

Cambie Community Centre

WINTER 2023 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

Seniors Facility Pass required for these drop-in programs.



Monday Coffee & Tea

2nd & Last week / month
(Call to confirm dates)
11:00am - 12:30pm

Drop-in to enjoy refreshments.
Meet old and new friends.



Tuesday Karaoke

1st & 3rd Tuesday /month
9:00 - 11:00am

Bring your own microphone.



Wednesday Crib and Games

Second Wednesday / month
12:00 - 1:30pm

Don't know how to play? We'll teach
you! Assorted games available like
cards, Rummy, Scrabble, etc.



Friday - Knitting Group

10:00 - 11:30am

Knit for charity or for yourself.

Join us & have fun!



Friday - Table Tennis

9:30 - 10:30am

One table available

Bring your own paddles.

Arts - Dance Fitness

TRY-IT - BAROQUE DANCE

Enjoy this elegant dance that includes both social (ballroom) dancing and theatrical dancing (ballet) and consists of basic, natural movements. Registration required.

55+ yrs	February 14	Tue	1:30-3:00pm	Free/1 sess.	#148041
18+ yrs	February 14	Tue	1:30-3:00pm	Free/1 sess.	#195603

DANCE MOVES

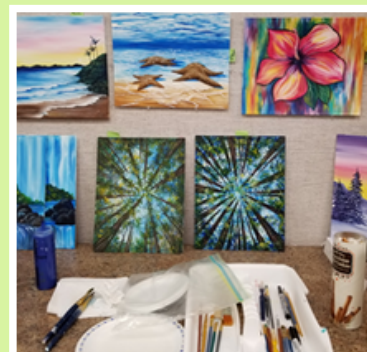
Enjoy a great workout in this class with fun and easy-to-follow dance routines. All fitness and experience levels welcome. Registration required.

55+ yrs	Jan 9-Feb 13	Mon	10:00-11:00am	\$30.20/5 sess.	#194090
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ZUMBA® - GOLD

Move gently in this class with low impact exercises designed for older adults with slight mobility issues. Experience all of the fun, zesty Latin music and easy-to-follow routines of traditional Zumba! All fitness levels welcome. Registration required.

55+ yrs	January 12	Thu	10:30-11:30am	Free/1 sess.	#196454
55+ yrs	Jan 19-Feb 16	Thu	10:30-11:30am	\$31.15/5 sess.	#196458
55+ yrs	Feb 23-Mar 23	Thu	10:30-11:30am	\$31.15/5 sess.	#196460



Arts - Visual

PAINT NIGHT

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

55+ yrs	January 12	Thu	6:30-8:30pm	\$35.00/1 sess.	#192492
55+ yrs	March 9	Thu	6:30-8:30pm	\$35.00/1 sess.	#192495

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	Jan 5-Mar 23	Thu	10:00-11:00am	Free/12 sess.	#189733
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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	Jan 4-Mar 22	Wed	11:00-11:45am	Free/12 sess.	#189717
55+ yrs	Jan 6-Mar 24	Fri	11:00-11:45am	Free/12 sess.	#189719

TAI CHI FORM 24

Increase flexibility, relaxation, and balance in this class for current registrants in Tai Chi - 24 Form. Led by a qualified martial arts instructor. Seniors Facility Pass and registration required.

* 55+ yrs	Jan 3-Mar 21	Tue	8:30-9:15am	Free/11 sess.	#189708
55+ yrs	Jan 6-Mar 24	Fri	8:30-9:30am	Free/12 sess.	#189715

TAI CHI FORM 48

Achieve health benefits that include better balance, increased flexibility, and relaxation in this class instructed by a qualified volunteer and suitable for those with an intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required.

* 55+ yrs	Jan 3-Mar 21	Tue	9:15-10:00am	Free/11 sess.	#189710
55+ yrs	Jan 4-Mar 22	Wed	8:30-9:30am	Free/12 sess.	#189713

Work out at Cambie's Fitness Centre!

