

Richmond Family & Friend Caregiver Hub

December 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
2 2:00-4:00pm **Advanced Painting (English RCP#340).	3	4	5 2:00-4:00pm DIY Soap Making Workshop (English RCP#340).	6 10:00-11:00am Arm Chair Yoga (English/Zoom).
9	10 12:30-3:00pm Introduction to Watercolor(English RCP#340).	11 1:30-3:30pm Healthy Cooking class (English RCP#340).	12 2:00-4:00pm DIY Christmas Balloon Dolls Workshop (English/Cantonese RCP#340).	13 2:00-4:00pm Introduction to Chinese Calligraphy. (Cantonese RCP#345).
16	17 2:00-4:00pm Handmade Bead Snowflake Workshop (Mandarin RCP#340).	18	19	20 10:00-11:00am Breath Work & Meditation(Punjabi/Zoom). 2:30-4:30pm Support Group for Male Caregivers (English/South Arm Community Centre)
23	24	25 Holiday	26 Holiday	27 Office closed
30 Office closed	31 Office closed			

**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

