




## RCD Activity Calendar for the Month of December 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div style="border: 1px solid black; padding: 5px; display: inline-block; width: 200px;"> <b>Richmond Centre for Disability</b>                      Unit 842-5300 No.3 Road                      Lansdowne Centre, Richmond, BC V6X 2X9                      Tel: 604-232-2404 www.rcdrichmond.org                 </div> <div style="margin-left: 20px;">                     For registration or activity details:                      contact activity coordinators, or                      email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a>                      or call 604-232-2404.                 </div> <div style="text-align: right; margin-top: 10px;">  </div>				1	2
					<b>UN Day for Persons with Disabilities CELEBRATION</b>	
3	4	5	6	7	8	9
	<b>10:00 am – 11:30 am</b> Creative Arts Club <b>1:00 pm – 2:00 pm</b> English: Fun with Words					
10	11	12	13	14	15	16
	<b>10:00 am – 11:30 am</b> Creative Arts Club	<b style="color: red;">IMPORTANT NOTE:</b>  Apply or renew your participant membership to join RCD activities, download <a href="#">New Participant Registration Form</a> or <a href="#">Participants Renewal Form</a> here.				
17	18	19	20	21	22	23
<b>RCD CLOSED FOR CHRISTMAS BREAK</b>						
24	25	26	27	28	29	30
<b>RCD CLOSED FOR CHRISTMAS BREAK</b>						
31	<div style="border: 1px solid black; padding: 10px; display: inline-block; width: 400px;"> <b>RCD activities are offered for people with disabilities who have an active annual membership as participant with the organization. Some activities are available for Affiliate Members also.</b> </div>					


## RCD Activity Calendar for the Month of January 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	<b>CENTRE CLOSED  NEW YEAR DAY</b>	2	3	4	5	6
						
7	8	9	10	11	12	13
<p>For registration or activity details: contact activity coordinators, or email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a> or call 604-232-2404.</p>			<p>Apply or renew your participant membership to join RCD activities, download <a href="#">New Participant Registration Form</a> or <a href="#">Participants Renewal Form</a> here.</p>			
14	15	16	17	18	19	20
	<p><b>10:30 am – 12:00 pm</b> Creative Arts Club <b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)</p>	<p><b>10:30 am – 3:00 pm</b> Traditional Chinese Medicine (TCM) Free Consultation <b>1:00 pm – 2:00 pm</b> iPad Class <b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi) <b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid) <b>1:00 pm – 2:00 pm</b> English: Conversation Computer: Window 11 <b>2:00 pm – 3:00 pm</b> Job Club (WORCC) <b>2:30 pm – 3:30pm</b> Kalimba Class</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis <b>1:30 pm – 2:30 pm</b> Singing Club <b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club <b>11:00 am – 12:30 pm</b> Life Skills Class <b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid) <b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	
21	22	23	24	25	26	27
	<p><b>10:30 am – 12:00 pm</b> Creative Arts Club <b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)</p>	<p><b>10:30 am – 3:00 pm</b> TCM Free Consultation <b>1:00 pm – 2:00 pm</b> iPad Class <b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi) <b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid) <b>1:00 pm – 2:00 pm</b> English: Conversation Computer: Window 11 <b>2:00 pm – 3:00 pm</b> Job Club (WORCC) <b>2:30 pm – 3:30pm</b> Kalimba Class</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis <b>1:30 pm – 2:30 pm</b> Singing Club <b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club <b>11:00 am – 12:30 pm</b> Life Skills Class <b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid) <b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	
28	29	30	31	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p><b>Richmond Centre for Disability</b> Unit 842-5300 No.3 Road Lansdowne Centre, Richmond, BC V6X 2X9 Tel: 604-232-2404 <a href="http://www.rcdrichmond.org">www.rcdrichmond.org</a></p> </div> 		
	<p><b>10:30 am – 12:00 pm</b> Creative Arts Club <b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)</p>	<p><b>10:30 am – 3:00 pm</b> TCM Free Consultation <b>1:00 pm – 2:00 pm</b> iPad Class <b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi) <b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid) <b>1:00 pm – 2:00 pm</b> English: Conversation Computer: Window 11 <b>2:00 pm – 3:00 pm</b> Job Club (WORCC) <b>2:30 pm – 3:30pm</b> Kalimba Class</p>			

