

Richmond Family & Friend Caregiver Hub

May-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	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7:00-8:30 PM The Art of Chinese Calligraphy-Session 2 (Mandarin/Zoom)	3 10:00-11:30 AM DIY Carnation (CN & EN/RCP 340) 1:00-3:30 PM Cooking (CN/RCP)	4	5	6 10:00-11:30 AM Special Session of Chair Yoga (English/Zoom)	7
8	9	10	11	12 1:00-2:00 pm Guzheng Instrument (Mandarin/Zoom)	13 10:00-11:30AM Help You Set up & Use Zoom (EN & CN/RCP 345)	14 10:30 AM-12:00 PM Richmond Library Resources (EN/Brighthouse Library)
15	16	17 10:00-11:30 AM DIY Lip Balm (CN & EN/RCP 340) ♥ 1:30-3:30 PM Caregivers' Tea Party (RCP 340)	18 2:00-3:30 PM DIY Pressed Flower Deco (English/RCP 340)	19	20 10:00-11:00 AM Breath Work & Meditation (Punjabi/Zoom)	21
22	23 <i>Victoria Day</i>	24 1:00-2:30 PM Fast Asleep (EN & CN/Zoom)	25 10:00-11:30AM Special Session of Exercise (CN/Zoom) 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 340)	26 10:00-11:00AM Understanding Power of Attorney and Will for Seniors (English/Zoom)	27 10:00-11:00AM Breath Work & Meditation (English/Zoom)	28
29	30	31 2:00-3:30 PM Accessing Services for Dementia (Cantonese/RCP340)				

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

