

Richmond Family & Friend Caregiver Hub

August 2025 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 an [online form](#)

Mon	Tue	Wed	Thu	Fri
				1 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
4 Holiday	5	6 2:00-4:00pm <u>Decoupage on Wooden</u> <u>Coaster Workshop</u> (English/Mandarin RCP#340).	7	8
11 2:00-4:00pm <u>Wabi-Sabi Inspired Vase</u> <u>Making Workshop</u> (English/Mandarin RCP#340).	12 2:00-4:00pm <u>DIY Car Air Refresher</u> <u>Workshop</u> (English/Mandarin RCP#340).	13	14 2:00-4:00pm <u>Introduction to Chinese</u> <u>Ink Painting (English/</u> <u>Cantonese RCP#340).</u>	15 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom).</u> 2:30-4:30pm <u>Caregivers Support Group (English South</u> <u>Arm Community Center).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> (Cantonese RCP#340).
18 10:00am-2:00pm <u>Explore Lavenderland ***</u>	19 1:30-4:00pm <u>Introduction to Watercolor</u> (English RCP#340).	20 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340).	21	22 10:00-11:00am <u>Breath Work & Meditation(English/Zoom).</u> 2:00-4:00pm <u>Flower Arrangement Workshop (English</u> <u>RCP#340).</u>
25 2:00-4:00pm <u>Manage Stress with</u> <u>Mindfulness -with exercise</u> (English/Mandarin RCP#340).	26 12:00-2:00pm <u>**Advanced Painting</u> (English RCP#294).	27	28	29 10:00am-12:00pm <u>DIY Phone Lanyard Workshop</u> (English/Cantonese RCP#340).

**Admission for Advanced Painting class has to be recommended by the facilitator and completed the Introduction to Watercolor class

***These field trip dates are not yet finalized and are subject to confirmation from the bus company; they may be rescheduled to different dates

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