# RCD Activity Calendar for the Month of February 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>1</b>	<b>2</b>	<b>3</b>
<p><b>Richmond Centre for Disability</b>                      Unit 842-5300 No.3 Road                      Lansdowne Centre, Richmond, BC V6X 2X9                      Tel: 604-232-2404 www.rcdrichmond.org</p>				<p>For registration or activity details:                      contact activity coordinators, or                      email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a>                      or call 604-232-2404.</p>		
				<p><b>11:00 am – 12:30 pm</b>                      Table Tennis  <b>1:30 pm – 2:30 pm</b>                      Singing Club  <b>3:00 pm – 4:30 pm</b>                      Public Speaking</p>	<p><b>9:30 am – 10:30 am</b>                      Mom's Dance Club  <b>11:00 am – 12:30 pm</b>                      Life Skills Class  <b>1:00 pm – 2:00 pm</b>                      FUN Skills Exercise (Hybrid)  <b>2:00 pm – 3:00 pm</b>                      English: Reading &amp; Writing</p>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<p><b>10:30 am – 12:00 pm</b>                      Creative Arts Club  <b>1:00 pm – 2:00 pm</b>                      English: Fun with Words  <b>3:00 pm – 4:00 pm</b>                      TOM Talks (Hybrid)</p>	<p><b>10:30 am – 3:00 pm</b>                      Traditional Chinese Medicine (TCM) Free Consultation  <b>1:00 pm – 2:00 pm</b>                      iPad Class  <b>2:00 pm – 3:00 pm</b>                      Computer Windows 11 (Chi)  <b>2:30 pm – 3:30 pm</b>                      Social Games Club</p>	<p><b>9:50 am – 10:50 am</b>                      Mom's Language Club (Hybrid)  <b>11:00 am – 12:00 pm</b>                      Relaxation (Hybrid)  <b>1:00 pm – 2:00 pm</b>                      English: Conversation                      Computer: Window 11  <b>2:00 pm – 3:00 pm</b>                      Job Club (WORCC)  <b>2:30 pm – 3:30pm</b> Kalimba Class</p>	<p><b>11:00 am – 12:30 pm</b>                      Table Tennis  <b>1:30 pm – 2:30 pm</b>                      Singing Club  <b>3:00 pm – 4:30 pm</b>                      Public Speaking</p>	<p><b>9:30 am – 10:30 am</b>                      Mom's Dance Club  <b>11:00 am – 12:30 pm</b>                      Life Skills Class  <b>1:00 pm – 2:00 pm</b>                      FUN Skills Exercise (Hybrid)  <b>2:00 pm – 3:00 pm</b>                      English: Reading &amp; Writing</p>	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<p><b>10:30 am – 12:00 pm</b>                      Creative Arts Club  <b>1:00 pm – 2:00 pm</b>                      English: Fun with Words  <b>3:00 pm – 4:00 pm</b>                      TOM Talks (Hybrid)</p>	<p><b>10:30 am – 3:00 pm</b>                      TCM Free Consultation  <b>1:00 pm – 2:00 pm</b>                      iPad Class  <b>2:00 pm – 3:00 pm</b>                      Computer Windows 11 (Chi)  <b>2:30 pm – 3:30 pm</b>                      Social Games Club</p>	<p><b>9:50 am – 10:50 am</b>                      Mom's Language Club (Hybrid)  <b>11:00 am – 12:00 pm</b>                      Relaxation (Hybrid)  <b>1:00 pm – 2:00 pm</b>                      English: Conversation                      Computer: Window 11  <b>2:00 pm – 3:00 pm</b>                      Job Club (WORCC)  <b>2:30 pm – 3:30pm</b> Kalimba Class</p>	<p><b>11:00 am – 12:30 pm</b>                      Table Tennis  <b>1:30 pm – 2:30 pm</b>                      Singing Club  <b>3:00 pm – 4:30 pm</b>                      Public Speaking</p>	<p><b>9:30 am – 10:30 am</b>                      Mom's Dance Club  <b>11:00 am – 12:30 pm</b>                      Life Skills Class  <b>1:00 pm – 2:00 pm</b>                      FUN Skills Exercise (Hybrid)  <b>2:00 pm – 3:00 pm</b>                      English: Reading &amp; Writing</p>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<p><b>CENTRE CLOSED</b></p> <p><b>FAMILY DAY</b></p>	<p><b>10:30 am – 3:00 pm</b>                      TCM Free Consultation  <b>1:00 pm – 2:00 pm</b>                      iPad Class  <b>2:00 pm – 3:00 pm</b>                      Computer Windows 11 (Chi)  <b>2:30 pm – 3:30 pm</b>                      Social Games Club</p>	<p><b>9:50 am – 10:50 am</b>                      Mom's Language Club (Hybrid)  <b>11:00 am – 12:00 pm</b>                      Relaxation (Hybrid)  <b>1:00 pm – 2:00 pm</b>                      English: Conversation                      Computer: Window 11  <b>2:00 pm – 3:00 pm</b>                      Job Club (WORCC)  <b>2:30 pm – 3:30pm</b> Kalimba Class</p>	<p><b>11:00 am – 12:30 pm</b>                      Table Tennis  <b>1:30 pm – 2:30 pm</b>                      Singing Club  <b>3:00 pm – 4:30 pm</b>                      Public Speaking</p>	<p><b>9:30 am – 10:30 am</b>                      Mom's Dance Club  <b>11:00 am – 12:30 pm</b>                      Life Skills Class  <b>1:00 pm – 2:00 pm</b>                      FUN Skills Exercise (Hybrid)  <b>2:00 pm – 3:00 pm</b>                      English: Reading &amp; Writing</p>	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	<p><b>10:30 am – 12:00 pm</b>                      Creative Arts Club  <b>1:00 pm – 2:00 pm</b>                      English: Fun with Words  <b>3:00 pm – 4:00 pm</b>                      TOM Talks (Hybrid)</p>	<p><b>10:30 am – 3:00 pm</b>                      TCM Free Consultation  <b>2:00 pm – 3:00 pm</b>                      Computer Windows 11 (Chi)  <b>2:30pm – 3:30 pm</b>                      Social Games Club</p>	<p><b>9:50 am – 10:50 am</b>                      Mom's Language Club (Hybrid)  <b>11:00 am – 12:00 pm</b>                      Relaxation (Hybrid)  <b>1:00 pm – 2:00 pm</b>                      English: Conversation                      Computer: Window 11  <b>2:00 pm – 3:00 pm</b>                      Job Club (WORCC)  <b>2:30 pm – 3:30pm</b> Kalimba Class</p>	<p><b>11:00 am – 12:30 pm</b>                      Table Tennis  <b>1:30 pm – 2:30 pm</b>                      Singing Club  <b>3:00 pm – 4:30 pm</b>                      Public Speaking</p>		


