unique local vendors. Tour the Mennonite museum and learn about this community in Canada, have lunch in the cafe, enjoy the music from local performers and view the amazing Christmas tree for a festive photo opportunity. Transportation and admission included.

55+ yrs Nov 19 Thu 9:30am-3:30pm \$26.70/1 sess. 00529299

MARTINI TOWN - MERRY AND BRIGHT TRIP

Explore the streets and buildings of Langley's Martini Studios and be transported to yesteryear holidays. Take in the traditional festive music, a small artisan market and tasty food options. Transportation and admission included.

55+ yrs Dec 18 Fri 2:35-8:10pm \$42.00/1 sess. 00532654



MID-AUTUMN CELEBRATION

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

55+ yrs Sep 24 Thu 12:00-2:00pm \$12.75/1 sess. 00539606

NATIONAL SENIORS DAY - GAMES AND REFRESHMENTS

Join in this fun-filled afternoon of friendly competition, great conversation and plenty of laughs, with board games, cards, trivia and light refreshments. Registration required. Held at East Richmond Community Hall.

55+ yrs Oct 1 Thu 1:00-2:30pm Free/1 sess. 00534812

DIWALI CELEBRATION AND DANCING

Embrace the spirit of Diwali's Festival of Lights celebrating India's rich heritage with vibrant performances and the warmth of the community.

55+ yrs Nov 7 Sat 1:00-3:00pm \$17.50/1 sess. 00539608

CHRISTMAS CELEBRATIONS FROM AROUND THE WORLD

Discover how this special day is celebrated globally by learning about unique traditions, greetings, foods and customs. Light refreshments included.

55+ yrs Dec 14 Mon 1:00-3:00pm \$17.50/1 sess. 00538051





Facility Hours:

Mon-Fri: 7:00am-9:45pm

Sat: 9:00am-8:45pm

Sun: 9:00am-9:45pm

Holidays: visit richmond.ca/holidayhours

Program Registration Information

- 1) **Online:** Visit 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 browse available programs, check out 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**, Mon-Fri, 8:30am-5:00pm. Visit 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!**

\$20.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Writing Club,
Indoor Walking, Tai Chi,
Luk Tung Kuen, Knitting, Karaoke,
Table Tennis, and Mahjong

***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