

Cambie Community Centre

Spring
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.

\$19 for 1 year membership (see back page for more details)

Monday Coffee & Tea

Mondays
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 & 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	April 23	Thu	6:30-8:30pm	\$35.00/1 sess.	00483964
55+ yrs	June 18	Thu	6:30-8:30pm	\$35.00/1 sess.	00483965



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

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 10-May 15	Fri	11:15am-12:00pm	\$37.50/6 sess.	00495655
55+ yrs	May 22-June 26	Fri	11:15am-12:00pm	\$37.50/6 sess.	00495658

CHAIR FITNESS - LEVEL 2

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. Level 2 is suited for those that are able to stand independently.

55+ yrs	May 19-June 30	Tue	1:15-2:00pm	\$43.75/7 sess.	00495656
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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	Apr 13-May 11	Mon	10:00-11:00am	\$33.60/5 sess.	00483984
55+ yrs	May 25-Jun 22	Mon	10:00-11:00am	\$33.60/5 sess.	00483985



Fitness and Martial Arts

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.**

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	Apr 2-Jun 25	Thu	10:00-11:00am	Free/13 sess.	00483980
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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 1-Jun 24	Wed	11:00-11:45am	Free/13 sess.	00483970
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55+ yrs	Apr 10-Jun 26	Fri	11:00-11:45am	Free/12 sess.	00483971
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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	Apr 10-Jun 26	Fri	8:30-9:30am	Free/12 sess.	00483966
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TAI CHI PRACTICE - 24 FORM* - Must be registered in Form - 24 to register

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.

55+ yrs	Mar 31-June 23	Tue	8:30-9:15am	Free/13 sess.	00483968
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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	Apr 1-Jun 24	Tue	8:30-9:30AM	Free/13 sess.	00483967
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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	Mar 31-June 23	Tue	9:15-10:00am	Free/13 sess.	00483969
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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. First Wed of month.

55+ yrs Apr 1-Jun 3 Wed 11:00am-12:30pm Free/3 sess. 00483972

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 Apr 14-Jun 9 Tue 10:00am-12:00pm Free/3 sess. 00483974

WRITING CLUB

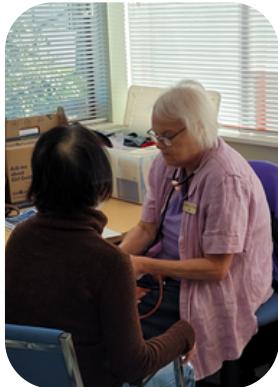
Share stories, writing experiences and ideas, and offer constructive feedback to other members to help peers improve writing skills. Facility Pass and registration required. Third Wed of month.

55+ yrs Apr 15-Jun 17 Wed 10:00am-12:00pm Free/3 sess. 00483973





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	Apr 13	Mon	9:00am-3:00pm	\$65.00/1 sess.	00483975
55+ yrs	Apr 27	Mon	9:00am-3:00pm	\$65.00/1 sess.	00483976
55+ yrs	May 11	Mon	9:00am-3:00pm	\$65.00/1 sess.	00483977
55+ yrs	Jun 8	Mon	9:00am-3:00pm	\$65.00/1 sess.	00483978
55+ yrs	Jun 15	Mon	9:00am-3:00pm	\$65.00/1 sess.	00483979

HEARING CLINICS - FREE

Register for a hearing test appointment offered the fourth Wednesday of each month.
Call 604-238-8399 to book a 30-minute appointment between 9:00-11:30am.

Registration required.

Wed, Apr 22

Wed, May 27

Wed, Jun 24



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

Apr 8 & Apr 22
May 13 & May 27
Jun 10 & Jun 24



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

Apr 8 & Apr 22
May 13 & May 27
Jun 10 & Jun 24



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 Apr 22-Jun 10 Wed 1:00-2:30pm \$47.75/8 sess. 00483986





PRIMARY CARE NETWORK WORKSHOP

Discover how to access the Richmond Primary Care Network's MSP-covered health care services that include physiotherapy, occupational therapy, chronic disease management, counseling and more. Also learn how to find a primary care provider in Richmond. Registration required.

55+ yrs	May 7	Thu	1:00-2:00pm	Free/1 sess.	00498888
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HOLISTIC HEALTH SERIES - NAVIGATING SUPPLEMENTS WORKSHOP

Learn how to choose important supplements for seniors and how to avoid interactions with medications. Presented by a naturopathic doctor. Registration required.

55+ yrs	Apr 2	Thu	1:00-2:30pm	Free/1 sess.	00488744
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HOLISTIC HEALTH SERIES - CALIBRATING THE BODY'S NATURAL CYCLES WORKSHOP

Join in this informative session to learn about the cyclical nature of sleep, organs and the body and how all work together to be an important cornerstone to good health. Presented by a naturopathic doctor. Registration required.

55+ yrs	May 4	Mon	1:00-2:30pm	Free/1 sess.	00490687
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SERVICE CANADA DENTAL PLAN INFORMATION SESSION AND CLINIC SESSION

Unlock coverage opportunities in this two-part program. Discover eligibility requirements during a focused information session then receive hands-on application support and real-time status checks at an enrollment clinic. Gain clarity, save time and increase approval confidence. Registration required. *This is a two-part workshop, attendance on April 16 is required to attend May 21 session.*

55+ yrs	Apr 16	Thu	1:00-2:00pm	Free/2 sess.	00486041
	May 21	Thu	10:00am-12:00pm		

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. Presented by Pathways Clubhouse. Registration required.

55+ yrs	May 28	Thu	1:00-2:00pm	Free/1 sess.	00485496
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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.

55+ yrs Apr 17-Jun 19 Fri 2:00-3:00pm Free/3 sess. 00483982

MAPQUEST TRAVEL - ONLINE

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

55+ yrs Apr 14-Jun 9 Tue 1:00-2:00pm Free/3 sess. 00483981

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 Apr 9 Thu 1:00-2:30pm \$17.00/1 sess. 00490585



Out Trips and Tours



VANCOUVER LOOKOUT AND LUNCH TRIP

Ride the glass elevator up 168 meters (553 feet) to reach the observation level to take in the sweeping 360° view of Stanley Park, historic Gastown, the North Shore mountains and the vibrant downtown core followed by lunch at a nearby restaurant. Transportation and admission included.

55+ yrs May 26 Tue 10:00am-2:00pm \$38.00/1 sess. 00488741

GREEK DAY ON BROADWAY TRIP

Join in this festive day that celebrates all things Greek complete with authentic food, live music, traditional dance performances and interactive activities for all ages. Transportation only included.

55+ yrs Jun 28 Sun 10:30am-2:30pm \$19.50/1 sess. 00488738



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!

\$19.00/1 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