Passes and Drop-In Rates

	Adult	Youth/55+
Drop-In	\$6.75	\$4.90
10 Visit Card	\$54.00	\$39.00
1 Month	\$57.00	\$46.00
3 Month	\$126.00	\$103.00
6 Month	\$215.00	\$176.00
1 Year	\$360.00	\$294.00
1 Year Family Add-On	\$291.00	N/A

Personal training is available. Inquire at the front desk.



General Interest

A Seniors Facility Pass is required for Book Club, Mahjong, and Memoir Writing Workshop.

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 Wednesday of the Month)

55+ yrs Jan 4-Mar 1 Wed 10:00-11:30am Free/3 sess. #189724

FINANCIAL LITERACY - CREATING A FINANCIAL PLAN

Learn tips and tricks and get help on the path to financial success. Presented by a G&F Financial advisor. Registration required.

55+ yrs March 2 Thu 6:30-8:00pm Free/1 sess. #191426

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, calculation, and involves a degree of chance. Registration and Facility Pass required. (Second Tuesday of the Month)

55+ yrs Jan 10-Mar 14 Tue 10:00-12:00pm Free/3 sess. #189736

MEMOIR WRITING WORKSHOP

Explore various approaches to personal/family memoir writing and receive feedback on individual projects. Registration required. (Third Wednesday of the Month)

55+ yrs Jan 18-Mar 15 Wed 10:00am-12:00pm Free/3 sess. #189731

AGELESS WISDOM SAFETY & SECURITY FOR OLDER ADULTS

Learn tips on how to recognize, avoid and prevent frauds, cons, schemes and scams that seem too good to be true. This workshop is presented by the RCMP. Registration required.

55+ yrs Jan 19 Thurs 10:00 -11:00am Free/1 sess #202564



Blood Pressure Testing - Drop-In

Blood Pressure testing with a registered nurse.

Second Wednesday of the Month at 9:30am - 12:00pm

Shoppers Drug Mart Pharmacist

Visits include:

Medication Review, Glucose Testing

FOOT/HAND TREATMENT

Relax with either treatment that includes nail filing, cuticle shaping, moisturizer application
(no nail polish)

Registration opens one month prior each month @ 8:00am

Hand Treatment \$21.90

Foot Treatment \$24.80

Refreshments, Information, and Resources

Call Linda for more information (604) 238-8372



Foot Care Clinic - Registration Required

Keep feet healthy with an assessment of the lower legs, feet, and nails by a professional nurse.
Receive treatment for corns, calluses, ingrown, fungal or thickened toenails.

55+ yrs	January 9	Mon	9:00am-3:00pm	\$55.00/30 mins	#189762
55+ yrs	February 6	Mon	9:00am-3:00pm	\$55.00/30 mins	#189763
55+ yrs	March 6	Mon	9:00am-3:00pm	\$55.00/30 mins	#189764

Located at the East Richmond Community Hall.

Call (604) 238-8399 to book an appointment.

MINDS IN MOTION (CANTONESE)

Join this fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partner participation required. PAR-Q+ Form must be completed at the start of the program. Conducted in Cantonese. Must be referred by the Alzheimer Society.

55+ yrs Jan 4-Mar 22 Wed 1:30-3:30pm \$67.80/12 sess. #189737

HOLISTIC HEALTH SERIES - THE SWEET DANGERS OF SUGAR WORKSHOP

Learn why Alzheimer's disease is now coined "Type 3 diabetes" as elevated blood sugar can cause physiological changes that impair cognition and brain health. Presented by Dr. Romi Fung. Registration required.

55+ yrs January 23 Mon 1:00-2:30pm Free/1 sess. #192551

HOLISTIC HEALTH SERIES - LYMPHATICS - THE OVERLOOKED SYSTEM

Learn how vital this system is for immune response and disease resistance and gain knowledge on simple habits to keep healthy. This presentation is led by Dr. Romi Fung and includes time for questions. Registration required.

55+ yrs March 13 Mon 1:00-2:30pm Free/1 sess. #193339



Osteoarthritis Series

Presented by Vancouver Coastal Health's Osteoarthritis Service Integration System. Registration required.

OSTEOARTHRITIS SERIES - EXERCISE

Learn various types and amount of exercise for those with osteoarthritis to increase range of motion, strength, and endurance. Registration required.

