

Richmond Family & Friend Caregiver Hub

September 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 2:00-4:00pm	3 2:00-4:00pm <u>DIY Lip Balm Making Workshop (English RCP#340).</u>	4 10:00am-2:00pm <u>Sunflower Festival - Field Trip</u> ***	5 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
8	9 2:00-4:00pm <u>Introduction to Chinese Ink Painting (English/Cantonese RCP#340).</u>	10	11 10:00am-12:00pm <u>DIY Festival Lantern Workshop (English/Cantonese RCP#340).</u>	12 2:00-4:00pm <u>DIY Aromatherapy Plaster Floral Plaque Workshop (English/Mandarin RCP#340).</u>
15	16 2:00-4:00pm <u>DIY Beaded Felt Bowl Workshop (English/Mandarin RCP#340).</u>	17	18 2:00-4:00pm **Advanced Painting (English RCP#320). 2:00-4:00pm <u>Dementia Workshop- Family Caregiver series -1 (Cantonese RCP#294).</u>	19 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom).</u> 2:30-4:30pm <u>Caregivers Support Group (English South Arm Community Center).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantonese RCP#340).</u>
22	23 2:00-4:00pm <u>Healthy Cooking Class (English RCP#340).</u>	24	25 10:00am-12:30pm <u>Introduction to Watercolor (English RCP#340).</u> 2:00-4:00pm <u>Dementia Workshop- Family Caregiver series -2 (Cantonese RCP#345).</u>	26 10:00-11:00am <u>Breath Work & Meditation(English/Zoom).</u>
29	30 Holiday			

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

***This field trip date has not yet finalized and is subject to confirmation from the bus company; they may be rescheduled to different date.

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

