







RCD (Recreation & Education) Activity Calendar for the Month of July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	 CENTRE CLOSED	<p>12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i></p> <p>1:00 pm – 2:30 pm Word Level 1</p> <p>2:00 pm – 5:30 pm Games & Social Club</p> <p>3:00 pm – 4:30 pm PowerPoint Level 2</p>	<p>10:00 am – 11:00 am Martial Arts Class</p> <p>1:00 pm – 2:30 pm Excel Level 1 & 2</p>	<p>10:00 am – 12:00 pm Singing Club</p> <p>12:15 pm – 2 pm Table Tennis Drop-in</p> <p>1:00 pm – 2:30 pm PC Maintenance & Security</p> <p>2:30 pm – 3:45 pm Culture & Interest Club</p> <p>3:00 pm – 4:00 pm Computer 101</p>	<p>9:30 am – 10:30 am Mom's Dancing Club</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise</p> <p>2:15 pm – 3:45 pm Karaoke Happy Hours</p>	<p>Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)</p>
8	9	10	11	12	13	14
RCD SUMMER CAMP (OUTSIDE VENUE)						
	<p>1:00 pm – 2:30 pm Computer & Windows10 Basics</p> <p>3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i></p> <p>1:00 pm – 2:30 pm Word Level 1</p> <p>2:00 pm – 5:30 pm Games & Social Club</p> <p>3:00 pm – 4:30 pm PowerPoint Level 2</p> <p>6:30 pm – 7:30 pm Laughter Yoga <i>(Run by Richmond Laughter Club)</i></p>	<p>10:00 am – 11:00 am Martial Arts Class</p> <p>1:00 pm – 2:30 pm Excel Level 1 & 2</p>	<p>10:00 am – 12:00 pm Singing Club</p> <p>12:15 pm – 2 pm Table Tennis Drop-in</p> <p>1:00 pm – 2:30 pm PC Maintenance & Security</p> <p>3:00 pm – 4:00 pm Computer 101</p>	<p>9:30 am – 10:30 am Mom's Dancing Club</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise</p>	<p>10:00 am – 12:00 pm Chinese Support Group Garage Sale Volunteers Meeting</p>
15	16	17	18	19	20	21
RCD SUMMER CAMP (OUTSIDE VENUE)						
	<p>1:00 pm – 2:30 pm Computer & Windows10 Basics</p> <p>3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 4:00 pm Waking-Wheeling Club – Special Long Walk <i>(weather permits)</i></p> <p>2:00 pm – 5:30 pm Games & Social Club</p>	<p>10:00 am – 11:00 am Martial Arts Class</p>	<p>10:00 am – 12:00 pm Singing Club</p> <p>12:15 pm – 2 pm Table Tennis Drop-in</p> <p>2:30 pm – 3:45 pm Culture & Interest Club</p>	<p>Preparation for Garage Sale: Donated Items to be Dropped Off at the RCD</p>	
22	23	24	25	26	27	28
RCD SUMMER CAMP (OUTSIDE VENUE)						
	<p>3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i></p> <p>2:00 pm – 5:30 pm Games & Social Club</p> <p>6:30 pm – 7:30 pm Laughter Yoga <i>(Run by Richmond Laughter Club)</i></p>	<p>10:00 am – 11:00 am Martial Arts Class</p> <p>2:00 pm – 4:00 pm Richmond Brain Injury Support Group Meeting</p>	<p>10:00 am – 12:00 pm Singing Club</p> <p>12:15 pm – 2 pm Table Tennis Drop-in</p>	<p>9:30 am – 10:30 am Mom's Dancing Club</p> <p>1:00 pm – 2:00 pm FUN Skills Exercise</p>	
29	30	31	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Richmond Centre for Disability 100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org</p> </div> 			
	<p>3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i></p> <p>2:00 pm – 5:30 pm Games & Social Club</p>				

(Schedule may be subjected to changes)

RCD (Recreation & Education) Activity Calendar for the Month of August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			RCD SUMMER CAMP (OUTSIDE VENUE)			
			10:00 am – 11:00 am Martial Arts Class	10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 2:30 pm – 3:45 pm Culture & Interest Club	9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Outdoor Life Skills 1:00 pm – 2:00 pm FUN Skills Exercise	☹ Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)
5	6	7	8	9	10	11
			RCD SUMMER CAMP (OUTSIDE VENUE)			
	 CENTRE CLOSED	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:00 pm – 5:30 pm Games & Social Club	10:00 am – 11:00 am Martial Arts Class	10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in	9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Outdoor Life Skills 1:00 pm – 2:00 pm FUN Skills Exercise	
12	13	14	15	16	17	18
	3:30 pm – 4:30 pm Relaxation & Meditation	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:00 pm – 5:30 pm Games & Social Club 6:30 pm – 7:30 pm Laughter Yoga (Run by Richmond Laughter Club)	10:00 am – 11:00 am Martial Arts Class	COMMUNITY HOT DOG DAY	9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Outdoor Life Skills 1:00 pm – 2:00 pm FUN Skills Exercise	10:00 am – 12:00 pm Chinese Support Group Committee Planning Meeting
				10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 2:30 pm – 3:45 pm Culture & Interest Club		
19	20	21	22	23	24	25
	3:30 pm – 4:30 pm Relaxation & Meditation	12:30 pm – 4:00 pm Waking-Wheeling Club – Special Long Walk (weather permits) 2:00 pm – 5:30 pm Games & Social Club	10:00 am – 11:00 am Martial Arts Class 2:00 pm – 4:00 pm Richmond Brain Injury Support Group Meeting	10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in	9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Outdoor Life Skills 1:00 pm – 2:00 pm FUN Skills Exercise	
26	27	28	29	30	31	
	3:30 pm – 4:30 pm Relaxation & Meditation	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:00 pm – 5:30 pm Games & Social Club 6:30 pm – 7:30 pm Laughter Yoga (Run by Richmond Laughter Club)	10:00 am – 11:00 am Martial Arts Class	10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in	 Staff Retreat CENTRE CLOSED	

(Schedule may be subjected to changes)