

Richmond Family & Friend Caregiver Hub

July-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, or fill up a simple [online form](#).

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 10:00-11:00 AM <u>Chair Yoga (English/Zoom)</u>	2
3	4	5 2:00-4:00 PM <u>Candle Making (Mandarin/RCP 340)</u>	6	7	8	9
10	11	12	13	14	15 10:00-11:00 AM <u>Breath Work & Meditation (Punjabi/Zoom)</u> 2:00-4:00 PM <u>Chinese Calligraphy (Cantonese/RCP 340)</u>	16
17	18 <i>Caregivers' Field Trip (Britannia Shipyards)</i>	19 1:00-3:30 PM <u>Cooking (English & Cantonese/RCP 340)</u>	20 2:00-4:00 PM <u>Introduction to Water-color (English/RCP 340)</u>	21	22 10:00-11:00 AM <u>Breath Work & Meditation (English/Zoom)</u> 1:00-3:00 PM <u>DIY Mango Pudding (English/RCP 340)</u>	23
24	25	26 10:00-11:00 am <u>Enhanced Road Assessment (EN/Zoom)</u>	27	28	29 <i>Caregivers' Field Trip (Billz Beez and Berryz Farm)</i>	30
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These free workshops are to promote the health and well-being of unpaid caregivers for seniors (55+ yrs) in Richmond.

