

Richmond Family & Friend Caregiver Hub

July 2024 Events Calendar

To register or learn more, please call 604 279 7099 , email caregivernavigator@rcrg.org or fill up an [online form](#)

RICHMOND CARES  RICHMOND GIVES

Richmond Family &
Friend Caregiver Hub



Mon	Tue	Wed	Thu	Fri	
1 Holiday	2	3	4	5 <u>10:00-11:00am</u> Arm Chair Yogo (EN/Zoom). <u>2:00-4:00pm</u> DIY Floral Ring Workshop (English RCP#340).	6
8	9 <u>2:00-4:00pm</u> DIY Balloon Dolls Workshop (English RCP#340).	10	11 <u>2:00-4:00pm</u> Caregiver Resilience Seminar (Cantonese RCP #340).	12 <u>10:45am-12:00pm</u> Introduction to Music Reading & Playing (Cantonese/Minoru Senior Centre Music Studio).	13 <u>10:30am-12:00pm</u> Personal Advanced Planning Workshop (Cantonese #RCP320).
15	16 <u>2:00-4:00pm</u> DIY Fabric Necklace Workshop (Mandarin RCP#340).	17	18	19 <u>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>2:00-4:00pm</u> Introduction to Chinese Calligraphy. (Cantonese RCP#340).	20
22	23 <u>3:00-5:00pm</u> DIY Lip Balm Making Working (English RCP#340).	24 <u>2:00-4:00PM</u> Healthy Cooking Class (English RCP#340).	25	26 <u>10:00-11:00am</u> Breath Work Meditation (English/Zoom). <u>2:00-4:00pm</u> Explore London Farm -Richmond	
29 <u>2:00-4:00pm</u> Scratch Painting Art Workshop (Mandarin RCP#345).	30	31			

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

