

## RCD Activity Calendar for the Month of April 2024

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

# RCD Activity Calendar for the Month of May 2024

| Sun                                                | Monday                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                           | Friday                                                                                                                                                                                                                                          | Sat       |
|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|                                                    |  <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>Activities might be canceled due to the relocation arrangement during May</p> |                                                                                                                                                               | <b>1</b><br><b>9:50 am – 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am – 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm – 2:00 pm</b><br>English: Conversation<br><b>1:00 pm – 2:00 pm</b><br>Computer: Win 11<br><b>2:00 pm – 3:00 pm</b><br>Job Club (WORCC)  | <b>2</b><br><b>11:00 am – 12:30 pm</b><br>Table Tennis<br><b>1:30 pm – 2:30 pm</b><br>Singing Club<br><b>3:00 pm – 4:30 pm</b><br>Public Speaking  | <b>3</b><br><b>9:30 am – 10:30 am</b><br>Mom's Dance Club<br><b>10:30 am – 12:00 pm</b><br>Life Skills (Cooking) Garratt<br><b>1:00 pm – 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm – 3:00 pm</b><br>English: Reading & Writing  | <b>4</b>  |
| <b>5</b><br><b>9:00 am – 12:30 pm</b><br>BMO Event | <b>6</b><br><b>10:00 am – 12:00 pm</b><br>Gardening & Walking Club<br><b>10:30 am – 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm – 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm – 4:00 pm</b><br>TOM Talks (Hybrid)                                                                                                                | <b>7</b><br><b>1:00 pm – 2:00 pm</b><br>iPad Class<br><b>2:00 pm – 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm – 3:30 pm</b><br>Social Games Club  | <b>8</b><br><b>9:50 am – 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am – 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm – 2:00 pm</b><br>English: Conversation<br><b>1:00 pm – 2:00 pm</b><br>Computer: Win 11<br><b>2:00 pm – 3:00 pm</b><br>Job Club (WORCC)  | <b>9</b><br><b>11:00 am – 12:30 pm</b><br>Table Tennis<br><b>1:30 pm – 2:30 pm</b><br>Singing Club<br><b>3:00 pm – 4:30 pm</b><br>Public Speaking  | <b>10</b><br><b>9:30 am – 10:30 am</b><br>Mom's Dance Club<br><b>11:00 am – 12:30 pm</b><br>Life Skills<br><b>1:00 pm – 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm – 3:00 pm</b><br>English: Reading & Writing                   | <b>11</b> |
| <b>12</b>                                          | <b>13</b><br><b>10:00 am – 12:00 pm</b><br>Gardening & Walking Club<br><b>10:30 am – 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm – 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm – 4:00 pm</b><br>TOM Talks (Hybrid)                                                                                                               | <b>14</b><br><b>1:00 pm – 2:00 pm</b><br>iPad Class<br><b>2:00 pm – 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm – 3:30 pm</b><br>Social Games Club | <b>15</b><br><b>9:50 am – 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am – 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm – 2:00 pm</b><br>English: Conversation<br><b>1:00 pm – 2:00 pm</b><br>Computer: Win 11<br><b>2:00 pm – 3:00 pm</b><br>Job Club (WORCC) | <b>16</b><br><b>11:00 am – 12:30 pm</b><br>Table Tennis<br><b>1:30 pm – 2:30 pm</b><br>Singing Club<br><b>3:00 pm – 4:30 pm</b><br>Public Speaking | <b>17</b><br><b>9:30 am – 10:30 am</b><br>Mom's Dance Club<br><b>10:30 am – 12:00 pm</b><br>Life Skills (Cooking) Garratt<br><b>1:00 pm – 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm – 3:00 pm</b><br>English: Reading & Writing | <b>18</b> |
| <b>19</b>                                          | <b>CENTRE CLOSED</b><br><br><b>VICTORIA DAY</b>                                                                                                                                                                                                                                                                                                  | <b>21</b><br><b>1:00 pm – 2:00 pm</b><br>iPad Class<br><b>2:00 pm – 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm – 3:30 pm</b><br>Social Games Club | <b>22</b><br><b>9:50 am – 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am – 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm – 2:00 pm</b><br>English: Conversation<br><b>1:00 pm – 2:00 pm</b><br>Computer: Win 11<br><b>2:00 pm – 3:00 pm</b><br>Job Club (WORCC) | <b>23</b><br><b>11:00 am – 12:30 pm</b><br>Table Tennis<br><b>1:30 pm – 2:30 pm</b><br>Singing Club<br><b>3:00 pm – 4:30 pm</b><br>Public Speaking | <b>24</b><br><b>9:30 am – 10:30 am</b><br>Mom's Dance Club<br><b>10:30 am – 12:00 pm</b><br>Life Skills (Cooking) Garratt<br><b>1:00 pm – 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm – 3:00 pm</b><br>English: Reading & Writing | <b>25</b> |
| <b>26</b>                                          | <b>27</b><br><b>10:00 am - 12:00 pm</b><br>Gardening & Walk Club at RCD office<br><b>10:30 am – 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm – 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm – 4:00 pm</b><br>TOM Talks (Hybrid)                                                                                                    | <b>28</b><br><b>2:00 pm – 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm – 3:30 pm</b><br>Social Games Club                                           | <b>29</b><br><b>9:50 am – 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am – 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm – 2:00 pm</b><br>English: Conversation<br><b>1 - 2 pm</b> Computer: Window 11<br><b>2:00 pm – 3:00 pm</b><br>Job Club (WORCC)          | <b>30</b><br><b>11:00 am – 12:30 pm</b><br>Table Tennis<br><b>1:30 pm – 2:30 pm</b><br>Singing Club<br><b>3:00 pm – 4:30 pm</b><br>Public Speaking | <b>31</b><br><b>9:30 am – 10:30 am</b><br>Mom's Dance Club<br><b>10:30 am – 12:00 pm</b><br>Life Skills (Cooking) Garratt<br><b>1:00 pm – 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm – 3:00 pm</b><br>English: Reading & Writing |           |

