

Richmond Family & Friend Caregiver Hub

May 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 10:00-11:00am <u>Arm Chair Yoga (EN/Zoom).</u> 2:30-5:00pm <u>Introduction to Watercolor</u> (<u>English RCP#340</u>).
6	7	8	9	10 2:00-4:00pm <u>Explore Richmond Nature Park</u> (<u>Richmond</u>).
13	14 2:00-4:00pm <u>DIY Fabric Brooch</u> <u>Workshop (Mandarin</u> <u>RCP#340).</u>	15	16	17 10:00-11:00am <u>Meditation (Punjabi/Zoom).</u> 2:30-4:30pm <u>Support Group for Male</u> <u>Caregivers (English South Arm</u> <u>Community Centre).</u>
20 Holiday	21	22 1:00-3:00pm <u>Healthy Cooking</u> <u>Class (English RCP#340).</u>	23 10:00am -12:00pm **Advanced <u>Painting (English</u> <u>RCP#340).</u>	24 10:00-11:00am <u>Breath Work & Meditation</u> (<u>English/Zoom</u>), 2:00-4:00pm <u>Introduction to Chinese</u> <u>Calligraphy (Cantonese RCP#345).</u>
27	28	29	30 2:00-4:00pm <u>DIY Crochet</u> <u>Flowers (English/</u> <u>Cantonese RCP#345).</u>	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

