















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

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X

Web Page: www.vch.ca/RCFC



**2024
Recreation
Calendar**

Contact Information	Mon	Tue	LET'S GO! Wed	Thu	Fri
<p>To signup for activities please leave a phone message at:</p> <p>604-675-3977 ext 4 or Email:</p> <p>jennifer.campillo@vch.ca</p>  <p>Important Note:</p> <p>Due to course availability and weather Friday's pitch and putt will occur at different times on Fridays. Let us know if you are interested in attending and our group leader will contact you with the time to meet and play.</p>	<p>1.</p> 	<p>2.</p>	<p>3. <u>The Wednesday Go!</u> <i>Check out Glen MacArthur Outlet plus snacks</i> 1 PM-Signup</p>	<p>4. <u>Pool Table</u> 2PM—Signup</p> 	<p>5. <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch & Putt</u> Time:TBD</p>
	<p>8. <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p>9. <u>Yoga & Meditation</u> 1PM-ZOOM</p> 	<p>10. <u>The Wednesday Go!</u> <i>Plane watching at YVR with a drink or snack</i> 1 PM-Signup</p>	<p>11. <u>Pool Table</u> 2PM—Signup</p> 	<p>12. <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch & Putt</u> Time:TBD</p>
	<p>15. <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p>16.</p>	<p>17. <u>The Wednesday Go!</u> <i>Explore Steveston Village with ice cream</i> 1 PM-Signup</p>	<p>18. <u>The Health & Wellness Café:</u> Let's talk and walk this month 1PM-Signup</p> <p><u>Pool Table</u> 2PM—Signup</p>	<p>19. <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch & Putt</u> Time:TBD</p>
	<p>22. <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p>23. <u>Yoga & Meditation</u> 1PM-ZOOM</p> 	<p>24. <u>The Wednesday Go!</u> <i>Terra Nova walk plus Tim Hortons snack</i> 1 PM-Signup</p>	<p>25. <u>Pool Table</u> 2PM—Signup</p> 	<p>26. <u>Music Group</u> 10AM— Signup</p> <p><u>Pitch & Putt</u> Time:TBD</p>
	<p>29. <u>Arts and Crafts</u> 1:30PM-Signup</p> 	<p>30.</p>	<p>31. <u>The Wednesday Go!</u> <i>Stroll Aberdeen Mall plus drink</i> 1 PM-Signup</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.

Pitch & Putt on Fridays:

Meeting Time: TBA

Staff: Andrew

Meeting Place: West Richmond Pitch & Putt Golf Course 9751 Pendleton Rd, Richmond, BC V7E 4M1

That's a hole in one good time!

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.

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 hən̓q̓əmiṇəm and Skwxwú7mesh speaking peoples, the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətał (Tsleil-Waututh) Nations.