

Richmond Family & Friend Caregiver Hub

October 2024 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	2	3	4 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
7 2:00-4:30pm <u>Caregiver Education & Support Series (English/Richmond Public Library).</u>	8	9	10 2:00-4:00pm <u>DIY Lip Balm Making (English RCP#340).</u>	11
14 Holiday	15 2:00-4:00pm <u>Handmade Candles (English RCP#345).</u>	16 1:00-3:00pm <u>Healthy Cooking Class (English RCP#340).</u>	17	18 10:00-11:00am <u>Breath Work & Meditation (Punjabi/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantones RCP#340).</u> 2:30-4:30pm <u>Support Group for Male Caregivers (English/South Arm Community Centre).</u>
21 2:00-4:00pm <u>**Advanced Painting (English RCP#345).</u> 2:00-4:30pm <u>Caregiver Education & Support Series (English/Richmond Public Library).</u>	22	23 1:00-3:00pm <u>Handmade Folding Fan Making Workshop (Mandarin RCP#340).</u>	24 2:00-4:00pm <u>DIY Glove Made Puppet Workshop (English RCP#340).</u>	25 10:00-11:00am <u>Breath Work & Meditation (English/Zoom).</u>
28 2:00-4:30pm <u>Caregiver Education & Support Series (English/Richmond Public Library).</u>	29 1:30-4:00pm <u>Introduction to Watercolor (English RCP#340).</u>	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

