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

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X

**Web Page: www.vch.ca/RCFC**

# 2024 May Recreation Calendar

| Contact Information | Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|---|
| *To signup for activities please leave a phone message at:* **604-675-3977 ext 4 or Email:** jennifer.campillo@vch.ca | | | **1.** **The Wednesday Go:** **Stroll and a drink** **location: TBD** 1 PM-Signup **Floor Hockey** 2:30PM–Rmd Oval | **2.** **Pool Table** 2PM—Signup | **3.** **Music Group** 10AM– Signup **Bowling** 1PM-Signup |
| 7 Wellness Tips | **6.** **Arts and Crafts** 1:30PM-Signup | **7.** | **8.** **The Wednesday Go:** **Explore and a snack** **location: TBD** 1 PM-Signup | **9.** **Pool Table** 2PM—Signup | **10.** **Music Group** 10AM– Signup **Bowling** 1PM-Signup |
| | **13.** **Arts and Crafts** 1:30PM-Signup | **14.** **Yoga & Meditation** 1PM-ZOOM | **15.** **The Wednesday Go:** **Stroll and a drink** **location: TBD** 1 PM-Signup **Floor Hockey** 2:30PM–Rmd Oval | **16.** **Pool Table** 2PM—Signup | **17.** **Music Group** 10AM– Signup **Bowling** 1PM-Signup |
| CINEMA | **20.** **STAT Holiday** **\*\*Closed\*\*** | **21.** **Afternoon @ the Movies** Times and movies to be determined \*\*Signup to receive details prior to outing\*\* Cost: $5 | **22.** **The Wednesday Go:** **Explore and a snack** **location: TBD** 1 PM-Signup | **23.** **The Health & Wellness Café**: Let's talk and walk this month 1PM-Signup **Pool Table** 2PM—Signup | **24.** **Music Group** 10AM– Signup **Bowling** 1PM-Signup |
| **Afternoon @ the Movies** **\*\*Note\*\***The movie schedule, times and movies available will be provided closer to the outing. | **27.** **Arts and Crafts** 1:30PM-Signup | **28.** **Yoga & Meditation** 1PM-ZOOM | **29.** **The Wednesday Go:** **Explore and a snack** **location: TBD** 1 PM-Signup | **30.** **Pool Table** 2PM—Signup | **31.** **Music Group** 10AM– Signup **Bowling** 1PM-Signup |

# 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!

**The Health & Wellness Café: Let's talk and walk this month**
**Meeting time:** 1 pm
**Meeting Place: Lansdown Room** 210–7671 ALDERBRIDGE WAY RICHMOND BC V6X 1Z9
Learn and practice health & wellness with Dorian, Cory and Sarah 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 hən̓q̓əmin̓əm̓ and Sḵwx̱wú7mesh speaking peoples, the xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səlilwətaɬ (Tsleil-Waututh) Nations.*