

Richmond Family & Friend Caregiver Hub

January 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 Holiday	2 Office closed	3 Office closed
6 2:00-4:00pm <u>Handmade Chinese New Year Box Card Workshop</u> (English/Cantonese RCP#340).	7	8 2:00-4:00pm <u>Decoupage on Ceramics Plate Workshop</u> (English/Mandarin RCP#340).	9	10
13	14 2:00-4:00pm <u>DIY Chinese Knot Workshop</u> (Mandarin RCP#340).	15	16 1:30-4:00pm <u>Introduction to Watercolor(English RCP#340).</u>	17 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> (Cantonese RCP#340). 2:30-4:30pm <u>Support Group for Male Caregivers</u> (English/South Arm Community Centre).
20	21 2:00-4:00pm <u>**Advanced Painting</u> (English RCP#340).	22 2:00-4:00pm <u>Healthy Cooking class</u> (English RCP#340).	23	24 10:00-11:00am <u>Breath Work & Meditation</u> (English/Cantonese/Zoom). 2:00-4:00pm <u>Caregivers New Year Party (RCP#340/345).</u>
27 2:00-4:00pm <u>Lunar New Year Floral Arrangements Workshop</u> (English/Cantonese RCP#340).	28	29	30	31

****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



United Way
Healthy Aging

