

Cambie Community Centre

SENIORS GUIDE

Summer
2025



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

A Seniors Facility Pass is required for these drop-in programs.

Monday **Coffee & Tea**

Last week / month
(Call to confirm dates)
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 **Peking Opera**

4:00-6:00pm

Practice this unique form of Chinese
Opera that synthesizes speech,
singing and music.



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

Arts - Visual

PAINT NIGHT

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

55+ yrs July 24 Thu 6:30-8:30pm \$35.00/1 sess. #00405879



Dance and Fitness

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	Jul 4-Aug 29	Fri	1:30-2:15pm	\$54.10/9 sess.	#00410278
55+ yrs	Jul 8-Aug 26	Tue	1:15-2:00pm	\$48.10/8 sess.	#00410280

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 7-Jul 28	Mon	10:00-11:00am	\$26.10/4 sess.	#00405336
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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	Jul 3-Aug 28	Thu	10:00-11:00am	Free/9 sess.	#00405330
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LUK TUNG KUEN

Course description
course desc. cont.

55+ yrs	Jul 2-Aug 27	Wed	11:00-11:45am	Free/9 sess.	#00405323
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55+ yrs	Jul 4-Aug 29	Fri	11:00-11:45am	Free/9 sess.	#00405325
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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.

55+ yrs	Jul 4-Aug 29	Fri	8:30-9:30am	Free/9 sess.	#00405311
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TAI CHI PRACTICE - 24 FORM

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. Must be registered in the Tai Chi - 24 Form sessions to register.

55+ yrs	Jul 8-Aug 26	Tue	8:30-9:15am	Free/8 sess.	#00405319
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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 and suitable for those with an intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required.

55+ yrs	Jul 2-Aug 27	Wed	8:30-9:30am	Free/9 sess.	#00405316
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TAI CHI PRACTICE - 48 FORM

Achieve health benefits that include better balance, increased flexibility and relaxation in sessions. Instructed by a qualified volunteer. Suitable for intermediate knowledge of Tai Chi - Form 24. Seniors Facility Pass and registration required. Pre-requisite: Tai Chi - Form 24 and instructor approval.

55+ yrs	Jul 8-Aug 26	Tue	9:15-10:00am	Free/8 sess.	#00405320
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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 Wednesday of every month.

55+ yrs Jul 2-Aug 6 Wed 11:00am-12:30pm Free/2 sess. #00405332

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 Tuesday of every month.

55+ yrs Jul 8-Aug 12 Tue 10:00am-12:00pm Free/2 sess. #00405327



Blood Pressure - Drop-In



Second Wednesday of the month from 9:30am-12:00pm

Blood Pressure checks with a registered nurse

Refreshments,
Information, and Resources available

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 and 3:00pm.

55+ yrs	July 7	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00405914
55+ yrs	August 11	Mon	9:00am-3:00pm	\$57.50/1 sess.	#00405916

Located at the East Richmond Community Hall.

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

HEARING CLINICS

Register for a hearing test appointment offered the fourth Wednesday of each month. Registration required. Registration is for a 20 minute Hearing Clinic appointment.

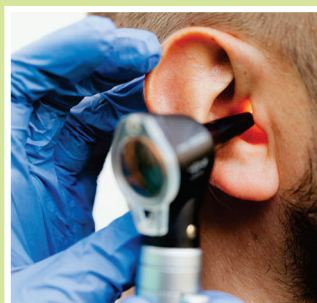
Wednesday, July 23

9:00-11:00am

Free/1 sess.

Located at the East Richmond Community Hall.

Visit us online at richmond.ca/register or call **604-238-8399** to book an appointment.



WELLNESS CLINICS - REFLEXOLOGY - YVONNE

This alternative medical practice involves applying pressure to the feet, hands or ears with specific thumb, finger & hand technique work that results in physical changes to the body. 2nd & 4th Wed. of month. Registration required, \$17.70/20 minute appointment.

Located at the East Richmond Community Hall.

Visit us online at richmond.ca/register or call **604-238-8399** to book an appointment.

WELLNESS CLINICS - SHIATSU - RUNA

Relieve stress & pain with this form of massage that uses kneading, pressing, soothing, tapping & stretching techniques performed in a specialty ergonomically designed portable chair. 2nd & 4th Wed of month. Registration required, \$17.70/20 minute appointment.

Located at the East Richmond Community Hall.

Visit us online at richmond.ca/register or call **604-238-8399** to book an appointment.

HOLISTIC HEALTH SERIES - VITAMIN D WORKSHOP

Learn about this important vitamin and understand how it affects bone and overall health. Presented by a naturopathic doctor. Registration required.

55+ yrs August 18 Mon 1:00-2:30pm Free/1 sess. #00411882

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 2-Aug 27 Wed 1:30-3:30pm \$52.20/9 sess. #00405360



Out Trips and Tours

Q TO Q FERRY WESMINSTER QUAY TRIP

Experience this unique passenger ferry that crosses the Fraser River between Queensborough and the New Westminster Quay with time to enjoy the Westminster Quay Boardwalk and explore the River Market. Bus transportation and ferry fee included.

55+ yrs	July 22	Tue	10:00am-1:30pm	Ages 55+ \$20.50/1 sess.	#00404531
				Ages 65+ \$19.50/1 sess.	

CHILLIWACK DISTRICT 1881 TRIP

Stroll through this downtown Chilliwack gem with pedestrian alleys lined with stunning heritage buildings, unique local businesses, cozy restaurants, breweries and charming retail shops. Transportation only included.

55+ yrs	August 7	Thu	9:00am-4:00pm	\$27.00/1 sess.	#00404525
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CIRCLE FARM TOUR - HARRISON

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 Harrison's cheese shops, farm markets and more. Transportation only included. No refunds within 7 days of trip.

55+ yrs	August 12	Tue	9:35am-5:35pm	\$38.00/1 sess.	#00408513
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Special Events

BARBEQUE

Socialize and enjoy a tasty BBQ meal and a refreshing drink in the court yard.

55+ yrs

July 21

Mon

12:00-2:00pm

\$16.50/1 sess.

#00411233



SMOOTHIE CAFE

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

55+ yrs

July 10

Thu

1:00-2:30pm

Free/1 sess.

#00417670



A Year in Review at Cambie

Enjoy a few photos of past programs and events!



Lunar New Year



St Pat's Tea



Vaisakhi



Edible Garden Workshop



Lonsdale Quay out trip



Seniors Day Lunch

Summer Hours:

Monday - Friday: 7:00am-9:45pm

Sat/Sun: 9:00am-4:00pm

Visit us at richmond.ca/cambie for up to date holiday hours!



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**, Mon-Fri 8:30am-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, 8:30am-5:00pm. 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!

Purchase your Seniors Facility Pass today!

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

\$18.00/1 Year Membership

Programs Include:

Coffee Social, Book Club, Writing Club,
Indoor Walking, Tai Chi, Luk Tung
Kuen, Knitting, Karaoke, Table Tennis,
Mahjong and Peking Opera

***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