55+ yrs February 2 Thu 1:00-3:00pm Free/1 sess. #193494

OSTEOARTHRITIS SERIES - MANAGING HIP AND KNEE OSTEOARTHRITIS

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery, and what happens during joint replacement surgery. Registration required.

55+ yrs February 9 Thu 1:00-3:00pm Free/1 sess. #193503

OSTEOARTHRITIS SERIES - HAND, FOOT, SHOULDER, AND SPINE ARTHRITIS

Learn about osteoarthritis in these commonly affected joints, ways of managing osteoarthritis without surgery, and what happens during joint replacement surgery. Registration required.

55+ yrs February 16 Thu 1:00-3:00pm Free/1 sess. #191853

OSTEOARTHRITIS SERIES - NUTRITION, SUPPLEMENTS, AND ARTHRITIS

Learn how diet and weight affect osteoarthritis with topics that include nutrients, supplements, weight, eating habits, portion sizes, and Canada's Food Guide. Registration required.

55+ yrs February 23 Thu 1:00-3:30pm Free/1 sess. #193861

OSTEOARTHRITIS SERIES - NORDIC POLE WALKING FOR ARTHRITIS

Learn about the benefits of using poles while walking and techniques to support joints. Registration required.

55+ yrs March 2 Thu 10:00-11:30am Free/1 sess. #192516

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. Registration required.

55+ yrs March 9 Thu 1:00-3:30pm Free/1 sess. #193876

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. Offered through Zoom and conducted in Cantonese. Registration required. (First Thursday of the Month)

55+ yrs Jan 5-Mar 2 Thu 11:00am-12:00pm Free/3 sess. #189734

ONLINE - JEOPARDY GAME

Compete against other participants to answer general knowledge clues in this fun game based on the popular TV show. Offered through Zoom. Registration required. (Third Friday of the Month)

55+ yrs Jan 20-Mar 17 Fri 2:00-3:00pm Free/3 sess. #189739

ONLINE - MAPQUEST TRAVEL

Sit back, relax, and sip on a favourite beverage while "travelling" to exciting destinations. Offered through Zoom. Registration required. (Second Tuesday of the Month)

55+ yrs Jan 10-Mar 14 Tue 12:45-1:45pm Free/3 sess. #189743

ONLINE - NATURE'S WONDERS

Prepare to be fascinated by nature's gems through YouTube videos that feature Mother Nature's bounty. Offered through Zoom. Registration required. (First Wednesday of the Month)

55+ yrs Jan 4-Mar 1 Wed 2:00-3:00pm Free/3 sess. #189771



Out Trips and Tours

BEATY BIODIVERSITY MUSEUM AND LUNCH TRIP

Explore this active research collection that showcases the diversity of living creatures of the past and present at the museum at UBC. Lunch available for purchase at a neighborhood restaurant.

Transportation, admission, and guided tour included. No refunds within 7 days of trip.

55+ yrs Mar 16 Thurs 9:30am-1:30pm \$34.00/1 sess. #197026

OLIVE GARDEN LUNCH TRIP

Dine on authentic Italian dishes at this popular Langley restaurant. Price includes transportation only.

55+ yrs Mar 22 Wed 10:30am-2:00pm \$18.25/1 sess. #194480



Special Events

CHINESE NEW YEAR CELEBRATION - YEAR OF THE RABBIT

Watch colourful and festive lion dancing and Tai Chi demonstrations followed by a delicious Chinese lunch.

55+ yrs Tues January 17 11:00am-1:00pm \$10.75/1 sess. #196625



Community Centre 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**, Monday to Friday, 8:30am to 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 add to and adapt our programming. Thank you for your patience!

Purchase your Seniors Facility Pass today!

**Purchase a Cambie Community
Centre Seniors Facility Pass today!**

\$15.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Memoir
Writing Class, Walking Club, Tai Chi,
Luk Tung Kuen, Knitting, Crib, Table
Tennis, and Karaoke

***Note that some of these
programs require registration!**

**Seniors programs are typically located
at East Richmond Community Hall.**

12360 Cambie Road, V6V 1G4

Meet Cambie's Seniors Coordinator

Linda Simpson

Phone: (604) 238-8372

Email: LSimpson@richmond.ca