



# Public Speaking

2024

Apr 18 - Jun 20, 2024,  
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](mailto: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, 2024  
Every Wednesday  
11 am - 12 pm

Everyone  
Welcome



Enquiries: Dave 604 232 2404 / [dave@rcdrichmond.org](mailto:dave@rcdrichmond.org)



It's time to  
learn

## English Class

(2024 2nd term)



Fun with Words

Apr 15 - Jun 24, 2024  
Monday 1-2 pm  
\$50 / 10 classes



Conversation

Apr 17 - Jun 19, 2024  
Wednesday 1-2 pm  
\$50 / 10 classes



Reading & Writing

Apr 19 - Jun 21, 2024  
Friday 2-3 pm  
\$50 / 10 classes



## iPad Class Hands-on Training

2024 Spring Term

Date: Apr 16 - Jun 18, 2024, Tuesday  
Time: 1 - 2 pm  
Registration fee: \$20  
Location: RCD Computer Lab



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



Improve Strength  
Improve Flexibility  
Improve Coordination  
Improve Muscle Tone

FUNdamental Skills Exercises Class

Group Exercise  
Form Friendship  
Active Living  
Social Interaction

In person / zoom

Every Friday 1 - 2 pm



[www.rcdrichmond.org](http://www.rcdrichmond.org)

## Gardening Club

Discover the Joy of Gardening

Mondays 10 am - 12 pm  
Apr 22 - Jun 24, 2024

Tools & Supplies will be provided  
Cost: \$15



Partnership with

Urban Bounty  
learn | grow | dig in

[tom@rcdrichmond.org](mailto:tom@rcdrichmond.org)  
604.232.2404  
[www.rcdrichmond.org](http://www.rcdrichmond.org)





# Windows 11 Class

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

### Chinese Version:

Tue, Apr 16 - Jun 18, 2024 2-3 pm

### English Version:

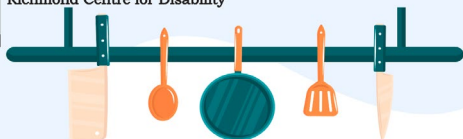
Wed, Apr 17 - Jun 19, 2024, 1-2 pm

Fees: \$30 / 10 classes



For Enquiry or Registration: [lan@rcdrichmond.org](mailto:lan@rcdrichmond.org) or 604.232.2404

Richmond Centre for Disability



# COOKING CLASSE

LEARN WITH US!

Apr 19 - Jun 21, Every Friday  
11 am - 12:30 pm

Discover the joy of cooking in our inclusive friendly & warm environment!

Join our hands-on class led by experienced staff, where adaptive techniques and tools make cooking accessible for all.

Open to individuals of all abilities, come as you are and let's cook up something extraordinary together!



# Singing Club

FREE of Charge

Every Thursday  
1:30-2:30 pm



For Enquiry or Registration: Tom  
[Tom@rcdrichmond.org](mailto:Tom@rcdrichmond.org) or 604.232.2404

Richmond Centre for Disability

In-Person

# SOCIAL Games

Jan 17 - Nov 26, 2024  
Tuesday 2:30 - 3:30 PM

welcome to join games and socializing  
Watch videos & Enjoy Refreshments

Everyone  
is  
Welcome



# TOM Talks

## Sharing Forum

- ▶ *Sharing Your Opinions*
- ▶ *Listening to Others' Viewpoint*
- ▶ *Hot Topics Worth Sharing*

Humorous  
Informative  
Controversial

via ZOOM Monday, 3 pm - 4 pm

For enquiries: Tom at [tom@rcdrichmond.org](mailto:tom@rcdrichmond.org) / 604.232.2404

Richmond Centre for Disability  
Maximizing Independence

# TABLE TENNIS

Having fun and meeting friends

FREE  
of charge

Thursday  
11am-12:30 pm

