



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

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X

Web Page: www.vch.ca/RCFC

OCTOBER



2024 Recreation Calendar

Contact Information	Mon	Tue	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>1.</p>	<p>LET'S GO!</p> <p>2. The Wednesday Go! <i>Walk and a drink: The group picks location</i> 1 PM-Signup</p>	<p>3.</p> <p><i>Reminder: Sorry there will not be a Pool Table Group on Oct 3rd</i></p>	<p>4. Music Group 10AM– Signup</p>
	<p>7. Arts and Crafts 1:30PM-Signup</p> 	<p>8. Cory's Games, Social & Fun 1PM—Signup</p>	<p>9. The Wednesday Go! <i>Walk and a drink: The group picks location</i> 1 PM-Signup</p>	<p>10. Pool Table 2PM—Signup</p> 	<p>11. Music Group 10AM– Signup</p> <p>Bowling 1PM-Signup</p>
 <p>Afternoon @ the Movies</p> <p>**Note**The movie schedule, times and movies available will be provided closer to the outing.</p> <p>Games, Social & Fun **Note** Janet is away for the month, so Cory will host this group and Janet will return in November.</p>	<p>14.</p> 	<p>15.</p>	<p>16. The Wednesday Go! <i>Walk and a drink: The group picks location</i> 1 PM-Signup</p>	<p>17. Pool Table 2PM—Signup</p> 	<p>18. Music Group 10AM– Signup</p> <p>Bowling 1PM-Signup</p>
	<p>21. Arts and Crafts 1:30PM-Signup</p> 	<p>22. Cory's Games, Social & Fun 1PM—Signup</p>	<p>23. The Wednesday Go! <i>Walk and a drink: The group picks location</i> 1 PM-Signup</p>	<p>24. Pool Table 2PM—Signup</p> 	<p>25. Music Group 10AM– Signup</p> <p>Bowling 1PM-Signup</p>
	<p>28. Arts and Crafts 1:30PM-Signup</p> 	<p>29. Afternoon @ the Movies Times and movies to be determined **Signup to receive full details prior to outing** Cost: \$5</p>	<p>30. The Wednesday Go! <i>Walk and a drink: The group picks location</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.

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.

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

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. Email jennifer.campillo@vch.ca to signup.

Afternoon @ the Movies:

Meeting time: TBD **Staff:** Andrew

Movies: TBD

Meeting Place: Cineplex Cinemas Marine Gateway Theatre 452 South West Marine Drive, Vancouver, BC, V5X 0C, Vancouver, BC V5X 0C3.

Watch a movie with us!

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:** jennifer.campillo@vch.ca

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