












**Richmond Mental Health  
Consumer and Friends' Society (RCFC)**

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X

**Web Page: [www.vch.ca/RCFC](http://www.vch.ca/RCFC)**



# 2024 Recreation Calendar

Contact Information	Mon	Tue	Wed	Thu	Fri
<p>To signup for activities please leave a phone message at:</p> <p><b>604-675-3977 ext 4</b></p> <p>or</p> <p>email:<a href="mailto:jennifer.campillo@vch.ca">jennifer.campillo@vch.ca</a></p> <p><b>Afternoon @ the Movies</b></p> <p>Due to an unknown movie schedule, the time and movies available will be provided closer to the outing. Please contact Jennifer if you are interested in receiving an update.</p> <p><b>Important Notice</b></p> <p>There is no Music Group on April 5th.</p> 	<p><b>1. Happy Easter</b></p> <p><b>No programs</b></p>	<p><b>2.</b></p>	<p><b>3. The Wednesday Go: Stroll and a drink</b> location: TBD 1 PM-Signup <b>Floor Hockey</b> 2:30PM–Rmd Oval</p>	<p><b>4. Pool Table</b> 2PM—Signup</p> 	<p><b>5. Note: Music Group Cancelled</b></p> <p><b>Bowling</b> 1PM-Signup</p>
	<p><b>8. Arts and Crafts</b> 1:30PM-Signup</p> 	<p><b>9.</b></p>	<p><b>10. The Wednesday Go: Explore and a snack</b> location: TBD 1 PM-Signup <b>Floor Hockey</b> 2:30PM–Rmd Oval</p>	<p><b>11. Health &amp; Wellness</b> conversations and activities group 1PM-Signup <b>Pool Table</b> 2PM—Signup</p>	<p><b>12. Music Group</b> 10AM– Signup</p> <p><b>Bowling</b> 1PM-Signup</p>
	<p><b>15. Arts and Crafts</b> 1:30PM-Signup</p> 	<p><b>16. Yoga &amp; Meditation</b> 1PM-ZOOM</p> 	<p><b>17. The Wednesday Go: Stroll and a drink</b> location: TBD 1 PM-Signup <b>Floor Hockey</b> 2:30PM–Rmd Oval</p>	<p><b>18. Pool Table</b> 2PM—Signup</p> 	<p><b>19. Music Group</b> 10AM– Signup</p> <p><b>Bowling</b> 1PM-Signup</p>
	<p><b>22. Arts and Crafts</b> 1:30PM-Signup</p> 	<p><b>23. Afternoon @ the Movies</b> Times and movies to be determined *Signup to receive details prior to outing* Cost: \$5</p>	<p><b>24. The Wednesday Go: Explore and a snack</b> location: TBD 1 PM-Signup</p>	<p><b>25. Health &amp; Wellness</b> conversations and activities group 1PM-Signup <b>Pool Table</b> 2PM—Signup</p>	<p><b>26. Music Group</b> 10AM– Signup</p> <p><b>Bowling</b> 1PM-Signup</p>
	<p><b>29. Arts and Crafts</b> 1:30PM-Signup</p> 	<p><b>30. Yoga &amp; Meditation</b> 1PM-ZOOM</p> 			



# More information

## *Who? What? Where? & Why?*

### **Arts and Craft on Mondays:**

**Meeting Time:** 1:30 pm

**Staff:** Jennifer/ jennifer.campillo@vch.ca

**Meeting Place:** Lansdown Room 210-7671 ALDERBRIDGE WAY RICHMOND BC V6X 1Z9

Painting, doodling and crafts. Why join us? Craft is a form of self expression, it is not about the finished product it's about relaxing and connecting with others.

### **Yoga & Meditation**

**Meeting Time:** 1 pm

**Meeting Place:** ONLINE Zoom

Learn and practice health & wellness with Dorian via Zoom. Email jennifer.campillo@vch.ca for the Zoom link.

### **The Wednesday Go:**

**Meeting Time:** 1 pm

**Staff:** Jose & Andrew

**Meeting Place:** Tim Hortons at Richmond Centre

We are going to travel to a place in the community to explore! RCFC will also treat you to a beverage or a treat! Join us! We can supply a compass card for you if needed.

### **Pool Table on Thursdays:**

**Meeting Time:** 2 pm

**Staff:** Andrew

**Meeting Place:** Q1 Billiards 4411 No. 3 Rd #118, Richmond

Join us every Thursday afternoon for a game of pool.

### **Bowling on Fridays:**

**Meeting Time:** 1 pm

**Staff:** Andrew

**Meeting Place:** Lucky 9 Lanes 150-14200 Entertainment Blvd, Richmond, BC V6W 1A8

Go Bowling with us!

### **Music Group on Fridays:**

**Meeting time:** 10 am

**Staff:** Jose

**Meeting Place:** RCFC Lansdown Room 210-7671 ALDERBRIDGE WAY RICHMOND BC V6X 1Z9

Start your Friday mornings by joining our singalong group. Feel free to bring your own instrument.

### **Afternoon @ the Movies:**

**Meeting time:** TBD

**Staff:** Andrew

**Movies:** TBD

**Meeting Place:** Cineplex Cinemas Marine Gateway Theatre 452 South West Marine Drive, Vancouver, BC, V5X 0C, Vancouver, BC V5X 0C3.

Watch a movie with us!

### **Health & Wellness: conversations and activities group:**

**Meeting time:** 1 pm

**Meeting Place:** Lansdown Room 210-7671 ALDERBRIDGE WAY RICHMOND BC V6X 1Z9

Learn and practice health & wellness with Dorian in-person. Email jennifer.campillo@vch.ca to signup.

**Notes:** Meeting places and time are subject to change based on weather conditions.

Reconfirm this information by phone 604-675-3977 ext.4 **Email:** jennifer.campillo@vch.ca

*We acknowledge that the land on which we gather is the unceded and ancestral territory of the hən̓q̓əmiṇ̓əm and Skwxwú7mesh speaking peoples, the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətał (Tsleil-Waututh) Nations.*