


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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Richmond Centre for Disability 100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org</p> </div>	1 12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i> 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2	2 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	3 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class	4 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> MAY THE FOURTH BE WITH YOU RCD Fundraiser </div>	5 ☹ Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)
6	7 ○ ① 10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation 4:00 pm – 5:30 pm Financial Literacy – Each One Teach One	8 12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i> 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2 6:30 pm – 7:30 pm Laughter Yoga <i>(Run by Richmond Laughter Club)</i>	9 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	10 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 2:30 pm – 3:45 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101	11 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking <i>(At Garratt Wellness Centre)</i> 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	12 9:30 am – 11:00 am Chinese Support Group Committee Meeting 11:00 am – 1:00 pm CSG Members Meeting – Talents Show
13	14 ○ ① 10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation	15 12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i> 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2	16 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	17 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class	18 ☹ 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking <i>(At Garratt Wellness Centre)</i> 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	19 ☹ 5:00 pm – 8:00 pm Filipino Parents' Support Group Meeting
20	21 <div style="text-align: center;">  <div style="color: red; font-weight: bold; font-size: 1.5em; margin-top: 10px;">CENTRE CLOSED</div> </div>	22 12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i> 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2 6:30 pm – 7:30 pm Laughter Yoga <i>(Run by Richmond Laughter Club)</i>	23 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1 2:00 pm – 4:00 pm Richmond Brain Injury Support Group Meeting	24 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 2:30 pm – 3:45 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101	25 ☹ 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking <i>(At Garratt Wellness Centre)</i> 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Crafts Happy Hours	26 ☹
27	28 ○ ① 10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation	29 12:30 pm – 2:30 pm Waking-Wheeling Club <i>(weather permits)</i> 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2	30 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	31 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class	○ English Class (2018 Term 2) Mon & Wed, 2 Classes per week 1-2 pm Fun with Words 1-2 pm Reading & Writing 2:15-3:15 pm Conversation ① Job Skills Club Mon & Thur 10-11:30 a.m.	

(Schedule may be subjected to changes)

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


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p>○ English Class (2018 Term 2) Mon & Wed, 2 Classes per week 1-2 pm Fun with Words 1-2 pm Reading & Writing 2:15-3:15 pm Conversation</p> <p>Ⓜ Job Skills Club Mon & Thur 10-11:30 a.m.</p>					<p>● Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)</p>	<p>Richmond Centre for Disability 100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org</p>		<p>1 ●</p> <p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking (At Garratt Wellness Centre) 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours</p>	<p>2 ●</p> 
3	4 ○	5 ●	6 ○	7 ●	8 ●	9 ●			
	<p>10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 4:00 pm Waking-Wheeling Club – Special Long Walk (weather permits) 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2</p>	<p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 2:30 pm – 3:45 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking (At Garratt Wellness Centre) 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours</p>				
10	11 ○	12 ●	13 ○	14 ●	15 ●	16 ●			
	<p>10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p style="text-align: center;">SELF-EMPLOYMENT & ENTREPRENEUR EXPO (At Richmond Cultural Centre)</p> <p>12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)</p>	<p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours</p>	<p>9:30 am – 11:00 am Chinese Support Group Committee Meeting 11:00 am – 1:00 pm CSG Members Meeting – Special Presentation 5:00 pm – 8:00 pm Filipino Parents' Support Group Meeting</p>			
17	18 ○	19 ●	20 ○	21 ●	22 ●	23 ●			
	<p>10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2</p>	<p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 pm Mom's Language Club 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 2:30 pm – 3:45 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours</p>				
24	25 ○	26 ●	27 ○	28 ●	29 ●	30 ●			
	<p>1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation</p>	<p>12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Word Level 1 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 2 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)</p>	<p>10:00 am – 11:00 am Martial Arts Class 11:15 am – 12:45 pm Yarn Craft/Knitting Club 1:00 pm – 2:30 pm Excel Level 1 2:00 pm – 4:00 pm Richmond Brain Injury Support Group Meeting</p>	<p>10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Crafts Happy Hours</p>				

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
 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Richmond Centre for Disability</p> <p style="text-align: center;">100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org</p> </div>			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)			
	 <b style="color: red; font-size: 1.2em;">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	 <b style="color: red; font-size: 1.2em;">CENTRE CLOSED	

(Schedule may be subjected to changes)