

Richmond Family & Friend Caregiver Hub

June 2024 Events Calendar

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
3 2:00-4:00pm <u>DIY Lotion Workshop (English RCP #345).</u>	4	5 2:00-4:00pm <u>DIY Dragon Boat & Dumpling Origami (English RCP#340).</u>	6	7 10:00-11:00am <u>Arm Chair Yoga (EN/Zoom).</u>
10 12:45-2:30pm <u>Healthy Cooking Class (English RCP#340).</u>	11 2:00-4:00pm <u>DIY Jewelry Tray Workshop (Mandarin RCP#340).</u>	12 1:30-4:00pm <u>Introduction to Watercolor (English RCP#340).</u>	13	14 1:30 -4:30pm <u>Explore Burnaby Village Museum (Burnaby).</u>
17 2:00-4:00pm <u>Special Flower Arrangement Workshop (English RCP#340).</u>	18	19	20	21 10:00-11:00am <u>Breath Work & Meditation (Punjabi/Zoom).</u> 2:30-4:30pm <u>Support Group for Male Caregivers (English/South Arm Community Centre).</u>
24 2:00-4:00p.m. <u>**Advanced Painting (English RCP#345).</u>	25	26	27	28 10:00-11:00am <u>Breath Work & Meditation (English/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantonese RCP#345).</u>

**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

