

Richmond Family & Friend Caregiver Hub

March 2025 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
3	4 3:00-5:00pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#345).	5	6	7 10:00-11:00am <u>Arm Chair Yoga (English/Zoom)</u> .
10	11 2:00-4:00pm <u>Healthy Cooking class</u> (English RCP#340).	12	13	14 10:30am-12:30pm <u>DIY Spiral Flowers on Photo Frame</u> <u>Workshop (English/Cantonese RCP#345)</u> .
17	18	19	20 10:00am-12:00pm <u>**Advanced Painting</u> (English RCP#345).	21 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom)</u> . 2:30-4:30pm <u>Support Group for Male Caregivers</u> (English/South Arm Community Centre).
24	25 3:15-5:00pm <u>DIY Paper Ballerina Workshop</u> (Mandarin RCP#340).	26	27	28 10:00-11:00am <u>Breath Work & Meditation (English/Zoom)</u> . 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese RCP#345).

****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

