

Richmond Family & Friend Caregiver Hub

March-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](#).

Sun	Mo n	Tu e	We d	Thu	Fr i	Sa t
		1	2 2:30-5:00 PM <u>Cooking Class</u> (English/RCP 340)	3 1:00-2:30 PM <u>Fall Prevention</u> (English/Zoom)	4 10:00-11:00 AM <u>Chair Yoga</u> (English/Zoom)	5
6	7	8 1:00-3:30 PM <u>Cooking Class</u> (Cantonese/RCP 340)	9 10:00-11:00 AM <u>Exercise at Home</u> (English/Zoom) 7:00-8:30 PM <u>DIY Mask Chain</u> (English/Zoom)	10 10:00-11:30 am <u>DIY Roses</u> (Mandarin/RCP 340)	11 2:00-4:00 PM <u>Chinese Calligraphy</u> (Cantonese/RCP 345)	12
13	14	15	16	17 2:00-3:30 PM <u>Tips for Senior Drivers</u> (English/Zoom)	18 10:00-11:00AM <u>Breath Work & Meditation</u> (Punjabi/Hindi/)	19
20	21	22	23 10:00-11:00 am <u>Exercise at Home</u> (Cantonese/Zoom) 2:00-3:30 pm <u>DIY Mask Chain</u> (English/RCP 340)	24 1:30-3:00 PM <u>Fraud Prevention</u> (English/Zoom)	25 10:00-11:00 AM <u>Breath Work & Meditation</u> (English/Zoom)	26
27	28	29 10:00-11:30 AM <u>DIY Flower Basket</u> (English/RCP 340)	30 2:30-5:00 PM <u>Cooking Class</u> (English/RCP 340)	31		

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

