





RCD (Recreation & Education) Activity Calendar for the Month of September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>○ English Class (2017 Term 1) 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>Sept. 28 emPOWER Workshop See RCD website for Topic</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 9:30 am – 10:30 am Mom's Dancing Club 1:00 pm – 2:00 pm FUN Skills Exercise</p>	<p>2</p>	<p>RCD at City of Richmond's World Festival</p>	
3	4	5	6	7	8	9		
		<p>12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1</p>	<p>10:00 am – 11:00 am Martial Arts Class 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 1:00 pm – 2:00 pm FUN Skills Exercise</p>			
10	11 ○	12	13 ○	14	15	16		
	<p>1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation Retreat 4:00 pm – 5:30 pm Public Education Series: Dignity Memorial Presentation 1</p>	<p>12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1</p>	<p>10:00 am – 11:00 am Martial Arts Class 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor 4:00 pm – 5:30 pm Public Speaking Class</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)</p>	<p>9:30 am – 11:00 am Chinese Support Group Committee Meeting 11:00 am – 1:00 pm CSG Members Meeting – AGM 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 Retreat 4:00 pm – 5:30 pm Public Education Series: Dignity Memorial Presentation 2</p>	<p>1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1</p>	<p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)</p>	<p style="font-size: 2em; font-weight: bold; color: red;">Volunteer Training & Orientation</p>		
24	25 ○	26	27 ○	28	29	30		
	<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 Retreat 4:00 pm – 5:30 pm Public Education Series: Dignity Memorial Presentation 3</p>	<p>1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1</p>	<p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor 4:00 pm – 5:30 pm emPOWER Workshop Series 4:00 pm – 5:30 pm Public Speaking Class</p>	<p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)</p>			

RCD (Recreation & Education) Activity Calendar for the Month of October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ○ 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	3 1:00 pm – 2:30 pm Word Level 1 2:30 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 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	5 ① 10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor	6 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 1:00 pm – 2:30 pm Excel PRO 2:15 pm – 3:45 pm Friday Karaoke (NEW)	7 
8	9  <b style="color: red; font-size: 1.2em;">CENTRE CLOSED	10 1:00 pm – 2:30 pm Word Level 1 2:30 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 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	12 ① 10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor 4:00 pm – 5:30 pm Public Speaking Class	13 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 1:00 pm – 2:30 pm Excel PRO 2:15 pm – 3:45 pm Friday Karaoke (NEW)	14 <b style="color: red;">Richmond Centre for Disability 100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org
15	16 ○ 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	17 1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	18 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	19 ① 10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor	20 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)	21  <b style="color: red; font-size: 1.5em;">RCD Annual Fundraising Gala <small>Saturday, Oct 21, 2017, Executive Airport Plaza 7311 Westminster Hwy Richmond, BC</small>
22	23 ○ 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	24 1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	25 ○ 10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1	26 ① 10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor 4:00 pm – 5:30 pm emPOWER Workshop Series 4:00 pm – 5:30 pm Public Speaking Class	27 9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)	28 9:30 am – 11:00 am Chinese Support Group Committee Meeting 11:00 am – 1:00 pm CSG Members Meeting
29	30 ○ 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	31 1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1	○ English Class (2017 Term 1) 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 & Thurs 10-11:30 a.m.		<div style="border: 2px solid red; padding: 10px; display: inline-block;"><b style="color: red;">Oct. 26 emPOWER Workshop See RCD website for Topic</div>	




Stay tuned for the RCD Flu Shot Clinic
in October or November

(Schedule may be subjected to changes)

RCD (Recreation & Education) Activity Calendar for the Month of November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>○ English Class (2017 Term 1) 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 & Thurs 10-11:30 a.m.</p>			<p>1 ○</p> <p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>2 Ⓜ</p> <p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor</p>	<p>3</p> <p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)</p>	
5	<p>6 ○ Ⓜ</p> <p>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</p>	<p>7</p> <p>1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1</p>	<p>8 ○</p> <p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>9 Ⓜ</p> <p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 1:00 pm – 2:30 pm PC Maintenance & Security 2:00 pm – 3:30 pm Culture & Interest Club 3:00 pm – 4:00 pm Computer 101 & Typing Tutor 4:00 pm – 5:30 pm Public Speaking Class</p>	<p>10</p> <p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)</p>	<p>11</p> <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>
<p style="color: red; font-weight: bold;">Stay tuned for the RCD Flu Shot Clinic in October or November</p>						
12	<p>13 ○ Ⓜ</p> <p>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</p>	<p>14</p> <p>1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club</p>	<p>11th Wheelchair Curling Bonspiel – 2017 Canadian Open at Richmond Curling Club</p>		<p>16 Ⓜ</p> <p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 2:00 pm – 3:30 pm Culture & Interest Club</p>	<p>17</p> <p>9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Friday Karaoke (NEW)</p>
19	<p>20 Ⓜ</p> <p>1:00 pm – 2:30 pm Computer & Windows10 Basics 3:30 pm – 4:30 pm Relaxation Retreat</p>	<p>21</p> <p>1:00 pm – 2:30 pm Word Level 1 2:30 pm – 5:30 pm Games & Social Club</p>	<p>22 ○</p> <p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club 1:00 pm – 2:30 pm Excel Level 1</p>	<p>23 Ⓜ</p> <p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 2:00 pm – 3:30 pm Culture & Interest Club 4:00 pm – 5:30 pm Public Speaking Class</p>	<p>24</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 Friday Karaoke (NEW)</p>	<p>25</p> <p>9:30 am – 11:00 am Chinese Support Group Committee Meeting 11:00 am – 1:00 pm CSG Members Meeting</p>
<p style="color: red; font-weight: bold; text-align: center;">Play-off Final for Bonspiel: FREE Admission</p>						
26	<p>27</p> <p>3:30 pm – 4:30 pm Relaxation Retreat</p>	<p>28</p> <p>2:30 pm – 5:30 pm Games & Social Club</p>	<p>29</p> <p>10:00 am – 11:00 am Martial Arts Class 10:00 am – 11:15 am Mom's Language Club 11:15 am – 12:45 pm Yarn Crafts/Knitting Club</p>	<p>30</p> <p>10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis 2:00 pm – 3:30 pm Culture & Interest Club 4:00 pm – 5:30 pm emPOWER Workshop Series</p>	<p style="color: red; font-weight: bold;">Nov. 30 emPOWER Workshop See RCD website for Topic</p>	

RCD (Recreation & Education) Activity Calendar for the Month of December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 am – 10:30 am Mom's Dancing Club	2
 <p>Richmond Centre for Disability 100-5671 No.3 Road Richmond, BC V6X 2C7 Tel: 604-232-2404 www.rcdrichmond.org</p>						
3	4 UN Day Celebration & Volunteer Appreciation	5 2:30 pm – 5:30 pm Games & Social Club	6 10:00 am – 11:00 am Martial Arts Class	7 10:00 am – 12:00 pm Singing Club 12:00 pm – 1:45 pm Table Tennis	8 9:30 am – 10:30 am Mom's Dancing Club	9 11:00 am – 3:00 pm Chinese Support Group Christmas Party (Venue to be Determined)
10	11	12	13 10:00 am – 11:00 am Martial Arts Class	14	15	16
17	18	19	20	21	22	23
 <p>Merry Christmas</p> <p>CENTRE CLOSED</p>						
24 / 31	25	26	27	28	29	30
<p>CENTRE CLOSED</p>  <p>Happy New Year</p>						<p>RCD will be opened on Tuesday, January 2, 2018</p>