

Richmond Family & Friend Caregiver Hub

February-2023 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 a simple [online form](#).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 10:00-11:00 AM Chair Yoga (EN/Zoom) 1:30-4:00 PM Introduction to Watercolor (EN&CN/RCP 345)	4
5	6 2:00-3:30 PM DIY Valentine Soap (EN/RCP 340)	7	8 <i>Caregiver Newsletter</i> 2:00-4:00 PM Can Diet Prevent De- mentia- iCON	9	10 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 345)	11
12	13 2:00-3:30 PM Cooking Class (English/RCP 340)	14	15	16	17 10:00-11:00 AM Meditation (Punjabi/Zoom) 2:30-4:30 PM Support Group for Male Caregivers(EN/South Arm Community Centre)	18
19	20	21 1:30-3:00p.m. DIY Rock Painting Stevenston Commu- nity Centre	22	23	24 10:00-11:00 AM Breath Work & Meditation (English/Zoom)	25
26	27 2:00-3:30 PM Introduction to Photography (English/ RCP 340)	28 3:00-4:30 PM DIY Sun Catcher (CN/RCP 340)				

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

