

Richmond Family & Friend Caregiver Hub

September-2022 Workshops 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 10:00-11:00 AM Chair Yoga (English/Zoom) 2:00-4:00 PM Chronic Pain Management (EN & CN/RCP 345)	3
4	5 <i>Statutory holiday</i>	6	7 2:00-4:00 PM Introduction to Watercolor (English/RCP 340)	8	9 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 340)	10
11	12	13 1:30-4:00 PM Cooking (English/RCP 340)	14 10:00-11:00 AM Exercise at Home (English/Zoom) <i>Caregiver Hub Newsletter</i>	15	16 10:00-11:30 AM DIY Wool Ball Bag Charm (Mandarin/RCP 340) 10:00-11:00 AM Meditation (Punjabi/Zoom)	17
18	19	20 2:00-4:00 PM DIY Autumn Wreath (English/RCP 345)	21	22 <i>Field Trip:</i> 9:30 AM-1:00 PM Richmond Nature Park	23	24
25	26	27 2:00-4:00 PM Introduction to Watercolor (Cantonese/RCP 345)	28 10:00-11:00AM Exercise at Home (Cantonese/Zoom) 1:00-3:30 PM Cooking Class (Cantonese/RCP 340)	29	30 10:00-11:00 AM Breath Work & Meditation (English/Zoom) <i>Field Trip: 1:30-4:10 PM</i> 4Cats Arts Studio-Clay Crafts	

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



United Way
Healthy Aging



Family Caregivers
of British Columbia

