




RCD (Recreation & Education) Activity Calendar for the Month of February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>○ English Class (2019 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>● Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)</p>	<p>Richmond Centre for Disability Unit 842-5300 No.3 Road Lansdowne Centre Richmond, BC V6X 2X9 Tel: 604-232-2404 www.rcdrichmond.org</p>		<p>1 ● 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 2:30 pm – 4 pm Job Club</p>	<p>2 ●</p> 
3	4 ○	5	6 ○	7	8 ●	9
	<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 & Meditation</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club</p>	<p>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 2 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Empower Wellness Series</p>	<p>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 2:30 pm – 4 pm Job Club</p>	
10	11 ○	12	13 ○	14	15 ●	16 ●
	<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 & Meditation</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)</p>	<p>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 2 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 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 Training 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours 2:30 pm – 4 pm Job Club</p>	<p>5:00 pm – 8:00 pm Filipino Parents' Support Group Meeting</p>
17	18	19	20 ○	21	22 ●	23 ●
		<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club</p>	<p>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 2 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101</p>	<p>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 2:30 pm – 4 pm Job Club</p>	<p>6:00 pm – 9:00 pm Chinese Support Group Spring Dinner (Venue to be Confirmed)</p>
24	25 ○	26	27 ○	28	<p>Feb. 7 & 28, 2019 Empower Wellness Series See RCD website for Topic</p>	
	<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 & Meditation 5:30 pm – 8:00 pm Chronic Disease Self-Management Course</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)</p>	<p>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 2 2:00 pm – 4:00 pm Richmond Brain Injury Support Group Meeting 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class 4:00 pm – 5:30 pm Empower Wellness Series</p>		

RCD (Recreation & Education) Activity Calendar for the Month of March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>○ English Class (2019 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>● Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Richmond Centre for Disability Unit 842-5300 No.3 Road Lansdowne Centre Richmond, BC V6X 2X9 Tel: 604-232-2404 www.rcdrichmond.org</p> </div>		<p>1 ●</p> <p>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 2:30 pm – 4 pm Job Club</p>	<p>2 ●</p> 
3	4 ○	5	6 ○	7	8 ●	9 ●
	<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 & Meditation 5:30 pm – 8:00 pm Chronic Disease Self-Management Course</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course</p>	<p>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 2 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Empower Wellness Series</p>	<p>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 2:30 pm – 4 pm Job Club</p>	<p>FREE Income Tax Filing Services (Registration Needed)</p>
10	11 ○	12	13 ○	14	15 ●	16 ●
	<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 & Meditation 5:30 pm – 8:00 pm Chronic Disease Self-Management Course</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)</p>	<p>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 2 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 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 Training 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours 2:30 pm – 4 pm Job Club</p>	<p>FREE Income Tax Filing Services (Registration Needed)</p> <p>10:00 am – 3:00 pm Chinese Support Group Family Sharing Forum 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 & Meditation 5:30 pm – 8:00 pm Chronic Disease Self-Management Course</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 2:30 pm – 4 pm Job Club 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course</p>	<p>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 2 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101</p>	<p>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</p>	<p>FREE Income Tax Filing Services (Registration Needed)</p>
24 / 31	25 ○	26	27 ○	28	29 ●	30 ●
	<p>1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation 5:30 pm – 8:00 pm Chronic Disease Self-Management Course</p>	<p>1:00 pm – 2:30 pm Word 2 2:00 pm – 5:30 pm Games & Social Club 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)</p>	<p>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 2 2:00 pm – 4:00 pm Richmond Brain Injury Support Group Meeting 3:00 pm – 4:30 pm PowerPoint 2</p>	<p>10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101 4:00 pm – 5:30 pm Public Speaking Class 4:00 pm – 5:30 pm Empower Wellness Series</p>	<p>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 Crafts Happy Hours</p>	<p>FREE Income Tax Filing Services (Registration Needed)</p> <p>RCD Volunteer Orientation & Training (Venue to be Confirmed)</p>

Empower Wellness Series
 See RCD website for Topic

RCD (Recreation & Education) Activity Calendar for the Month of April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	○				☹	☹
	1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation 5:30 pm – 8:00 pm Chronic Disease Self-Management Course	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Word Level 2 2:30 pm – 5:00 pm Games & Social Club 3:00 pm – 4:30 pm PowerPoint Level 1 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course	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 2 3:00 pm – 4:30 pm PowerPoint 2	10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 1:00 pm – 2:30 pm PC Maintenance & Security 3:00 pm – 4:00 pm Computer 101	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 Karaoke Happy Hours	FREE Income Tax Filing Services (Registration Needed) 
7	8	9	10	11	12	13
	1:00 pm – 2:30 pm Computer & Windows 10 Basics 3:30 pm – 4:30 pm Relaxation & Meditation	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:30 pm – 5:00 pm Games & Social Club 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)	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	10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 4:00 pm – 5:30 pm Public Speaking Class	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 Karaoke Happy Hours	FREE Income Tax Filing Services (Registration Needed)
14	15	16	17	18	19	20
	3:30 pm – 4:30 pm Relaxation & Meditation	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:30 pm – 5:00 pm Games & Social Club 5:30 pm – 8:00 pm Mandarin Chronic Pain Self-Management Course	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	10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in	 Good Friday CENTRE CLOSED	
21 /	22	23	24	25	26	27
	 Easter Monday CENTRE CLOSED	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 2:30 pm – 5:00 pm Games & Social Club 6:30 pm – 7:30 pm Laughter Yoga (by Richmond Laughter Club)	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 2:00 pm – 4:00 pm (Oct. 24) Richmond Brain Injury Support Group Meeting	10:00 am – 12:00 pm Singing Club 12:30 pm – 3 pm Table Tennis Drop-in 4:00 pm – 5:30 pm Empower Wellness Series	9:30 am – 10:30 am Mom's Dancing Club 10:45 am – 12:15 pm Life Skills – Simple Cooking (At Garratt Wellness Centre) 1:00 pm – 2:00 pm FUN Skills Exercise 2:15 pm – 3:45 pm Karaoke Happy Hours	FREE Income Tax Filing Services (Registration Needed) 9:30 am – 11:00 am Chinese Support Group Committee Meeting 11:00 am – 1:00 pm CSG Members Meeting
28	29	30				
	10:00 am – 11:30 am Creative Arts Club 1:00 pm – 2:30 pm Computer Class Term 2 3:30 pm – 4:30 pm Relaxation & Meditation	12:30 pm – 2:30 pm Waking-Wheeling Club (weather permits) 1:00 pm – 2:30 pm Computer Class Term 2 2:30 pm – 5:00 pm Games & Social Club 3:00 pm – 4:30 pm Computer Class Term 2	● English Class (2019 Term 2) Starts April 15 Mon & Wed, 2 Classes per week 1-2 pm Fun with Words 1-2 pm Reading & Writing 2:15-3:15 pm Conversation ● Table Tennis 1-on-1 Class Registration required (Call Tom at 604-232-2404)		<div style="border: 2px solid red; padding: 5px; display: inline-block;"> Empower Wellness Series See RCD website for Topic </div>	
			● Job Club Term 2, Dates to be Determined			