

2025 Fall activities and classes

Registration Information

- Time: Monday 10:30AM-12:00PM
- Location: RCD Activity Room
- For more info: Contact Tom @ 604-232-2404 tom@rcdrichmond.org

Richmond Centre for Disability

Creative Art Club

2025 Fall Term
(Sep 15 - Nov 10)

The RCD offers a Creative Arts class, as part of our Recreation Project, to help participants improving their learning potential, socializing skills, and developing their artistic talents.

Richmond Centre for Disability
968-5300 No 3 Road
Richmond BC
Tel: 604-232-2404
Fax: 604-232-2415
www.rcdrichmond.org

• Register before Sept 15
• First Come, First Served.
• Only 10 spots available.
• All materials are included.
• \$30.00 per term.

Richmond Centre for Disability
Maximizing Independence

English Class

(2025 fall term)

Fun with Words
Sep 15 - Nov 24
Monday 1-2 pm
\$50 / 10 classes

Conversation
Sep 17 - Nov 19
Wednesday 1-2 pm
\$50 / 10 classes

Reading & Writing
Sep 19 - Nov 21
Friday 2-3 pm
\$50 / 10 classes

For Enquiry: Dina dina@rcdrichmond.org 604.232.2404

Richmond Centre for Disability
Maximizing Independence

Improve Strength	FUNdamental	Group Exercise
Improve Flexibility	Skills	Form Friendship
Improve Coordination	Exercises	Active Living
Improve Muscle Tone	Class	Social Interaction

via **zoom**

ID: 302 841 5008 Password: 4321

Every Friday 1 - 2 pm

Any enquiries: Tom 604.232.2404 / tom@rcdrichmond.org www.rcdrichmond.org

Richmond Centre for Disability
Maximizing Independence

Singing Club

FREE of Charge

Every Thursday
1:30-2:30 pm

For Enquiry or Registration: Tom
Tom@rcdrichmond.org or 604.232.2404

Richmond Centre for Disability
Maximizing Independence

Public Speaking

2025

Sept 18 - Nov 20, 2025,
Every Thur, 3:00 - 4:30pm
10 in-person classes, \$10

Does your brain go blank when speaking in front of others?
Come to gain more confidence & become a master of speech!

Registration: Dina at dina@rcdrichmond.org 604.232.2404

Richmond Centre for Disability
Maximizing Independence

Relaxation Club

Reduce stress and help you enjoy a better quality of life,
Explore relaxation techniques you can do by yourself.

Jan 17 - Nov 27, 2025
Every Wednesday
11 am - 12 pm

Everyone Welcome

Enquiries: Dave 604 232 2404 / dave@rcdrichmond.org

Richmond Centre for Disability
Maximizing Independence

LIFE SKILLS TRAINING 2025

- Social Skills
- Peer Pressure
- Healthy Eating
- Money Management
- Conflict Resolution
- Communication

Sept 19 - Nov 28, 2025
Fridays, 11 am - 12:30 pm
\$30.00 (10 classes)

Enquiries / Register: Dina McIntosh at 604-232-2404 / dina@rcdrichmond.org
#842 - 5300 No.3 Rd, Lansdowne Centre, Richmond, BC V6X 2X9

Richmond Centre for Disability
Maximizing Independence

Social Games Club

Jan - Nov, 2025
Every Tuesday
2:30 - 3:30 pm

welcome to join games and socializing

Everyone is Welcome

For enquiries: Tom at tom@rcdrichmond.org / 604.232.2404

Richmond Centre for Disability
Maximizing Independence

Microsoft

Windows 11 Class

- Cover the basic features of Windows 11
- Only 3 spots available
- 20 years experienced instructor

Chinese Version:
Tue, Sept 16 - Nov 25 2-3 pm

English Version:
Wed, Sept 17 - Nov 26 1-2 pm

\$30 / 10 classes

For Enquiry or Registration: Ian@rcdrichmond.org or 604.232.2404

Richmond Centre for Disability
Maximizing Independence

iPad Class

Hands-on Training

Sept 16 - Sept 25, 2025

Date: Every Tuesday
Time: 1 - 2 pm
Registration fee: \$20
Location: RCD Computer Lab

Enquiries: Ian (604.232.2404) ian@rcdrichmond.org
#842 - 5300 No.3 Rd, Lansdowne Centre, Richmond, BC V6X 2X9

Richmond Centre for Disability
Maximizing Independence

Sports & Running Club

FREE

Every Tues & Wed 4:30 PM - 6 PM
(Sept 16 - Nov 26, 2025)
Bonus: Will feature special guests for workshops & training
Location: William Cook Elementary School (Gym) or Olympic Oval

Inquiry/Registration: 604-232-2404
Sam Siu: sam@rcdrichmond.org/Sunny Leung: sunny@rcdrichmond.org

Richmond Centre for Disability
Maximizing Independence

Table Tennis Club

Free of Charge

Every Thursday
11 am - 12:30 pm

For Enquiry: Tom tom@rcdrichmond.org 604.232.2404