

# Richmond Family & Friend Caregiver Hub

## January-2023 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](mailto:caregivernavigator@rcrg.org), or fill up a simple [online form](#).

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 2:00-4:00 PM <a href="#">Chinese Calligraphy</a> (Cantonese/RCP 345)	5	6 10:00-11:00 AM <a href="#">Chair Yoga (EN/Zoom)</a>	7
8	9 <a href="#">Field Trip:</a> 2:00-3:00 PM <a href="#">Richmond Museum</a>	10	11 <a href="#">Caregiver Newsletter</a> 1:30-4:00 PM <a href="#">Introduction to Watercolor</a> (EN&CN/RCP 345)	12	13	14
15	16 2:00-4:00 PM <a href="#">DIY Soap making</a> (English)/RCP340	17 2:00-3:30 PM <a href="#">Cooking Class</a> (English/RCP 340)	18 10:00-11:30AM <a href="#">Considering Transition to</a> <a href="#">Long-term Care (Cantonese/</a> <a href="#">Zoom)</a>	19	20 10:00-11:00 AM <a href="#">Meditation (Punjabi/</a> <a href="#">Zoom)</a>	21
22	23	24 2:00-4:00 PM <a href="#">DIY New Year Orna-</a> <a href="#">ments (Mandarin/</a> <a href="#">RCP 345)</a>	25	26	27 10:00-11:00 AM <a href="#">Breath Work &amp; Meditation</a> (English/Zoom)	28
29	30	31 2:00-3:30 PM <a href="#">DIY Shrinky Dink</a> (Mandarin/RCP 345)				

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

