


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Richmond Centre for Disability 100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org	Mar. 5 & Mar. 29, 2018 emPOWER Workshops See RCD website for Topic (NEW VENUE: Richmond Brighthouse Library)			○ English Class 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 am	1 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 for RMHT 4:00 pm – 5:30 pm Public Speaking Class	2 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Training 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	3 FREE Income Tax Filing Services (Registration Needed) 11 a.m. – 2 p.m. RCD Volunteer Orientation & Training
	4	5 ○ ① 10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows10 Basics 3:30 pm – 4:30 pm Relaxation Retreat 5:30 pm – 8:00 pm Chronic Disease Self-Management Program 6:30 pm – 8 pm emPOWER Workshop	6 1:00 pm – 2:30 pm Word Level 1 & 2 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	7 ○ 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	8 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 for RMHT	9 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Training 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	10 FREE Income Tax Filing Services (Registration Needed) CSG Members Meeting – Spring Dinner (Venue to be determined)
11	12 ○ ① 10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer & Windows10 Basics 3:30 pm – 4:30 pm Relaxation Retreat 5:30 pm – 8:00 pm Chronic Disease Self-Management Program	13 1:00 pm – 2:30 pm Word Level 1 & 2 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	14 ○ 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	15 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 for RMHT 4:00 pm – 5:30 pm Public Speaking Class	16 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Training 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	17 FREE Income Tax Filing Services (Registration Needed) 5:00 pm – 8:00 pm Filipino Parents' Support Group Meeting	
18	19 ○ ① 1:00 pm – 2:30 pm Computer & Windows10 Basics 3:30 pm – 4:30 pm Relaxation Retreat 5:30 pm – 8:00 pm Chronic Disease Self-Management Program	20 1:00 pm – 2:30 pm Word Level 1 & 2 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	21 ○ 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	22 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 for RMHT	23 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Training 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Crafts Happy Hours	24 FREE Income Tax Filing Services (Registration Needed)	
25	26 ○ ① 1:00 pm – 2:30 pm Computer & Windows10 Basics 3:30 pm – 4:30 pm Relaxation Retreat 5:30 pm – 8:00 pm Chronic Disease Self-Management Program	27 1:00 pm – 2:30 pm Word Level 1 & 2 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	28 ○ 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	29 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 for RMHT 4:00 pm – 5:30 pm Public Speaking Class 6:30 pm – 7:30 pm emPOWER Workshop	30  CENTRE CLOSED	31	

(Schedule may be subjected to changes)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  CENTRE CLOSED	3 1:00 pm – 2:30 pm Word Level 1 & 2 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	4 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	5 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 for RMHT	6 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	7 FREE Income Tax Filing Services (Registration Needed)
8	9 1:00 pm – 2:30 pm Computer & Windows10 Basics 3:30 pm – 4:30 pm Relaxation Retreat 4:00 pm – 5:30 pm Financial Literacy – Each One Teach One 6:30 pm – 8 pm emPOWER Workshop – Employment Success Self-Management 2 (at Brighthouse Public Library)	10 1:00 pm – 2:30 pm Word Level 1 & 2 2:00 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	11 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	12 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 for RMHT	13  CENTRE CLOSED	14 FREE Income Tax Filing Services (Registration Needed)
15	16 ○ ① 3:30 pm – 4:30 pm Relaxation Retreat 4:00 pm – 5:30 pm Financial Literacy – Each One Teach One	17 12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:00 pm – 5:30 pm Games & Social Club	18 ○ 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	19 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 4:00 pm – 5:30 pm Public Speaking Class	20 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	21 FREE Income Tax Filing Services (Registration Needed) Time & Plan to be Determined Chinese Support Group Spring Outing 5:00 pm – 8:00 pm Filipino Parents' Support Group Meeting
22	23 ○ ① 10:00 am – 11:30 am Creative Arts Club 3:30 pm – 4:30 pm Relaxation Retreat 4:00 pm – 5:30 pm Financial Literacy – Each One Teach One	24 12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:00 pm – 5:30 pm Games & Social Club	25 ○ 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	26 ① 10:00 am – 12:00 pm Singing Club 12:15 pm – 2 pm Table Tennis Drop-in 2:00 pm – 3:30 pm Culture & Interest Club 4:00 pm – 5:30 pm emPOWER Workshop Series	27 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Crafts Happy Hours	28 FREE Income Tax Filing Services (Registration Needed)
29	30 ○ ① 10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer Class Term 2 Schedule to Announce 3:30 pm – 4:30 pm Relaxation Retreat 4:00 pm – 5:30 pm Financial Literacy – Each One Teach One	○ 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.		<div style="border: 2px solid red; padding: 10px; text-align: center;">Apr. 9 & Apr. 26, 2018 emPOWER Workshops See RCD website for Topic (NEW VENUE: Richmond Brighthouse Library)</div>
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