Richmond Family & Friend Caregiver Hub
August-2022 Workshops Calendar

RICHMOND CARES RICHMOND GIVES
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Another program of RCRG
RICHMOND CARES RICHMOND GIVES

To register or learn more, please call 604-279-7099, email caregivernavigator@rcrg.org, or fill up a simple online form.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 **1:00-3:30 pm** Cooking (English/RCP 340)	4	5 **10:00-11:00 AM** Chair Yoga (English/Zoom)	6
7	8 *Caregivers' Field Trip (Richmond Lavender Farm)*	9	10	11	12 **1:00-3:30 PM** Cooking Class (Cantonese/ RCP 340)	13
14	15	16 **2:00-4:00 PM** DIY Coin Pouch (Mandarin/RCP 345)	17 **2:00-4:00 PM** Introduction to Water-color (English/RCP 340)	18	19 **10:00-11:00 AM** Breath Work & Meditation (Punjabi/Zoom) **2:00-4:00 PM** Chinese Calligraphy (Cantonese/RCP 340)	20
21	22 *Caregivers' Field Trip (King George Park)*	23	24	25	26 **10:00-11:00 AM** Breath Work & Meditation (EN/Zoom) **1:00-3:00 PM** Cake Baking (EN/RCP 340)	27
28	29	30 **10:00-12:00 AM** DIY Soap (English/ RCP 340)	31			

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

United Way Healthy Aging

Family Caregivers of British Columbia

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