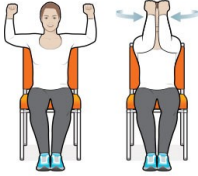








Richmond Mental Health  
Consumer and Friends' Society (RCFC)

# April 2020 Recreation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Contact Information:</b> <b>Contact:</b> Devan at <b>438-777-8265</b>  <b>email:</b> devan.morrison@vch.ca <b>web page:</b> www.vch.ca/RCFC						
	<b>April 6th</b> <u>Chair Workout Exercises</u>  1pm-Online	<b>April 7th</b> <u>Fashion Show with Jenn &amp; Jose</u>  1pm-Online	<b>April 8th</b> <u>Music/Writing Group</u>  1pm-Online	<b>April 9th</b> <u>Spring Cleaning with Jenn &amp; Jose</u>  1pm-Online	<b>April 10th</b> <u>Drawasaurus (Guess the Pic)</u>  1pm-Online	

*Check out our new digital programs since we can't meet in person currently. Tune in via Periscope app to watch/participate in our programs from April 6th– April 10th Just because we are practicing physical distancing , doesn't mean we can't connect with each other digitally!*

**iPhone Download for Periscope** ↓

**<https://apps.apple.com/us/app/periscope-live-video-streaming/id972909677>**

**Android Download for Periscope** ↓

**[https://play.google.com/store/apps/details?id=tv.periscope.android&hl=en\\_CA](https://play.google.com/store/apps/details?id=tv.periscope.android&hl=en_CA)**

**Follow RCFC on Periscope: [https://www.pscp.tv/rcfc\\_society/](https://www.pscp.tv/rcfc_society/)**