

All of 2024 activities & classes


 **Richmond Centre for Disability**
Maximizing Independence



Creative Art Club

2024 Fall Term
(Sep 16 - Nov 18)

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.


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2024

Public Speaking

Sept 19 - Nov 21, 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 604.232.2404

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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

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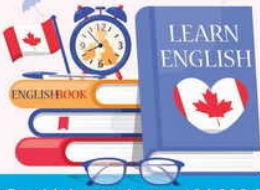
English Class

(2024 3rd term)


Fun with Words
Sept 16 - Dec 9, 2024
Monday 1-2 pm
\$50 / 10 classes


Conversation
Sept 18 - Nov 20, 2024
Wednesday 1-2 pm
\$50 / 10 classes

Reading & Writing
Sept 20 - Nov 22, 2024
Friday 2-3 pm
\$50 / 10 classes



For Enquiry: Dina dina@rcdrichmond.org 604.232.2404


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LIFE SKILLS TRAINING 2024

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

Sept 20 - Nov 22, 2024
Fridays, 11 am - 12:30 pm
\$30.00 (10 classes)



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

 **Richmond Centre for Disability**

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

In person / zoom 

Every Friday 1 - 2 pm



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

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 Microsoft

Windows 11 Class

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

Chinese Version:
Tue, Sept 17 - Nov 19, 2024, 2-3 pm

English Version:
Wed, Sept 18 - Nov 20, 2024, 1-2 pm

Fees: \$30 / 10 classes



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

 **Richmond Centre for Disability**
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iPad Class

Hands-on Training

Sept 17 - Oct 22, 2024

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



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

 **Richmond Centre for Disability**
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Sports & Running Club

FREE



Term 1:
Every Tuesday: 4:30PM-6PM
(Sept 17, 2024 - Nov 26, 2024)
Location: William Cook Elementary School
or Olympic Oval

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

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FREE of Charge

Singing Club

DATE: THURSDAY
TIME: 1:30-2:30 PM



For Inquiry or Registration: **Tom**
Tom@rcdrichmond.org or 604.232.2404

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In-Person

Social Games Club

Tuesday, Jan - Nov, 2024
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**
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Table Tennis Club

Free of Charge



Every Thursday
11 am - 12:30 pm

For Enquiry: **Tom** tom@rcdrichmond.org 604.232.2404