

Cambie Community Centre

SUMMER 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

A Seniors Facility Pass is 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 Coffee and Games Second Wednesday / month 12:00 - 1:30pm

Assorted games available like
Cribbage, Rummy, Scrabble, etc.



Friday Knitting Group 10:00 - 11:30am

Knit for charity or for yourself.

Join us & have fun!



Wednesday / Friday Table Tennis 9:30 - 10:30am

One table available.

Bring your own paddles.

Dance and Dance Fitness

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+ Jul 4 - Jul 25 Tue 1:15PM - 2:30PM \$30.20/4 sess. #237596

DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. All fitness and experience levels welcome.

55+ Jul 10 - Aug 28 Mon 10:00AM - 11:00AM \$48.30/8 sess. #235159 **Cancelled**

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. This program is held on the first Wednesday of each month.

55+ Jul 5 - Aug 2 Wed 10:00AM - 11:30AM \$0.00/2 sess. #22822
3

FOOD SKILLS FOR FAMILIES - SENIORS EDITION

Gain hands-on cooking experience and adapt simple and delicious recipes to make at home. Presented by the Canadian Diabetes Association. Registration required.

55+ Aug 14 - Sep 25 Mon 11:00AM - 02:00PM \$0.00/6 sess. #228195

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. This program is held on the second Tuesday of each month.

55+ Jul 11 - Aug 8 Tue 10:00AM - 12:00PM \$0.00/2 sess. #228234

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+	Jul 6 - Aug 31	Thu	10:00AM - 11:00AM	\$0.00/9 sess.	#228261
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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. Led by YouTube video instruction. Seniors Facility Pass and registration required.

55+	Jul 5 - Aug 30	Wed	11:00AM - 11:45AM	\$0.00/9 sess.	#228221
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55+	Jul 7 - Sep 1	Fri	11:00AM - 11:45AM	\$0.00/9 sess.	#228222
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TAI CHI - 24 FORM

Increase flexibility, relaxation, and balance in this beginner class instructed by a qualified martial arts volunteer instructor. Seniors Facility Pass and registration required.

55+	Jul 7 - Sep 1	Fri	8:30AM - 09:30AM	\$0.00/9 sess.	#228217
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TAI CHI PRACTICE - 24 FORM*

Increase flexibility, relaxation, and balance in this class for current registrants in Tai Chi - 24 Form. Led by an experienced volunteer. Seniors Facility Pass and registration required.

55+	Jul 4 - Aug 29	Tue	8:30AM - 09:15AM	\$0.00/9 sess.	#228213
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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 martial arts volunteer instructor. ***Prerequisite** - an intermediate level of Tai Chi - Form 24 and instructor approval required. Seniors Facility Pass and registration required.

55+	Jul 5 - Aug 30	Tue	09:15AM - 10:00AM	\$0.00/9 sess.	#228219
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TAI CHI PRACTICE - 48 FORM*

Achieve health benefits that include better balance, increased flexibility, and relaxation in this class. Led by an experienced volunteer and suitable for those with an intermediate level of Tai Chi - Form 24. Seniors Facility Pass and registration required. ***Pre-requisite:** Form 24 and instructor approval.

55+	Jul 4 - Aug 29	Tue	9:15AM - 10:00AM	\$0.00/9 sess.	#228215
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Blood Pressure and Glucose Testing - Drop-In



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

Shoppers Drug Mart Pharmacist Visits include:
Glucose Testing
Medication Review (upon request)

Blood Pressure checks with a registered nurse

Refreshments,
Information, and Resources available

Call Linda for more information (604) 238-8372



Foot Care Clinic - Registration Required

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.

55+	Jul 24	Mon	09:00AM - 03:00PM	\$55.00/1 sess.	#231086
55+	Aug 21	Mon	09:00AM - 03:00PM	\$55.00/1 sess.	#231087

Located at the East Richmond Community Hall.

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

ACTIVE LIVING WITH DIABETES SELF-MANAGEMENT (CANTONESE)

Recognize the signs and symptoms of diabetes and learn to manage low and high blood glucose, nutrition, activity, stress, and medications to prevent complications. Also learn core self-management skills including problem-solving, making action plans, and decision-making. Family members and caregivers welcome. Presented by Self-Management BC, University of Victoria, and the BC Ministry of Health and conducted in Cantonese. Registration required.

55+ Jul 27 - Aug 31 Thu 9:30AM - 12:00PM \$0.00/6 sess. #231965

MINDS IN MOTION (CANTONESE)

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

55+ Jul 5 - Aug 30 Wed 01:30PM - 03:30PM \$50.85/9 sess. #229235

HOLISTIC HEALTH SERIES - CALIBRATING THE BODY'S NATURAL CYCLES WORKSHOP

Join in this informative session to learn about the cyclical nature of sleep, organs, and the body and how they all work together to be an important cornerstone to good health. This workshop is presented by Dr. Romi Fung. Registration required.