(Schedule may be subjected to changes)

## 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>10:00 am - 12:00 pm</b><br>Gardening & Walk Club<br><b>10:30 am - 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm - 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm - 4:00 pm</b><br>TOM Talks (Hybrid)                                                                                                                                                                                                                                                                                                                                                                                                               | <b>2:00 pm - 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm - 3:30 pm</b><br>Social Games Club | <b>9:50 am - 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am - 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm - 2:00 pm</b><br>English: Conversation<br><b>1 - 2 pm</b> Computer: Window 11<br><b>2:00 pm - 3:00 pm</b><br>Job Club (WORCC) | <b>11:00 am - 12:30 pm</b><br>Table Tennis<br><b>1:30 pm - 2:30 pm</b><br>Singing Club<br><b>3:00 pm - 4:30 pm</b><br>Public Speaking | <b>9:30 am - 10:30 am</b><br>Mom's Dance Club<br><b>11:00 am - 12:30 pm</b><br>Life Skills<br><b>1:00 pm - 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm - 3:00 pm</b><br>English: Reading & Writing |       |
| 9   | 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 11                                                                                                     | 12                                                                                                                                                                                                                                                         | 13                                                                                                                                    | 14                                                                                                                                                                                                               | 15    |
|     | <b>10:00 am - 12:00 pm</b><br>Gardening & Walk Club<br><b>10:30 am - 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm - 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm - 4:00 pm</b> TOM Talks (Hybrid)                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>2:00 pm - 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm - 3:30 pm</b><br>Social Games Club | <b>9:50 am - 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am - 12:00 pm</b><br>Relaxation (Hybrid)<br><b>1:00 pm - 2:00 pm</b><br>English: Conversation<br><b>1 - 2 pm</b> Computer: Window 11<br><b>2:00 pm - 3:00 pm</b><br>Job Club (WORCC) | <b>11:00 am - 12:30 pm</b><br>Table Tennis<br><b>1:30 pm - 2:30 pm</b><br>Singing Club<br><b>3:00 pm - 4:30 pm</b><br>Public Speaking | <b>9:30 am - 10:30 am</b><br>Mom's Dance Club<br><b>11:00 am - 12:30 pm</b><br>Life Skills<br><b>1:00 pm - 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm - 3:00 pm</b><br>English: Reading & Writing |       |
| 16  | 17                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 18                                                                                                     | 19                                                                                                                                                                                                                                                         | 20                                                                                                                                    | 21                                                                                                                                                                                                               | 22    |
|     | <b>10:00 am - 12:00 pm</b><br>Gardening & Walk Club<br><b>10:30 am - 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm - 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm - 4:00 pm</b> TOM Talks (Hybrid)                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>2:00 pm - 3:00 pm</b><br>Computer Windows 11 (Chi)<br><b>2:30 pm - 3:30 pm</b><br>Social Games Club | <b>9:50 am - 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am - 12:00 pm</b> Relaxation (Hybrid)<br><b>1:00 pm - 2:00 pm</b><br>English: Conversation<br><b>1 - 2 pm</b> Computer: Window 11<br><b>2:00 pm - 3:00 pm</b><br>Job Club (WORCC)    | <b>11:00 am - 12:30 pm</b><br>Table Tennis<br><b>1:30 pm - 2:30 pm</b><br>Singing Club<br><b>3:00 pm - 4:30 pm</b><br>Public Speaking | <b>9:30 am - 10:30 am</b><br>Mom's Dance Club<br><b>11:00 am - 12:30 pm</b><br>Life Skills<br><b>1:00 pm - 2:00 pm</b><br>FUN Skills Exercise (Hybrid)<br><b>2:00 pm - 3:00 pm</b><br>English: Reading & Writing |       |
| 23  | 24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 25                                                                                                     | 26                                                                                                                                                                                                                                                         | 27                                                                                                                                    | 28                                                                                                                                                                                                               | 29    |
|     | <b>10:00 am - 12:00 pm</b><br>Gardening & Walk Club<br><b>10:30 am - 3:00 pm</b><br>TCM Free Consultation<br><b>1:00 pm - 2:00 pm</b><br>English: Fun with Words<br><b>3:00 pm - 4:00 pm</b><br>TOM Talks (Hybrid)                                                                                                                                                                                                                                                                                                                                                                                                               | <b>2:30 pm - 3:30 pm</b><br>Social Games Club                                                          | <b>9:50 am - 10:50 am</b><br>Mom's Language Club (Hybrid)<br><b>11:00 am - 12:00 pm</b><br>Relaxation (Hybrid)                                                                                                                                             | <b>11:00 am - 12:30 pm</b><br>Table Tennis<br><b>1:30 pm - 2:30 pm</b><br>Singing Club                                                | <b>9:30 am - 10:30 am</b><br>Mom's Dance Club<br><b>1:00 pm - 2:00 pm</b><br>FUN Skills Exercise (Hybrid)                                                                                                        |       |
| 30  | <p>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.</p> <p><b>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.</p> <p>For registration and 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> |                                                                                                        |                                                                                                                                                                                                                                                            |                                                                                                                                       |                                                                                                                                                                                                                  |       |