# RCD Activity Calendar for the Month of March 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px; width: 25%;"> <p><b>Richmond Centre for Disability</b> Unit 842-5300 No.3 Road Lansdowne Centre, Richmond, BC V6X 2X9 Tel: 604-232-2404 <a href="http://www.rcdrichmond.org">www.rcdrichmond.org</a></p> </div> <div style="width: 30%;"> <p>For registration or activity details: contact activity coordinators, or email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a> or call</p> </div> <div style="text-align: center; width: 15%;">  </div> </div>				1	2
					<p>9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading &amp; Writing</p>	
3	4	5	6	7	8	9
	<p>10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)</p>	<p>10:30 am – 3:00 pm Traditional Chinese Medicine (TCM) Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 2:30 pm – 3:30pm Kalimba Class 4:30pm – 6:00pm Running Club</p>	<p>11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading &amp; Writing</p>	
10	11	12	13	14	15	16
	<p>10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)</p>	<p>10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 2:30 pm – 3:30pm Kalimba Class 4:30pm – 6:00pm Running Club</p>	<p>11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading &amp; Writing</p>	
17	18	19	20	21	22	23
	<p>1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)</p>	<p>10:30 am – 3:00 pm TCM Free Consultation 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 2:30 pm – 3:30pm Kalimba Class 4:30pm – 6:00pm Running Club</p>	<p>11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking</p>	<p>9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading &amp; Writing</p>	
24	25	26	27	28	29	30
	<p>1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks1 (Hybrid)</p>	<p>10:30 am – 3:00 pm TCM Free Consultation 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club</p>	<p>9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 4:30pm – 6:00pm Running Club</p>	<p>11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club</p>	<p><b>CENTRE CLOSED</b>  <b>GOOD FRIDAY</b></p>	

