



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

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X

Web Page: www.vch.ca/RCFC

December

2024 Recreation Calendar

| Contact Information | Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---|--|
|  <p>Afternoon @ the Movies **Note:** The movie schedule, times, and available movies will be provided closer to the outing. If you are interested, please sign up.</p>  | <p>2. Cancelled <i>Notice: Arts and Crafts Cancelled</i></p> | <p>3. Janet's Games, Social & Fun 1PM—Signup</p>  | <p>4. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup Floor Hockey 2:30PM—Rmd Oval</p> | <p>5. Pool Table 2PM—Signup</p>  | <p>6. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p> |
| | <p>9. Arts and Crafts 1:30PM-Signup</p>  | <p>10. Afternoon @ the Movies Times and movies to be determined **Signup to receive full details prior to outing**</p> | <p>11. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup</p> | <p>12. Pool Table 2PM—Signup</p>  | <p>13. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p> |
| | <p>16. Arts and Crafts 1:30PM-Signup</p>  | <p>17. Janet's Games, Social & Fun 1PM—Signup</p>  | <p>18. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup Floor Hockey 2:30PM—Rmd Oval</p> | <p>19. Pool Table 2PM—Signup</p>  | <p>20. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p> |
| | <p>23. Arts and Crafts 1:30PM-Signup</p>  | <p>24.</p> | <p>25. Closed <i>Merry Christmas</i></p>  | <p>26. Closed <i>Happy Boxing Day</i></p>  | <p>27. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p> |
| | <p>30. Arts and Crafts 1:30PM-Signup</p>  | <p>31. Janet's Games, Social & Fun 1PM—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.

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.

Janet's Games, Social & Fun: **Staff:** Janet

Meeting time: 1 pm

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

Join Peer Support Worker and PSSG Leader Janet for a new group focussed on fun and connection.

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!

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

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

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