


RCD Activity Calendar – Apr 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Tel: 604-232-2404, Address: #150 - 5520 McNaughton Rd. Richmond, BC V6X 0X8</p>			1 11 am-12 pm Relaxation Retreat (AR) 4:30pm-6pm Sports & Running Club	2 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR)	3 Good Friday	4
5	6 Easter Monday	7 2:30-3:30 pm Social Games Club (AR) 4:30pm-6pm Sports & Running Club	8 11 am-12 pm Relaxation Retreat (AR) 4:30pm-6pm Sports & Running Club	9 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR)	10 1-2 pm Fun Exercise Class (AR)	11
12	13 3-4 pm Tom Talks (Hybrid, AR)	14 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR) 4:30pm-6pm Sports & Running Club	15 11 am-12 pm Relaxation Retreat (AR) 1-2 pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL) 4:30pm-6pm Sports & Running Club	16 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	17 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	18
19	20 3-4 pm Tom Talks (Hybrid, AR)	21 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR) 4:30pm-6pm Sports & Running Club	22 11 am-12 pm Relaxation Retreat (AR) 1-2 pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL) 4:30pm-6pm Sports & Running Club	23 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	24 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	25
26	27 3-4 pm Tom Talks (Hybrid, AR)	28 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR) 4:30pm-6pm Sports & Running Club	29 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL) 4:30-6 pm Sports & Running	30 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)		

RCD Activity Calendar - May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Richmond Centre for disability</p> <p>Tel: 604-232-2404, Address: #150 - 5520 McNaughton Rd. Richmond, BC V6X 0X8</p>					1 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	2
3 BMO Fundraising Event	4 3-4 pm Tom Talks (Hybrid, AR)	5 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR)	6 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	7 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	8 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	9
10	11 3-4 pm Tom Talks (Hybrid, AR)	12 1-2 pm Fun with Words (AR) 2:30-3:30 pm Social Games Club (AR)	13 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	14 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	15 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	16
17	18 Victoria Day	19 1-2 pm Fun with Words (AR) 2:30-3:30 pm Social Games Club (AR)	20 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	21 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	22 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	23
24	25 3-4 pm Tom Talks (Hybrid, AR)	26 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR)	27 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	28 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	29 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class (AR) 2-3 pm Reading & Writing (AR)	30
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RCD Activity Calendar – Jun 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 3-4 pm Tom Talks (Hybrid, AR)	2 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR)	3 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	4 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	5 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class(hybrid) 2-3 pm Reading & Writing (AR)	6	
7	8 3-4 pm Tom Talks (Hybrid, AR)	9 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR)	10 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	11 11 am-12:30 pm Table Tennis (AR) 1:30-2:30 pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	12 11 am-12:30 pm Life Skills (AR) 1-2 pm Fun Exercise Class(hybrid) 2-3 pm Reading & Writing (AR)	13	
14	15 3-4 pm Tom Talks (Hybrid, AR)	16 1-2 pm Fun with Words (AR) 1pm-2pm Windows 11 (Chinese)(CL) 2:30-3:30 pm Social Games Club (AR)	17 11 am-12 pm Relaxation Retreat (AR) 1:00-2:00pm English Conversation (AR) 1:00-2:00pm Windows 11 (English) (CL)	18 11 am-12:30 pm Table Tennis (AR) 1:30-2:30pm Singing Club (AR) 3-4:30 pm Public Speaking (AR)	19 11:00-12:30 Life Skills (AR) 1-2 pm Fun Exercise Class(hybrid) 2-3 pm Reading & Writing (AR)	20	
21	22 3-4 pm Tom Talks (Hybrid, AR)	23 2:30-3:30 pm Social Games Club 1pm-2pm Windows 11 (Chinese)(CL)	24 11 am-12 pm Relaxation Retreat (AR)	25 11 am-12:30 pm Table Tennis (AR) 1:30-2:30pm Singing Club (AR)	26 1-2 pm Fun Exercise Class(hybrid)	27 10	
28	29 3-4 pm Tom Talks (Hybrid, AR)	30 2:30-3:30 pm Social Games Club 1pm-2pm Windows 11 (Chinese)(CL)	 Richmond Centre for disability				
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