










Richmond Mental Health
Consumer and Friends' Society (RCFC)



2020 Recreation

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Contact Information: 210 – 7671 ALDERBRIDGE WAY</p> <p>Contact: Devan at 604-675-3977 Ext. 4</p> <p>email: devan.morrison@vch.ca</p> <p>web page: www.vch.ca/RCFC</p>	<p><i>We've amended the March calendar to include new digital programs since we can't meet in person currently. Tune in via <u>Periscope app</u> to watch our programs from <u>March 23rd-March 31st</u>. Just because we are self-isolating, doesn't mean we can't connect with each other digitally!</i></p> <p>iPhone Download for Periscope ↓</p> <p>https://apps.apple.com/us/app/periscope-live-video-streaming/id972909677</p> <p>Android Download for Periscope ↓</p> <p>https://play.google.com/store/apps/details?id=tv.periscope.android&hl=en_CA</p>						
	<p>23. <u>At-Home Exercises with Devan</u></p> <p>1pm-Online</p> 	<p>24. <u>Book Reading with Jenn</u></p> <p>1pm-Online</p> 	<p>25. <u>RCFC Sing-a-long With Jenn & Jose</u></p> <p>1pm-Online</p> 	<p>26. <u>Drawing with Jenn</u></p> <p>1pm-Online</p> 	<p>27. <u>Virtual Bowling With Andrew & Devan</u></p> <p>1pm-Online</p> 		
	<p>30. <u>At-Home Exercises with Devan</u></p> <p>1pm-Online</p> 	<p>31. <u>Online Card Games With Andrew & Devan</u></p> <p>1pm-Online</p> 					

About Us ...Richmond Mental Health Consumer and Friends Society (RCFC) is a consumer-driven, non-profit organization that provides peer support, resource information, social opportunities and a community-based therapeutic recreation program. The purpose of Therapeutic Recreation is to provide positive experiences whereby each participant has an opportunity to learn new skills, socialize and build relationships, improve health and fitness, engage in creative or intellectual pursuits...and, of course, to have fun! Our programs are community-based and we endeavor to provide support and encouragement for each individual to reach their potential.

More information

Regular Activities...

Coffee Group: Start out the week, with coffee, treat and a chat! Keep informed while meeting others.

Walking Program: On a winter break

Bowling: Fridays for 10-pin at 10:30 am. Meet at “The Lucky 9 Lanes” Cost \$2. #150-14200 Entertainment Blvd.

RCFC Consumer Coffee House at City Hall: Come join us for a coffee or snack at “The Butler Did It “ in Richmond City Hall from 1:30 pm to 3:15 pm

Day Trips and Social Events...

All transportation costs are covered by us, except for unusually long trips or ferry fees. Admission costs (if applicable) are specified with each activity, and due to the length, we recommend that you either **bring or buy a lunch**. Also, when space becomes an issue, participants who are residents of Richmond have priority. Finally, we will return to the Richmond Centre bus loop between 4:00 – 5:00 pm (unless specified otherwise). However, in situations out of our control (i.e.: heavy traffic, vehicle breakdown, tunnel closure, snow-storm or other unforeseen event), all participants **must** carry extra medications in the event that we are held up, and cannot return to Richmond until several hours later. We do not anticipate this happening, however for your own safety and peace of mind, please be aware and be prepared. Please dress according to weather that day.

PSSG (Peer Support Social Group): April Activities Contact: Icy Chan 604-675-3977 (ext. 4) email: wai.chan@vch.ca

Wednesdays		
Date	Place	Time
1 st Wednesday, April 03, 2019	Place (In Office – Address: 210 – 7671 Alderbridge Way, Richmond) – Monthly Activities Meeting Plan with the Consumers, and Funny Video	1:00pm – 3:00pm
2 nd Wednesday, April 10, 2019	Place (In Office – Address: 210 – 7671 Alderbridge Way, Richmond) – Indoor Exercise and see exercise video	1:00pm – 3:00pm
3 rd Wednesday, April 17, 2019	Place (In Office – Address: 210 – 7671 Alderbridge Way, Richmond) – Karaoke	1:00pm – 3:00pm
4 th Wednesday, April 24, 2019	Place (Newton Beef Noodle House – Address: # 150 – 8191 Saba Rd, Richmond) – Dining Out Bring\$10	10:30am – 12:30pm