

Richmond Family & Friend Caregiver Hub

August 2026 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
3	4	5	6 10:30am-12:30pm <u>DIY Fridge Magnet</u> (English/Cantonese RCP#340).	7 10:00am-11:00pm <u>Arm Chair Yoga (English/Zoom).</u> 3:00-5:00pm <u>DIY Candle Making</u> (English/Mandarin RCP#340).
10 9:45-11:45am <u>Manage Stress with</u> <u>Mindfulness</u> (English/Mandarin RCP#340).	11 A: 1:15-3:00pm B: 3:00-5:00pm <u>DIY Earrings Workshop</u> (English/Mandarin RCP#340).	12	13 3:15-5:00pm <u>Introduction to Chinese Ink</u> <u>Painting (English/Cantonese</u> RCP#340).	14 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> (Cantonese/Mandarin RCP#340).
17 A: 10:00am-2:30pm <u>Explore Granville Island</u> <u>+ Aquabus</u>	18	19 B: 10:00am-2:30pm <u>Explore Granville Island</u> <u>+ Aquabus</u>	20 10:30am-12:30pm <u>Advanced Painting.</u> (English RCP#294).	21 10:00am-11:00pm <u>Breath Work & Meditation (Punjabi/Zoom).</u> 2:30-4:30pm <u>Caregivers Support Group (English</u> <u>South Arm Community Center).</u>
24 A: 9:15-10:30am B: 10:30-11:45am <u>Scratch Art - Summer</u> <u>Fireworks (English/Mandarin</u> RCP#340).	25 1:30-4:00pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#340).	26	27 10:00am-12:00pm <u>Healthy Cooking Class</u> (English RCP#340).	28 10:00am-11:00pm <u>Breath Work & Meditation</u> (English/Zoom).
31 9:30-11:45am <u>Introduction to Decoupage</u> (English/Mandarin RCP#340).				

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

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

