

Richmond Family & Friend Caregiver Hub

March-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, or fill up a simple [online](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 10:00-11:00 AM <u>Chair Yoga (EN/Zoom)</u>	4
5	6	7	81:30-4:00 PM <u>Introduction to Watercolor</u> (EN&CN/RCP 340)	9 2:30-4:00 PM <u>DIY Notebook (Mandarin/RCP 345)</u>	10	11
12	13 1:00-3:00 PM <u>Cooking of Healthy Spring Roll</u> (EN&CN/RCP 340)	14 2:00-4:00 PM <u>DIY Lotion</u> (English/RCP340)	15 <i>Caregiver Newsletter</i>	16	17 10:00-11:00 AM <u>Meditation (Punjabi/Zoom)</u> 2:30-4:30 PM <u>Support Group for Male Caregivers (EN&CN/South Arm Community Centre)</u>	18
19	20	21 2:00-4:00PM <u>Explore Steveston Fisherman's Wharf + Understanding Communication for Dementia seminar (Cantonese)-StevsetonCommunity Centre</u>	22	23	24 10:00-11:00 AM <u>Breath Work & Meditation (EN/Zoom)</u>	25
26	27 2:00-4:00 PM <u>Flower Arrangement</u> (English/RCP 340)	28	29	30	31 2:00-4:00 PM <u>Chinese Calligraphy</u> (Cantonese/RCP 340)	

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