## RCD Activity Calendar for the Month of April 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>CENTRE CLOSED  EASTER MONDAY</b>	10:30 am – 3:00 pm Traditional Chinese Medicine (TCM ) Free Consultation 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club	9:30 am – 10:30 am Mom's Dance Club 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club	9:30 am – 10:30 am Mom's Dance Club 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid)	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club	9:50 am – 10:50 am Mom's Language Club (Hybrid) 11:00 am – 12:00 pm Relaxation (Hybrid) 1:00 pm – 2:00 pm English: Conversation Computer: Window 11 2:00 pm – 3:00 pm Job Club (WORCC) 4:30pm – 6:00pm Running Club	11:00 am – 12:30 pm Table Tennis 1:30 pm – 2:30 pm Singing Club 3:00 pm – 4:30 pm Public Speaking	9:30 am – 10:30 am Mom's Dance Club 11:00 am – 12:30 pm Life Skills Class 1:00 pm – 2:00 pm FUN Skills Exercise (Hybrid) 2:00 pm – 3:00 pm English: Reading & Writing	
<b>28</b>	<b>29</b>	<b>30</b>	<div style="border: 2px dashed yellow; padding: 10px; display: inline-block; margin-right: 20px;"> <p>For registration or activity details: contact activity coordinators, or email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a> or call 604-232-2404.</p> </div> <div style="border: 2px solid blue; padding: 10px; display: inline-block;"> <p><b>Richmond Centre for Disability</b> Unit 842-5300 No.3 Road Lansdowne Centre, Richmond, BC V6X 2X9 Tel: 604-232-2404 <a href="http://www.rcdrichmond.org">www.rcdrichmond.org</a></p> </div>			
	10:30 am – 12:00 pm Creative Arts Club 1:00 pm – 2:00 pm English: Fun with Words 3:00 pm – 4:00 pm TOM Talks (Hybrid)	10:30 am – 3:00 pm TCM Free Consultation 1:00 pm – 2:00 pm iPad Class 2:00 pm – 3:00 pm Computer Windows 11 (Chi) 2:30 pm – 3:30 pm Social Games Club 4:30pm – 6:00pm Running Club				

