

# Cambie Community Centre

## SUMMER 2024 SENIORS GUIDE



### East Richmond Community Hall

12360 Cambie Road,  
Richmond, BC V6V 1G4

604-238-8399

[cambie@richmond.ca](mailto:cambie@richmond.ca)



Cambie Community Centre



@cambiicc

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  
10:30am - 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 - 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 25

Thu

6:30-8:30pm

\$35.00/1 sess.

#319025

## Dance and Dance Fitness

### DANCE MOVES

Enjoy a great workout with fun and easy-to-follow dance routines. Suitable for all fitness and experience levels.

55+ yrs

Jul 8-Aug 19

Mon

10:00-11:00am

\$38.05/6 sess.

#310259



# 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 4-Aug 29 Thu 10:00-11:00am Free/9 sess. #309612

## 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 Jul 3-Aug 28 Wed 11:00-11:45am Free/9 sess. #309600

55+ yrs Jul 5-Aug 30 Fri 11:00-11:45am Free/9 sess. #309607

## 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 5-Aug 30 Fri 8:30-9:30am Free/9 sess. #309599

## 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 2-Aug 27 Tue 8:30-9:15am Free/9 sess. #309594

## 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 3-Aug 28 Wed 8:30-9:30am Free/9 sess. #309598

## 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 2-Aug 27 Tue 9:15-10:00am Free/9 sess. #309597

# 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 the month.

55+ yrs    Jul 3-Aug 7    Wed    10:00-11:30am    Free/2 sess.    #309613



## 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+ yrs    Jul 9-Aug 13    Tue    10:00am-12:00pm    Free/2 sess.    #309615



## 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 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. Call 604-238-8399 to book a 30-minute appointment between 9:00am and 3:00pm.

55+ yrs	July 22	Mon	9:00am-3:00pm	\$55.00/1 sess.	#310138
55+ yrs	August 19	Mon	9:00am-3:00pm	\$55.00/1 sess.	#310139

Located at the East Richmond Community Hall.

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



## WELLNESS CLINIC - REFLEXOLOGY - YVONNE

Try this alternative medical practice that involves applying pressure to the feet, hands or ears with specific thumb, finger and hand technique work that results in physical changes to the body.

55+ yrs	July 10	Wed	9:30-9:50am	\$17.25/1 sess.	#312102
55+ yrs	July 10	Wed	10:00-10:20am	\$17.25/1 sess.	#312104
55+ yrs	July 10	Wed	10:30-10:50am	\$17.25/1 sess.	#312109
55+ yrs	July 10	Wed	11:00-11:20am	\$17.25/1 sess.	#312106
55+ yrs	July 10	Wed	11:30-11:50am	\$17.25/1 sess.	#312116
55+ yrs	July 10	Wed	12:00-12:20pm	\$17.25/1 sess.	#312118
55+ yrs	July 10	Wed	12:30-12:50pm	\$17.25/1 sess.	#312123
55+ yrs	July 10	Wed	1:00-1:20pm	\$17.25/1 sess.	#312126
55+ yrs	July 10	Wed	1:30-1:50pm	\$17.25/1 sess.	#312129
55+ yrs	July 10	Wed	2:00-2:20pm	\$17.25/1 sess.	#312131

## FOOD SKILLS FOR FAMILIES - SENIORS EDITION

Gain hands-on cooking experience and adapt simple and delicious recipes to make at home. Presented by the BC Centre for Disease Control. Registration required.

55+ yrs	Jul 11-Aug 15	Thu	11:00am-2:00pm	Free/6 sess.	#311021
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## MINDS IN MOTION (CANTONESE)

Enjoy light exercise conducted 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 price. Conducted in Cantonese.

55+ yrs	Jul 3-Aug 28	Wed	1:30-3:30pm	\$50.85/9 sess.	#310084
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# 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. First Thursday of the month.

