

Richmond Family & Friend Caregiver Hub

September 2026 Events Calendar

RICHMOND CARES  RICHMOND GIVES
Richmond Family &
Friend Caregiver Hub



To register or learn more, please call 604 279 7099 , email caregivernavigator@rcrg.org or fill up an [online form](#)

Mon	Tue	Wed	Thu	Fri
31	1	2	3 2:00-4:00pm <u>Advanced Painting</u> (English RCP#345).	4 10:00am-11:00pm <u>Arm Chair Yoga (English/Zoom).</u> 2:30-4:30pm <u>Introduction to Chinese Ink</u> <u>Painting (English/Cantonese</u> <u>RCP#340).</u>
7	8	9 Group A 1:30-3:00pm Group B 3:00-4:30pm <u>DIY Perfume Making</u> (English/Mandarin RCP#340).	10 Group A 1:00-3:00pm Group B 3:00-5:00pm <u>DIY Wire-Free Cloisonné</u> <u>Coaster (English/Mandarin</u> <u>RCP#340).</u>	11 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese/Mandarin RCP#340).
14 1:00-3:00pm <u>Manage Stress with</u> <u>Mindfulness</u> (English/Mandarin RCP#340).	15 Group A 1:00-3:00pm Group B 3:00-5:00pm <u>DIY Linen Potholders</u> (English/Mandarin RCP#340).	16 2:00-4:00pm <u>Take Charge of Your</u> <u>Financial Future</u> <u>Seminar with TD Bank -</u> <u>English/Mandarin</u> <u>RCP#340).</u>	17	18 10:00am-11:00pm <u>Breath Work & Meditation</u> (Punjabi/Zoom). 2:30-4:30pm <u>Caregivers Support Group (English</u> <u>South Arm Community Center).</u>
21 10:00am-12:00pm <u>DIY Resin Coaster</u> (English/Cantonese RCP#340).	22	23	24 1:30-4:00pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#340).	25 10:00am-11:00pm <u>Breath Work & Meditation (English/Zoom).</u> 2:00-4:00pm <u>Flower Arrangement</u> (English/Cantonese RCP#340).
28	29 2:00-4:00pm <u>Healthy Cooking</u> <u>Class (English</u> <u>RCP#340).</u>	30		

****Admission for Advanced Painting class has to be recommended by the facilitator and completed the Introduction to Watercolor class**

These free workshops are to promote the health and well-being of unpaid caregivers for seniors (55+ yrs) live at home in Richmond