## RCD Activity Calendar for the Month of May 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
	 <p>For registration or activity details: contact activity coordinators, or email Tom at <a href="mailto:tom@rcdrichmond.org">tom@rcdrichmond.org</a> or call 604-232-2404.</p>		<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid)</p> <p><b>11:00 am – 12:00 pm</b> Relaxation (Hybrid)</p> <p><b>1:00 pm – 2:00 pm</b> English: Conversation</p> <p><b>2:00 pm – 3:00 pm</b> Computer: Window 11</p> <p><b>2:00 pm – 3:00 pm</b> Job Club (WORCC)</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis</p> <p><b>1:30 pm – 2:30 pm</b> Singing Club</p> <p><b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club</p> <p><b>10:30 am – 12:00 pm</b> Life Skills Class (Cooking)</p> <p><b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid)</p> <p><b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	
5	6	7	8	9	10	11
<p><b>9:00 am – 12:30 pm</b> BMO Event</p>	<p><b>10:00 am – 11:30 am</b> Creative Arts Club</p> <p><b>1:00 pm – 2:00 pm</b> English: Fun with Words</p> <p><b>3:00 pm – 4:00 pm</b> TOM Talks (Zoom)</p>	<p><b>10:30 am – 3:00 pm</b> Traditional Chinese Medicine (TCM) Free Consultation</p> <p><b>1:00 pm – 2:00 pm</b> iPad Class</p> <p><b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi)</p> <p><b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid)</p> <p><b>11:00 am – 12:00 pm</b> Relaxation (Hybrid)</p> <p><b>1:00 pm – 2:00 pm</b> English: Conversation</p> <p><b>2:00 pm – 3:00 pm</b> Computer: Window 11</p> <p><b>2:00 pm – 3:00 pm</b> Job Club (WORCC)</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis</p> <p><b>1:30 pm – 2:30 pm</b> Singing Club</p> <p><b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club</p> <p><b>11:00 am – 12:30 pm</b> Life Skills Class</p> <p><b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid)</p> <p><b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	
12	13	14	15	16	17	18
	<p><b>10:00 am – 11:30 am</b> Creative Arts Club</p> <p><b>1:00 pm – 2:00 pm</b> English: Fun with Words</p> <p><b>3:00 pm – 4:00 pm</b> TOM Talks (Zoom)</p>	<p><b>10:30 am – 3:00 pm</b> TCM Free Consultation</p> <p><b>1:00 pm – 2:00 pm</b> iPad Class</p> <p><b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi)</p> <p><b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid)</p> <p><b>11:00 am – 12:00 pm</b> Relaxation (Hybrid)</p> <p><b>1:00 pm – 2:00 pm</b> English: Conversation</p> <p><b>2:00 pm – 3:00 pm</b> Computer: Window 11</p> <p><b>2:00 pm – 3:00 pm</b> Job Club (WORCC)</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis</p> <p><b>1:30 pm – 2:30 pm</b> Singing Club</p> <p><b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club</p> <p><b>10:30 am – 12:00 pm</b> Life Skills Class (Cooking)</p> <p><b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid)</p> <p><b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	
19	20	21	22	23	24	25
	<p><b>CENTRE CLOSED</b></p> <p><b>VICTORIA DAY</b></p>	<p><b>10:30 am – 3:00 pm</b> TCM Free Consultation</p> <p><b>1:00 pm – 2:00 pm</b> iPad Class</p> <p><b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi)</p> <p><b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid)</p> <p><b>11:00 am – 12:00 pm</b> Relaxation (Hybrid)</p> <p><b>1:00 pm – 2:00 pm</b> English: Conversation</p> <p><b>2:00 pm – 3:00 pm</b> Computer: Window 11</p> <p><b>2:00 pm – 3:00 pm</b> Job Club (WORCC)</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis</p> <p><b>1:30 pm – 2:30 pm</b> Singing Club</p> <p><b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club</p> <p><b>10:30 am – 12:00 pm</b> Life Skills Class (Cooking)</p> <p><b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid)</p> <p><b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	
26	27	28	29	30	31	
	<p><b>10:30 am – 12:00 pm</b> Creative Arts Club</p> <p><b>1:00 pm – 2:00 pm</b> English: Fun with Words</p> <p><b>3:00 pm – 4:00 pm</b> TOM Talks (Zoom)</p>	<p><b>10:30 am – 3:00 pm</b> TCM Free Consultation</p> <p><b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi)</p> <p><b>2:30 pm – 3:30 pm</b> Social Games Club</p>	<p><b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid)</p> <p><b>11:00 am – 12:00 pm</b> Relaxation (Hybrid)</p> <p><b>1:00 pm – 2:00 pm</b> English: Conversation</p> <p><b>2:00 pm – 3:00 pm</b> Computer: Window 11</p> <p><b>2:00 pm – 3:00 pm</b> Job Club (WORCC)</p>	<p><b>11:00 am – 12:30 pm</b> Table Tennis</p> <p><b>1:30 pm – 2:30 pm</b> Singing Club</p> <p><b>3:00 pm – 4:30 pm</b> Public Speaking</p>	<p><b>9:30 am – 10:30 am</b> Mom's Dance Club</p> <p><b>10:30 am – 12:00 pm</b> Life Skills Class (Cooking)</p> <p><b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid)</p> <p><b>2:00 pm – 3:00 pm</b> English: Reading &amp; Writing</p>	