55+ yrs    Jul 4-Aug 1    Thu    11:00am-12:00pm    Free/2 sess.    #314925



## Work out at Cambie's Fitness Centre!

### Passes and Drop-In Rates

	Adult	Youth/55+
Drop-In	\$6.90	\$5.00
Yoga Drop-In (1 hour)	\$8.75	N/A
10 Visit Card	\$55.00	\$40.00
1 Month	\$59.00	\$47.00
3 Month	\$128.00	\$105.00
6 Month	\$219.00	\$180.00
1 Year	\$365.00	\$300.00
1 Year Family Add-On	\$300.00	N/A

Passes are non-transferrable. Personal training is available. Inquire at the front desk for more information.





# 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+ yrs    July 6                      Sat            12:00-4:00pm            \$23.50/1 sess.            #314521

## BUBBLE TEA FESTIVAL TRIP

Sample assorted bubble teas, delicious Asian street food like fried Taiwanese chicken, BBQ eats, Indonesian cuisine and sushi tacos at this festival in Burnaby. View outdoor movies, stage performances, game booths, music and dances. Transportation and admission included.

55+ yrs    July 20                      Sat            11:30am-2:30pm            \$28.50/1 sess.            #296616

## WESTMINSTER ABBEY AND LEPPS MARKET TRIP

Experience the beauty and serenity of this Mission destination with a guided tour by a resident Catholic Monk along with a lunch stop at a family-run farm market with locally sourced and gourmet pantry items. Transportation and tour admission included. No refunds within 7 days of trip.

55+ yrs    July 26                      Fri            9:15am-3:15pm            \$41.00/1 sess.            #316034

## CIRCLE FARM TOUR - LANGLEY

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

55+ yrs    August 15                      Thu            9:15am-3:15pm            \$35.00/1 sess.            #315370

## CIRCLE FARM TOUR - ABBOTSFORD

Take in all the senses on this self-guided tour that showcases a farm fresh, honey sweet experience with local produce, seasonal berries, flavoured honey, gourmet ice cream and more. Transportation only included.

55+ yrs    August 27                      Tue            9:15am-3:45pm            \$35.00/1 sess.            #315490

## Cambie's Outreach Events

Cambie will be visiting **King George Community Park** in August with free entertainment for Seniors!

Stay tuned for more details!

## Cambie Community Carnival

Join Cambie Community Centre for our end-of-summer Carnival, including outdoor games, crafts, entertainment and inflatables! **Rock'N'Beau** will be joining us as our host with music and dance games! Stay tuned for more details!

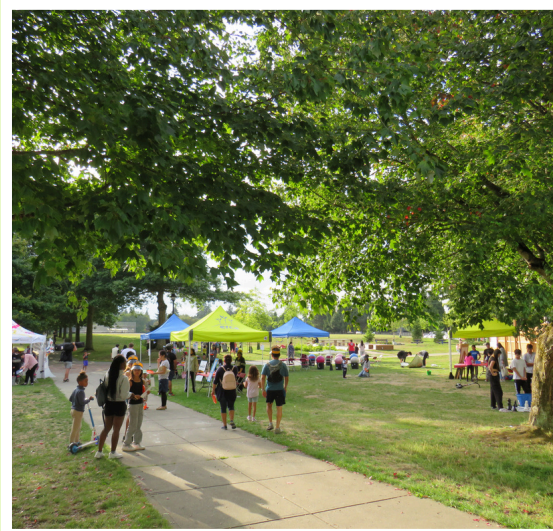
All Ages

August 23 Fri

5:30-7:30pm

Cambie Community Centre  
(outdoors)

**FREE**



## Summer Hours:

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

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

Visit us at [richmond.ca/cambie](http://richmond.ca/cambie) for up to date holiday hours!



## Program Registration Information

- 1) **Online:** Visit [www.richmond.ca/register](http://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](http://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](http://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](http://icanhelp.richmond.ca) to browse volunteer opportunities!

Purchase your Seniors Facility Pass today!

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

\$16.00/1 Year Membership

**Programs Include:**

Coffee Social, Book Club, Walking  
Club, Tai Chi, Luk Tung Kuen, Knitting,  
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](mailto:Linda.Simpson@richmond.ca)