55+ Jul 10 Mon 01:00PM - 02:30PM \$0.00/1 sess. #235814



Out Trips and Tours

CARNAVAL DEL SOL TRIP

Be part of this Latin American festival in Vancouver celebrating this rich culture with live music, food, drinks, art, dance, sports, and poetry. Transportation and admission included. No refunds within 7 days of trip.

55+ Jul 7 Fri 1:00PM - 05:00PM \$27.25/1 sess. #230711

MILLTOWN BAR AND GRILL TRIP

Enjoy a unique and casual dining experience that boasts expansive views of the Fraser River and the main YVR runway. Transportation only included. No refunds within 7 days of trip.

55+ Jul 13 Thu 11:00AM - 2:00PM \$16.25/1 sess. #234843

TAP AND BARREL AT THE SHIPYARDS TRIP

Enjoy a delicious lunch on this North Vancouver restaurant's outdoor patio with breathtaking views of downtown Vancouver. Transportation only included. No refunds within 7 days of trip.

55+ Jul 18 Tue 10:00AM - 2:30PM \$22.75/1 sess. #236909

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+ Aug 10 Thu 9:00AM - 4:30PM \$38.00/1 sess. #234689



Out Trips and Tours cont.

RED ROBIN RESTAURANT TRIP

Choose from the flavourful appetizers, sandwiches, soups, salad, and entrées which include 25 outrageously delicious burger options, offered at this established downtown Vancouver restaurant followed by a stroll on Robson Street. Transportation only included. No refunds within 7 days of trip.

55+ Aug 15 Tue 10:30AM - 2:30PM \$21.50/1 sess. #235052

VANCOUVER ART GALLERY AND DINNER TRIP

Be entertained and intrigued at this popular Vancouver gallery that boasts contemporary and historic presentation from BC, Canadian, and international artists, then followed by a dinner stop at a local restaurant. Price includes transportation and admission. Home drop-off (\$3.00) available. No refunds within 7 days of trip.

55+ Aug 29 Tue 4:15PM - 8:45PM \$30.00/1 sess. #235643



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.



Special Events

SMOOTHIE CAFE

Enjoy tasty and refreshing blended beverages made from nutritious and flavourful ingredients. Price includes samples and recipes.

55+ Jul 17 Mon 11:00AM - 1:00PM \$10.75/1 sess. #234747



Open House Barbecue

Cambie Community Centre will be firing up the grill and barbecuing hot-dogs for our community while helping families get familiarized with our programs through interactive games and activities! Our program areas will be well represented, as will some other local community groups.

Rock'N'Beau will be joining us as our entertainment!

All Ages August 30 Wed 4:00-6:00pm

Cambie Community Centre
(outdoors) **FREE**

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. Conducted in Cantonese. Offered through Zoom. Registration required. This program is held on the first Thursday of each month.

55+ Jul 6 - Aug 3 Thu 11:00AM - 12:00PM \$0.00/2 sess. #230435

55+ Volunteers 2023

Meet the volunteers who make seniors programs possible!



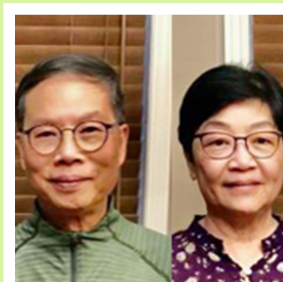
Bosco - Tai Chi
Instructor



Bill - Tai Chi Leader



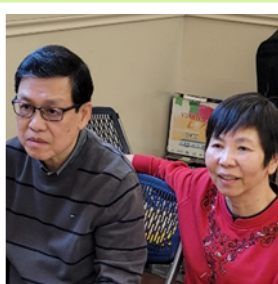
Susan & Peter -
events, Tai Chi, Tea,



Louis & Helen -
Tai Chi, Events,
Trips, Program
Committee



Simon - Events,
Cooking Chat Line,
Program Committee



Gerry & Ming -
Karaoke, events



Ted - Gardener,
Events, Luk Tung



Johnny & Janet -
Table Tennis,
Gardening, Events



Naseem - Luk Tung



Virginia - Mahjong



Jeanette - Knitting



Jim - Events,
Program Committee



Jella & George -
Event support,
Crafts



Bonita - Events,
Luk Tung, Dance
Moves Instructor



Yumi - Coffee &
Tea, Program
support

Summer Hours:

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

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



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 are 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 follow public health guidelines. 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, Karaoke, Mahjong

***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: LSimpson@richmond.ca