## RCD Activity Calendar for the Month of June 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	1 / 8
	<b>10:30 am – 12:00 pm</b> Creative Arts Club <b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)	<b>10:30 am – 3:00 pm</b> Traditional Chinese Medicine (TCM) Free Consultation <b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi) <b>2:30 pm – 3:30 pm</b> Social Games Club	<b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid) <b>1:00 pm – 2:00 pm</b> English: Conversation <b>2:00 pm – 3:00 pm</b> Computer: Window 11 <b>2:00 pm – 3:00 pm</b> Job Club (WORCC)	<b>11:00 am – 12:30 pm</b> Table Tennis <b>1:30 pm – 2:30 pm</b> Singing Club <b>3:00 pm – 4:30 pm</b> Public Speaking	<b>9:30 am – 10:30 am</b> Mom's Dance Club <b>11:00 am – 12:30 pm</b> Life Skills Class <b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid) <b>2:00 pm – 3:00 pm</b> English: Reading & Writing	
9	10	11	12	13	14	15
	<b>10:30 am – 12:00 pm</b> Creative Arts Club <b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)	<b>10:30 am – 3:00 pm</b> TCM Free Consultation <b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi) <b>2:30 pm – 3:30 pm</b> Social Games Club	<b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid) <b>1:00 pm – 2:00 pm</b> English: Conversation <b>2:00 pm – 3:00 pm</b> Computer: Window 11 <b>2:00 pm – 3:00 pm</b> Job Club (WORCC)	<b>11:00 am – 12:30 pm</b> Table Tennis <b>1:30 pm – 2:30 pm</b> Singing Club <b>3:00 pm – 4:30 pm</b> Public Speaking	<b>9:30 am – 10:30 am</b> Mom's Dance Club <b>11:00 am – 12:30 pm</b> Life Skills Class <b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid) <b>2:00 pm – 3:00 pm</b> English: Reading & Writing	
16	17	18	19	20	21	22
	<b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)	<b>10:30 am – 3:00 pm</b> TCM Free Consultation <b>2:00 pm – 3:00 pm</b> Computer Windows 11 (Chi) <b>2:30 pm – 3:30 pm</b> Social Games Club	<b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid) <b>1:00 pm – 2:00 pm</b> English: Conversation <b>2:00 pm – 3:00 pm</b> Computer: Window 11 <b>2:00 pm – 3:00 pm</b> Job Club (WORCC)	<b>11:00 am – 12:30 pm</b> Table Tennis <b>1:30 pm – 2:30 pm</b> Singing Club <b>3:00 pm – 4:30 pm</b> Public Speaking	<b>9:30 am – 10:30 am</b> Mom's Dance Club <b>11:00 am – 12:30 pm</b> Life Skills Class <b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid) <b>2:00 pm – 3:00 pm</b> English: Reading & Writing	
23	24	25	26	27	28	29
	<b>1:00 pm – 2:00 pm</b> English: Fun with Words <b>3:00 pm – 4:00 pm</b> TOM Talks (Hybrid)	<b>10:30 am – 3:00 pm</b> TCM Free Consultation <b>2:30 pm – 3:30 pm</b> Social Games Club	<b>9:50 am – 10:50 am</b> Mom's Language Club (Hybrid) <b>11:00 am – 12:00 pm</b> Relaxation (Hybrid)	<b>11:00 am – 12:30 pm</b> Table Tennis <b>1:30 pm – 2:30 pm</b> Singing Club	<b>9:30 am – 10:30 am</b> Mom's Dance Club <b>1:00 pm – 2:00 pm</b> FUN Skills Exercise (Hybrid)	

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All activities are conducted in-person, unless otherwise state. For Zoom activities, joining information will be provided after registration. Some activities require a fee to participate. Limited space, register early.

**IMPORTANT NOTE:** Apply or renew your participant membership to join RCD activities, download [New Participant Registration Form](#) or [Participants Renewal Form](#) here.



For registration and activity details: contact activity coordinators, or email Tom at [tom@rcdrichmond.org](mailto:tom@rcdrichmond.org) or call 604-232-2404.