

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	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) 4:30 pm – 6:00 pm 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
	10:30 am – 3:00 pm Tradition Chinese Medicine (TCM) Free Consultation 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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
	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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 1:00 pm – 2:00 pm Computer: Win 11 2:00 pm – 3:00 pm Job Club (WORCC) 4:30 pm – 6:00 pm 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
	10:00 am – 12:00 pm Gardening & Walking Club Orientation at RCD office 10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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 1:00 pm – 2:00 pm Computer: Win 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; margin-right: 10px;"> For registration or activity details: contact activity coordinators, or email Tom at tom@rcdrichmond.org or call 604-232-2404. </div> <div style="border: 1px solid cyan; padding: 10px; display: inline-block;"> Richmond Centre for Disability Unit 842-5300 No.3 Road Lansdowne Centre, Richmond, BC V6X 2X9 Tel: 604-232-2404 www.rcdrichmond.org </div>			
	10:00 am – 12:00 pm Gardening & Walking Club 10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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			
			<p>9:50 am – 10:50 am Mom's Language Club (Hybrid)</p> <p>11:00 am – 12:00 pm Relaxation (Hybrid)</p> <p>1:00 pm – 2:00 pm English: Conversation</p> <p>1:00 pm – 2:00 pm Computer: Win 11</p> <p>2:00 pm – 3:00 pm Job Club (WORCC)</p>	<p>11:00 am – 12:30 pm Table Tennis</p> <p>1:30 pm – 2:30 pm Singing Club</p> <p>3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club</p> <p>10:30 am – 12:00 pm Life Skills (Cooking) Garratt</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)</p> <p>2:00 pm – 3:00 pm English: Reading & Writing</p>				
			5	6	7	8			
				<p>9:00 am – 12:30 pm BMO Event</p>	<p>10:00 am – 12:00 pm Gardening & Walking Club</p> <p>10:30 am – 3:00 pm TCM Free Consultation</p> <p>1:00 pm – 2:00 pm English: Fun with Words</p> <p>3:00 pm – 4:00 pm TOM Talks (Hybrid)</p>	<p>1:00 pm – 2:00 pm iPad Class</p> <p>2:00 pm – 3:00 pm Computer Windows 11 (Chi)</p> <p>2:30 pm – 3:30 pm Social Games Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid)</p> <p>11:00 am – 12:00 pm Relaxation (Hybrid)</p> <p>1:00 pm – 2:00 pm English: Conversation</p> <p>1:00 pm – 2:00 pm Computer: Win 11</p> <p>2:00 pm – 3:00 pm Job Club (WORCC)</p>	<p>11:00 am – 12:30 pm Table Tennis</p> <p>1:30 pm – 2:30 pm Singing Club</p> <p>3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club</p> <p>11:00 am – 12:30 pm Life Skills</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)</p> <p>2:00 pm – 3:00 pm English: Reading & Writing</p>
			12	13	14	15			
				<p>10:00 am – 12:00 pm Gardening & Walking Club</p> <p>10:30 am – 3:00 pm TCM Free Consultation</p> <p>1:00 pm – 2:00 pm English: Fun with Words</p> <p>3:00 pm – 4:00 pm TOM Talks (Hybrid)</p>	<p>1:00 pm – 2:00 pm iPad Class</p> <p>2:00 pm – 3:00 pm Computer Windows 11 (Chi)</p> <p>2:30 pm – 3:30 pm Social Games Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid)</p> <p>11:00 am – 12:00 pm Relaxation (Hybrid)</p> <p>1:00 pm – 2:00 pm English: Conversation</p> <p>1:00 pm – 2:00 pm Computer: Win 11</p> <p>2:00 pm – 3:00 pm Job Club (WORCC)</p>	<p>11:00 am – 12:30 pm Table Tennis</p> <p>1:30 pm – 2:30 pm Singing Club</p> <p>3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club</p> <p>10:30 am – 12:00 pm Life Skills (Cooking) Garratt</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)</p> <p>2:00 pm – 3:00 pm English: Reading & Writing</p>	
			19	20	21	22			
				<p>CENTRE CLOSED</p> <p>VICTORIA DAY</p>	<p>1:00 pm – 2:00 pm iPad Class</p> <p>2:00 pm – 3:00 pm Computer Windows 11 (Chi)</p> <p>2:30 pm – 3:30 pm Social Games Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid)</p> <p>11:00 am – 12:00 pm Relaxation (Hybrid)</p> <p>1:00 pm – 2:00 pm English: Conversation</p> <p>1:00 pm – 2:00 pm Computer: Win 11</p> <p>2:00 pm – 3:00 pm Job Club (WORCC)</p>	<p>11:00 am – 12:30 pm Table Tennis</p> <p>1:30 pm – 2:30 pm Singing Club</p> <p>3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club</p> <p>10:30 am – 12:00 pm Life Skills (Cooking) Garratt</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)</p> <p>2:00 pm – 3:00 pm English: Reading & Writing</p>	
			26	27	28	29			
				<p>10:00 am - 12:00 pm Gardening & Walk Club at RCD office</p> <p>10:30 am – 3:00 pm TCM Free Consultation</p> <p>1:00 pm – 2:00 pm English: Fun with Words</p> <p>3:00 pm – 4:00 pm TOM Talks (Hybrid)</p>	<p>2:00 pm – 3:00 pm Computer Windows 11 (Chi)</p> <p>2:30 pm – 3:30 pm Social Games Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid)</p> <p>11:00 am – 12:00 pm Relaxation (Hybrid)</p> <p>1:00 pm – 2:00 pm English: Conversation</p> <p>1 - 2 pm Computer: Window 11</p> <p>2:00 pm – 3:00 pm Job Club (WORCC)</p>	<p>11:00 am – 12:30 pm Table Tennis</p> <p>1:30 pm – 2:30 pm Singing Club</p> <p>3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club</p> <p>10:30 am – 12:00 pm Life Skills (Cooking) Garratt</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)</p> <p>2:00 pm – 3:00 pm English: Reading & Writing</p>	

(Schedule may be subjected to changes)

RCD Activity Calendar for the Month of June 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	1 / 8
	10:00 am - 12:00 pm Gardening & Walk Club 10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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 1 - 2 pm 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 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
	10:00 am - 12:00 pm Gardening & Walk Club 10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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 1 - 2 pm 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 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
	10:00 am - 12:00 pm Gardening & Walk Club 10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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 1 - 2 pm 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 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
	10:00 am - 12:00 pm Gardening & Walk Club 10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	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

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.

IMPORTANT NOTE: Apply or renew your participant membership to join RCD activities, download [New Participant Registration Form](#) or [Participants Renewal Form](#) here.

For registration and activity details: contact activity coordinators, or email Tom at tom@rcdrichmond.org or call 604-232-2404.

