

Richmond Family & Friend Caregiver Hub

March 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
2	3 3:00 -5:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#340).	4	5	6 10:00-11:00am <u>Arm Chair Yoga (English/Zoom)</u> .
9 2:00-4:00pm <u>DIY Spring Magnet Workshop</u> (English/Mandarin RCP#345).	10 2:00-4:00pm <u>DIY Sock Bunny Workshop</u> (English/Mandarin RCP#340).	11	12 10:00am-12:00pm <u>**Advanced Painting</u> (English RCP#294).	13 2:00 - 4:00pm <u>Spring Flower Arrangement Workshop</u> (English RCP#340).
16	17 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340).	18 12:30-2:30pm <u>Handmade Shoe Bag Workshop</u> (English/Cantonese RCP#340). 2:30-4:30pm <u>Introduction to Chinese Ink Painting</u> (English/Cantonese RCP#340).	19	20 10:00-11:00am <u>Breath Work & Meditation</u> (Punjabi/Zoom). 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese RCP#340). 2:30-4:30pm <u>Caregivers Support Group</u> (English South Arm Community Center).
23	24 1:30-4:30pm <u>Introduction to Watercolor</u> (English RCP#340).	25	26	27 10:00-11:00am <u>Breath Work & Meditation</u> (English/Zoom).

****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

