

Richmond Family & Friend Caregiver Hub

May 2026 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 10:00am-11:00pm <u>Arm Chair Yoga (English/Zoom)</u> 2:00-4:00pm <u>DIY Lotion Making</u> (English/Mandarin RCP#340)
4	5	6	7 10:00am-12:00pm <u>Advanced Painting</u> (English RCP#294)	8
11	12 2:00-4:30pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#340)	13 10:30am-12:30pm <u>Origami Doll Art in a Frame</u> (English/Cantonese RCP#345)	14 2:00-4:00pm <u>Flower Arrangement</u> <u>Workshop</u> (English/Cantonese RCP#340)	15 10:00am-11:00pm <u>Breath Work & Meditation</u> (Punjabi/Zoom) 2:30-4:30pm <u>Caregivers Support Group</u> (English South Arm Community Center)
18	19 2:00-4:00pm <u>Elegant Glass Bead Chain</u> <u>Workshop</u> (English/Mandarin RCP#340)	20 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340)	21	22 10:00-11:00am <u>Breath Work & Meditation</u> (English/Zoom) 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese/Mandarin RCP#340)
25 2:00-4:00pm <u>Manage Stress with</u> <u>Mindfulness</u> (English/Mandarin RCP#340)	26 10:00am - 2:00pm Field trip - by invitation only	27	28	29 2:00-4:00pm <u>Introduction to Chinese Ink</u> <u>Painting</u> (English/Cantonese RCP#340)

****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

