

# Hamilton Community Centre Seniors Annual Facility Pass Program Schedule

SPRING 2023

## PASS AND DROP-IN FEE

A Seniors Facility Pass is available for individuals 55+ years old and to spouses less than 55 years old for one year from date of purchase.

1 Year Pass	\$15
Drop-In per visit	\$4.30

Visit the front desk or call 604-718-8055 for more information.

*Schedule subject to change.*

### 3 Ways to Register:

- [www.richmond.ca/register](http://www.richmond.ca/register)
- Phone 604-276-4300, Mon – Fri, 8:30am – 5:00pm
- In-person at any community facility

SUN	MON	TUE	WED	THU	FRI	SAT
	Tai Chi – Advanced 7:30–8:30am	Tai Chi – Advanced 7:30–8:30am	Tai Chi – Advanced 7:30–8:30am	Tai Chi – Advanced 7:30–8:30am	Tai Chi – Advanced 7:30–8:30am	
		Tai Chi – Beginner 8:30–9:30am		Tai Chi – Beginner 8:30–9:30am		
	Mahjong 10:15am – 12:00pm	Seniors Circle Group 9:30 – 11:00am		Mahjong 9:45am – 12:15pm	Dancing and Sing-A-Long 10:00am – 12:00pm	

## CLASS DESCRIPTIONS

### MAHJONG

Play this tile-based game that originated in China and is similar to the Western card game rummy. These non-gambling sessions include skill, strategy and calculation with a degree of chance. All skills welcome.

### SENIORS CIRCLE

Connect with others to discuss hobbies, news and more in these socially-distanced and safe sessions.

### DANCING AND SING-A-LONG

Enjoy popular music from across the decades and dance to easy-to-follow steps and sequences.

### TAI CHI – BEGINNER

Experience improved balance, increased flexibility and relaxation in this Yang-style class.

### TAI CHI – ADVANCED

Experience improved balance, increased flexibility and relaxation in this Yang-style class. Pre-requisite: Previous Tai Chi experience.



604-718-8055 | [www.richmond.ca/hamilton](http://www.richmond.ca/hamilton)

March 13, 2023

