

Richmond Family & Friend Caregiver Hub

November 2024 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
				1 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
4 2:00-4:00pm <u>Christmas Napkin Decoupage Crafts</u> <u>Workshop (English RCP#340).</u> 2:00-4:30pm <u>Caregiver Education & Support Series</u> <u>(English/Richmond Public Library).</u>	5	6	7	8
11 Holiday	12 2:00-4:00pm <u>Handmade Bead</u> <u>Snowflake Workshop</u> <u>(Mandarin RCP#340).</u>	13 2:00 - 4:00pm <u>Teapot Lanyard &</u> <u>Keychain Workshop</u> <u>(English/Cantonese</u> <u>RCP#340).</u>	14	15 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> <u>(Cantonese RCP#340).</u> 2:30-4:30pm <u>Support Group for Male Caregivers</u> <u>(English/South Arm Community Centre).</u>
18 1:30-4:00pm <u>Introduction to Watercolor(English RCP#340).</u> 2:00-4:30pm <u>Caregiver Education & Support Series</u> <u>(English/Richmond Public Library).</u>	19	20 2:00-4:00pm <u>Healthy Cooking class</u> <u>(English RCP#340).</u>	21	22 10:00-11:00am <u>Breath Work & Meditation</u> <u>(English/Zoom).</u>
25	26 2:00-4:00pm <u>**Advanced Painting</u> <u>(English RCP#345).</u>	27	28 1:00-3:00pm <u>Handmade Greeting cards</u> <u>for New Year/Christmas</u> <u>(Mandarin RCP#340).</u>	29

****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



United Way
Healthy Aging

