

# RCD Activity Calendar - Feb 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 1-2 pm Fun with Words on Zoom 3-4 pm Tom Talks on Zoom	3	4 11 am-12 pm Relaxation Retreat on Zoom 1-2 pm English Conversation on Zoom	5	6 11 am-12:30 pm Life Skills on Zoom 1-2 pm Fun Exercise Class on Zoom 2-3 pm Reading & Writing on Zoom	7	
8	9 1-2 pm Fun with Words on Zoom 3-4 pm Tom Talks on Zoom	10	11 11 am-12 pm Relaxation Retreat on Zoom 1-2 pm English Conversation on Zoom	12	13 11 am-12:30 pm Life Skills on Zoom 1-2 pm Fun Exercise Class on Zoom 2-3 pm Reading & Writing on Zoom	14	
15	16 Family Day	17	18 11 am-12 pm Relaxation Retreat on Zoom 1-2 pm English Conversation on Zoom	19	20 11 am-12:30 pm Life Skills on Zoom 1-2 pm Fun Exercise Class on Zoom 2-3 pm Reading & Writing on Zoom	21	
22	23 1-2 pm Fun with Words on Zoom 3-4 pm Tom Talks on Zoom	24	25 11 am-12 pm Relaxation Retreat on Zoom 1-2 pm English Conversation on Zoom	26	27 11 am-12:30 pm Life Skills on Zoom 1-2 pm Fun Exercise Class on Zoom 2-3 pm Reading & Writing on Zoom	28	
1	2		<p>For Zoom activities, joining information will be provided after registration. Some activities require a fee to participate. Limited space, register early.</p> <p>For registration: contact activity coordinators, or email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a> or call 604-232-2404. (Schedule may be subjected to changes)</p>				