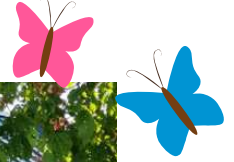
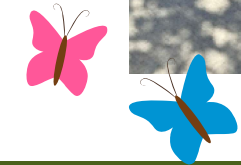


Cambie Community Centre

Summer
2026

SENIORS GUIDE



East Richmond Community Hall

12360 Cambie Road,
Richmond, BC V6V 1G4
604-238-8399
cambie@richmond.ca



Cambie Community Centre



@cambiecc



Program information and schedules are subject to change.



Drop-In Activities & Summer Fun



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

11:00am-12:30pm

Drop in to enjoy refreshments
Meet old and new friends

Tuesday

Karaoke

10:00am-12:30pm

First and Third Tuesday/month
Bring your own microphone



Wednesday

Coffee & Tea

10:00am-12:30pm

Second Wednesday/month following the Blood Pressure and Reflexology Wellness Clinics. Drop-in to enjoy refreshments.



Wednesday & Friday

Table Tennis

9:30-10:30am

Bring your own paddles.

Friday

Knitting Group

10:00-11:30am

Knit for charity or for yourself.
Join us & have fun!



Smoothie Cafe

Enjoy tasty and refreshing blended beverages made from nutritious and flavourful ingredients. Samples and recipes included.

55+yrs

Mon, Jul 13

11:30am-1:30pm

\$11.35/1 sess.

00512055



Tropical Fiesta BBQ

Enjoy an afternoon kicking back, sipping on a cool mocktail, sampling great food, having fun with friends and listening to island music. Lunch included.

55+yrs

Thu, Aug 8

12:00-2:00pm

\$17.00/1 sess.

00514267





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. Held at Cambie Community Centre.

55+ yrs Jul 10-Aug 28 Fri 11:15am-12:00pm \$50.00/8 sess. 00510389

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. Held at Cambie Community Centre.

55+ yrs Jul 7-Aug 25 Tue 1:15-2:00pm \$50.00/8 sess. 00510381

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 Jul 6-Aug 31 Mon 10:00-11:00am \$53.75/8 sess. 00510824

BETTER BONES AND BALANCE

Build better bones with a certified Osteofit instructor. Combine strength, balance and impact training to improve muscle mass, balance and bone health. No experience required.

55+ yrs Jul 6-Aug 24 Mon 12:00-1:00pm \$49.00/7 sess. 00510383

INDOOR WALKING

Stay dry exercising and socializing with fellow walkers. Facility Pass and registration required. Held at Cambie Community Centre.

55+ yrs Jul 2-Sept 3 Thu 10:00-11:00am Free/10 sess. 00510701

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 Jul 8-Sept 2 Wed 11:00-11:45am Free/10 sess. 00510755

55+ yrs Jul 3-Sept 4 Fri 11:00-11:45am Free/10 sess. 00510758



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.

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 Jul 3-Sept 4 Fri 8:30-9:30am Free/10 sess. 00510719

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 Jul 7-Sept 1 Tue 8:30-9:15am Free/9 sess. 00510739

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 Jul 8-Sept 2 Wed 8:30-9:30am Free/9 sess. 00510723

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 Jul 7-Sept 1 Tue 9:15-10:00am Free/9 sess. 00510749

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. First Wed of month.

55+ yrs Jul 8-Sept 2 Wed 10:30am-12:00pm Free/3 sess. 00510777

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 Jul 14-Aug 11 Tue 10:00am-12:00pm Free/2 sess. 00510768



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

OSTEOARTHRITIS SERIES - GARDENING AND ARTHRITIS

Discover effective strategies for gardening with arthritis, including tips on joint protection, pacing, using helpful gardening tools and designing an arthritis-friendly garden layout. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Jul 14 Tue 1:00-2:00pm Free/1 sess. 00514547

OSTEOARTHRITIS SERIES - INTRODUCTION TO MEDITATION

Learn basic meditation techniques to help manage pain in this entirely chair-based session. Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

55+ yrs Aug 13 Thu 1:00-2:00pm Free/1 sess. 00514543

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 Jul 16 Thu 1:00-2:30pm Free/1 sess. 00511794

HOLISTIC HEALTH SERIES - SHINRINYOKU - THE ART OF FOREST BATHING WORKSHOP

Discover this Japanese practice that fosters an appreciation of the stillness and mood elevating connection to the earth experienced when walking in the forest. Presented by a naturopathic doctor. Registration required.

