

All of 2025 activities & classes

Richmond Centre for Disability
Maximizing Independence



Creative Art Club

2025 Winter Term
(Jan 6 - Mar 3)

Richmond Centre for Disability
Maximizing Independence


English Class

(2025 Winter term)

Fun with Words
Jan 20 - Mar 24
Monday 1-2 pm
\$50 / 10 classes

Conversation
Jan 22 - Mar 26
Wednesday 1-2 pm
\$50 / 10 classes

Reading & Writing
Jan 24 - Mar 28
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

In person / zoom
Every Friday 1 - 2 pm




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

Richmond Centre for Disability
Maximizing Independence

2025 Public Speaking

Jan 23 - Mar 27, 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

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 - Nov, 2025
Every Wednesday
11 am - 12 pm

Everyone Welcome



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

Richmond Centre for Disability
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LIFE SKILLS TRAINING 2025

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

Jan 24 - Mar 28, 2025
Fridays, 11 am - 12:30 pm
\$30.00 (10 classes)

Enquiries / Register: Dina McInnes at 604-232-2404 / dina@rcdrichmond.org
#968 - 5300 No.3 Rd, Lansdowne Centre, Richmond, BC V6X 2X9

Richmond Centre for Disability
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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, Jan 21 - Mar 25, 2025 2-3 pm

English Version:
Wed, Jan 22 - Mar 26, 2025 1-2 pm

\$20 / 10 classes



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

Richmond Centre for Disability
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Every Limited Space

iPad Class

Hands-on Training

Jan 21 - Feb 25, 2025
Every Tuesday 1 - 2 pm

Registration fee: \$20
Location: RCD Computer Lab

Enquiries: Ian (604.232.2404) ian@rcdrichmond.org
#968 - 5300 No.3 Rd, Lansdowne Centre, Richmond, BC V6X 2X9

Richmond Centre for Disability
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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

Richmond Centre for Disability
Maximizing Independence

Sports & Running Club

FREE



Every Tuesday: 4:30PM-6PM
(Jan 7, 2025 - Apr 29, 2025)
Location: William Cook Elementary School or Olympic Oval

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

Richmond Centre for Disability
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Social Games Club

Tuesday, Jan - Nov, 2025
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



Jan - Nov, every Thursday
11 am - 12:30 pm

For Enquiry: Tom tom@rcdrichmond.org 604.232.2404