



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

210 – 7671 ALDERBRIDGE WAY RICHMOND BC V6X

Web Page: www.vch.ca/RCFC



**2025
Recreation
Calendar**



Contact Information	Mon	Tue	Wed LET'S GO!	Thu	Fri
<p>To sign up for activities, please contact Jennifer Campillo: 604-675-3977 ext. 4 or via email: jennifer.campillo@vch.ca</p>	Happy New Year!		<p>1. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup</p>	<p>2. Pool Table 2PM—Signup</p> 	<p>3. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p>
	<p>ChatGPT's 7 New Year's Tips for a Fresh Start</p> <ol style="list-style-type: none"> 1. Set Realistic Goals – Focus on achievable resolutions. 2. Reflect and Plan – Learn from last year and create actionable steps. 3. Prioritize Health – Commit to balanced meals, regular exercise, and mindfulness. 4. Declutter Your Space – Organize your home or workspace for a fresh start. 5. Connect with Others – Strengthen relationships and build a supportive network. 6. Practice Gratitude – Focus on the positive and celebrate small victories. 7. Embrace Flexibility – Allow room for change and adjust your goals as needed. 	<p>6. Arts and Crafts 1:30PM-Signup</p> 	<p>7.</p> 	<p>8. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup</p>	<p>9. Pool Table 2PM—Signup</p> 
<p>13. Arts and Crafts 1:30PM-Signup</p> 		<p>14. Janet's Games, Social & Fun 1PM—Signup</p> 	<p>15. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup</p> <p>Floor Hockey 2:30PM—Rmd Oval</p>	<p>16. Pool Table 2PM—Signup</p> 	<p>17. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p>
<p>20. Arts and Crafts 1:30PM-Signup</p> 		<p>21.</p> 	<p>22. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup</p>	<p>23. Pool Table 2PM—Signup</p> 	<p>24. Music Group 10AM— Signup</p> <p>Bowling 1PM-Signup</p>
<p>27. Arts and Crafts 1:30PM-Signup</p> 		<p>28. Janet's Games, Social & Fun 1PM—Signup</p> 	<p>29. The Wednesday Go! <i>Walk and a drink:</i> 1 PM-Signup</p>	<p>30. Pool Table 2PM—Signup</p> 	<p>31. Music Group 10AM— Signup</p> <p>Bowling 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: jennifer.campillo@vch.ca

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