

# Thompson 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.

<b>1 Year Pass</b>	\$15
<b>Drop-In per visit</b>	\$4.30

Visit the front desk or call 604-238-8422 for more information.

*Schedule subject to change.*

### 3 Ways to Register:

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

SUN	MON	TUE	WED	THU	FRI	SAT
	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	Luk Tung Kuen 7:45–8:45am	
	Tai Chi 9:00–9:30am	Luk Tung Kuen Coffee Hour 9:00–10:00am	Tai Chi 9:00–9:30am			
	Online – Name that Tune (3rd Mon/mth) 10:30–11:45am			Crafts Group 11:00am– 1:00pm	Gentlemen in Conversation (2nd Fri/mth) 10:30am– 12:30pm <hr/> Karaoke 10:30am– 12:30pm	
	Book Club (2nd Mon/mth) 2:15–3:45pm		Chinese Cultural Dance 1:30–2:45pm			

## CLASS DESCRIPTIONS

### BOOK CLUB

Meet with other book lovers to discuss the book of the month.

### CHINESE CULTURAL DANCE

Practice a wide range of popular dances with an opportunity to perform in the community.

### CRAFTS GROUP

Share ideas and patterns with this fundraising group.

### GENTLEMEN IN CONVERSATION

Meet other men to chat about interesting topics from current events to health, wellness and Sports. Coffee and tea provided.

### KARAOKE

Find some rhythm, play some music and get singing to some great songs!

### 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.

### LUK TUNG KUEN COFFEE HOUR

Relax after Luk Tung Kuen and socialize with coffee and snacks.

### ONLINE – NAME THAT TUNE

Connect with others from the comfort of home while listening to music from across the decades. Offered through Zoom. Registration required.

### TAI CHI

Increase flexibility, relaxation and balance with this popular form of martial arts.