


RCD Activity Calendar for the Month of March 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div> <div> Richmond Centre for Disability Unit 842-5300 No.3 Road Lansdowne Centre, Richmond, BC V6X 2X9 Tel: 604-232-2404 www.rcdrichmond.org </div> <div> For registration or activity details: contact activity coordinators, or email Tom at tom@rcdrichmond.org or call </div> <div>  </div> </div>					1 9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	2
3	4	5	6	7	8	9
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm Traditional Chinese Medicine (TCM) Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 2:30 pm – 3:30pm Kalimba Class 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
10	11	12	13	14	15	16
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 2:30 pm – 3:30pm Kalimba Class 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
17	18	19	20	21	22	23
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 2:30 pm – 3:30pm Kalimba Class 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
24	25	26	27	28	29	30
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks1 (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club	CENTRE CLOSED GOOD FRIDAY	

RCD Activity Calendar for the Month of April 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	CENTRE CLOSED EASTER MONDAY	10:30 am – 3:00 pm Traditional Chinese Medicine (TCM) Free Consultation 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club	9:30 am – 10:30 am Mom's Dance Club 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)	
7	8	9	10	11	12	13
	3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club	9:30 am – 10:30 am Mom's Dance Club 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)	
14	15	16	17	18	19	20
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
21	22	23	24	25	26	27
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
28	29	30	<div style="border: 2px dashed yellow; padding: 10px; display: inline-block; width: 80%;"> For registration or activity details: contact activity coordinators, or email Tom at tom@rcdrichmond.org or call 604-232-2404. </div> <div style="border: 2px solid blue; padding: 10px; display: inline-block; width: 30%; margin-left: 10px;"> Richmond Centre for Disability Unit 842-5300 No.3 Road Lansdowne Centre, Richmond, BC V6X 2X9 Tel: 604-232-2404 www.rcdrichmond.org </div>			
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club				

RCD Activity Calendar for the Month of May 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
	 <div style="border: 2px dashed yellow; padding: 10px; margin-top: 10px;"> For registration or activity details: contact activity coordinators, or email Tom at tom@rcdrichmond.org or call 604-232-2404. </div>		9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 10:30 am – 12:00 pm Life Skills Class (Cooking) 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
5	6	7	8	9	10	11
9:00 am – 12:30 pm BMO Event	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Zoom)	10:30 am – 3:00 pm Traditional Chinese Medicine (TCM) Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
12	13	14	15	16	17	18
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Zoom)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 10:30 am – 12:00 pm Life Skills Class (Cooking) 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
19	20	21	22	23	24	25
	<b style="color: red; text-align: center;">CENTRE CLOSED <b style="color: red; text-align: center;">VICTORIA DAY	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 10:30 am – 12:00 pm Life Skills Class (Cooking) 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
26	27	28	29	30	31	
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Zoom)	10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 10:30 am – 12:00 pm Life Skills Class (Cooking) 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	

RCD Activity Calendar for the Month of June 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	1 / 8
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm Traditional Chinese Medicine (TCM) Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
9	10	11	12	13	14	15
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
16	17	18	19	20	21	22
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
23	24	25	26	27	28	29
	1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:30 pm – 3:30 pm Social Games Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid)	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club	9:30 am – 10:30 am Mom's Dance Club 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)	
30	<p>All activities are conducted in-person, unless otherwise state. For Zoom activities, joining information will be provided after registration. Some activities require a fee to participate. Limited space, register early.</p> <p>IMPORTANT NOTE: Apply or renew your participant membership to join RCD activities, download New Participant Registration Form or Participants Renewal Form here.</p> <p>For registration and activity details: contact activity coordinators, or email Tom at tom@rcdrichmond.org or call 604-232-2404.</p>					

