

# Richmond Family & Friend Caregiver Hub

## December-2022 Workshops Calendar

RICHMOND CARES  RICHMOND GIVES  
Richmond Family &  
Friend Caregiver Hub



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	<i>2</i> 10:00-11:00 AM <a href="#">Chair Yoga (EN/Zoom)</a>	<i>3</i>
<i>4</i>	<i>5</i>	<i>6</i> 2:00-4:00 PM <a href="#">Introduction to Watercolor (EN/RCP 345)</a>	<i>7</i> 10:00-11:30 AM <a href="#">Dementia 360 (iCON) +How to search health-related information (EN/RCP 190)</a>	<i>8</i>	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i> 1:30—3:30p.m. <a href="#">Caregivers' Christmas Party (RCP 340)</a>	<i>13</i> 10:00AM-12:30PM <a href="#">Cooking Class (EN &amp;CN/RCP 340)</a>	<i>14</i> 10:00-11:00 AM <a href="#">Exercise at Home (English/Zoom)</a> <i>Caregiver Newsletter</i>	<i>15</i>	<i>16</i> 10:00-11:00 AM <a href="#">Meditation (Punjabi/Zoom)</a>	<i>17</i>
<i>18</i>	<i>19</i> 2:00-4:00 PM <a href="#">Introduction to Watercolor (CN/RCP 345)</a>	<i>20</i> 10:00-11:30AM <a href="#">DIY Christmas Ornaments (Mandarin/RCP 340)</a>	<i>21</i> 2:00-3:30 PM <a href="#">DIY Christmas Soap (English/RCP 340)</a>	<i>22</i> 10:00-11:30 AM <a href="#">Dementia 360 (iCON) +How to search health-related information (CN/RCP 190)</a>	<i>23</i> 10:00-11:00 AM <a href="#">Meditation (EN/Zoom)</a> <i>Field Trip 1:00-3:00 PM</i> <a href="#">Musical at Gateway Theatre</a>	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>

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

