

All of our current activities & classes

Richmond Centre for Disability
Maximizing Independence

English Class

(2023 3rd term)

Fun with Words
Sept 18 - Nov 27, 2023
Monday 1-2 pm
\$50 / 10 classes

Conversation
Sept 20 - Nov 22, 2023
Wednesday 1-2 pm
\$50 / 10 classes

Reading & Writing
Sept 22 - Nov 24, 2023
Thursday 2-3 pm
\$50 / 10 classes

For Enquiry: Dina dina@rcdrichmond.org 604.232.2404

Richmond Centre for Disability
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iPad Class

Hands-on Training

Sept 19 - Oct 24, 2023

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

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

Richmond Centre for Disability
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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

Richmond Centre for Disability
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Public Speaking 2023

Sept 21 - Nov 23, 2023
Thursdays, 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 and become a master of speech!

Registration: Dina at dina@rcdrichmond.org 604.232.2404

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Social Games Club

In-Person

Tuesday, Jan - Nov, 2023
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

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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 18 - Nov 29, 2023
Every Wednesday
11 am - 12 pm

Everyone Welcome

Enquiries: Dave 604 232 2404 / dave@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

Fees: \$20 / 10 classes

In Chinese: Tue, 2-3 pm Sept 19 - Nov 21 2023
In English: Wed, 1-2 pm Sept 20 - Nov 22, 2023

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

Richmond Centre for Disability
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TOM Talks

Sharing Forum

- Sharing Your Opinions
- Listening to Others' Viewpoint
- Hot Topics Worth Sharing

Humorous Informative Controversial

via **ZOOM** Monday, 3 pm - 4 pm

For enquiries: Tom at tom@rcdrichmond.org / 604.232.2404

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Creative Art Club

2023 Fall Term (Oct 2 - Nov 27)

The RCD offers Creative Arts & Crafts workshops as part of our Recreation Program to help participants improve their learning potential, assisting skills, and developing their artistic talents.

Registration Information

- Register before Oct 2
- First Come First Served
- Only 10 spots available
- All materials are included
- \$20.00 per term

Time: Monday 10:00-11:30 AM
Location: RCD Activity Room
For more info: Contact Tom @ 604-232-2404 tom@rcdrichmond.org

Richmond Centre for Disability
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Singing Club

FREE of Charge

Every Thursday
1:30-2:30 pm

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

Richmond Centre for Disability
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TABLE TENNIS

Having fun and meeting friends

FREE of charge

Thursday
11am-12:30 pm

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

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FUN RUN AND WALK

Running Club will start on September 12, 2023

8 sessions every Tuesday and Thursday meet at RCD Hub

Time: 1:00pm-2:00pm

Promotes healthy living
Warm up techniques, jogging, running
Participants are given opportunities to train and join BMO 2024 8K run.

Free of Charge

Enquiries: Samuel Siu 604-232-2404, sam@rcdrichmond.org
#842 - 5300 No.3 Rd. Lansdowne Centre, Richmond, BC V6X 2X9