55+ yrs Aug 17 Thu 1:00-2:00pm Free/1 sess. 00513550

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 Jul 8-Aug 26 Wed 1:00-2:30pm \$47.75/8 sess. 00510829



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	July 6	Mon	9:00am-3:00pm	\$65.00/1 sess.	00510815
55+ yrs	July 27	Mon	9:00am-3:00pm	\$65.00/1 sess.	00510820
55+ yrs	Aug 10	Mon	9:00am-3:00pm	\$65.00/1 sess.	00510822

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.

July 8 & July 22

Aug 12 & Aug 26

- 2nd and 4th Wed. of month.
- \$18.00/20 minute appointment.
- Registration opens 1 month prior at 8:00am

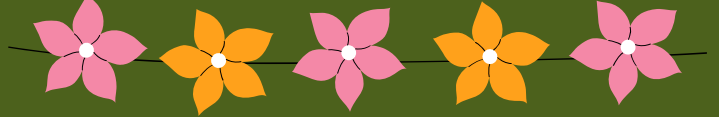
WELLNESS CLINICS - REFLEXOLOGY - YVONNE

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

July 8 & July 22

Aug 12 & Aug 26

- 2nd and 4th Wed. of month.
- \$18.00/20 minute appointment.
- Registration opens 1 month prior at 8:00am



TROUT LAKE FARMERS MARKET TRIP

Explore this East Vancouver market featuring fresh seasonal fruits and vegetables, grass-fed meat, eggs, dairy products, fresh fish and artisanal prepared food to taste and take home. Handmade crafts and craft beer, wine and spirits are also available for purchase with food and coffee trucks on site. Transportation only included.

55+ yrs Jul 18 Sat 10:00am-2:00pm \$19.50/1 sess. 00512053

GONE FISHING TRIP

Spend an unforgettable afternoon discovering BC's diverse freshwater fish species while learning essential fishing skills like rod usage, knot tying, and casting at Surrey's Green Timbers Lake. Put new knowledge to the test with hands-on catch-and-release fishing in a fun, guided experience. Ability to stand for one hour and walk on an uneven path required. Presented by Freshwater Fisheries of BC. Transportation, workshop, training equipment and day use license included.

55+ yrs Jul 30 Thu 9:45am-3:30pm \$37.00/1 sess. 00512415

CAPILANO SALMON HATCHERY AND LUNCH TRIP

Learn about the different species of salmon and view Coho and Chinook salmon in this self-guided tour, followed by lunch at The Shipyards District on North Vancouver's waterfront. Transportation only included. Free admission.

55+ yrs Aug 14 Fri 10:00am-3:30pm \$23.25/1 sess. 00512447

CIRCLE FARM TOUR - LANGLEY

Take some delicious tastes of farm-to-table edibles, sip the flavours of the valley and meet the fuzzy friends of the farms on this self-guided tour of Langley's cheese shops, farm markets and more. Transportation only included.

55+ yrs Aug 20 Thu 9:45am-3:45pm \$36.00/1 sess. 00510699



Summer 2026

Mission:

To provide accessible programs and services in East Richmond that promote community and enhance our quality of life.



Seniors programs are typically located at East Richmond Community Hall.
12360 Cambie Road

Purchase your 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!**

Cambie Community Centre Facility Hours:

Monday - Friday: 7:00am-9:45pm
Saturday - Sunday: 9:00am-4:00pm

Holiday Hours:

July 1 (Canada Day): 9:00am-4:00pm
August 3 (BC Day): 9:00am-4:00pm

Seniors Coordinator:

Linda Simpson

Phone: 604-238-8372

Email: linda.simpson@richmond.ca

Program Registration Information

1. **Online:** Visit richmond.ca/register to register at any time.
2. **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.

