

Richmond Family & Friend Caregiver Hub

January 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
1	2	3 2:00-4:00pm <u>DIY Dragon Puppet</u> (<u>EN/CN RCP #340</u>).	4	5 10:00-11:00am <u>Arm Chair Yoga (EN/Zoom).</u> 2:30-4:30pm <u>Chinese Calligraphy</u> (<u>Cantonese RCP #340</u>).
8	9	10 1:30-4:00pm <u>Introduction to</u> <u>Watercolor (English</u> <u>RCP#340).</u>	11	12
15	16 2:00-4:00pm <u>DIY Hair Bow</u> <u>Accessory (Mandarin</u> <u>RCP #340).</u>	17	18	19 10:00-11:00am <u>Meditation (Punjabi/Zoom).</u> 11:00am-1:00pm **Advanced <u>Painting (English/RCP #345).</u> 2:30-4:30pm <u>Support Group for</u> <u>Male Caregivers(EN/CN South Arm</u> <u>Community Center</u>
22	23 10:30am-12:30pm <u>Decorating Small</u> <u>Clay Pot (English/</u> <u>RCP#340).</u>	24 12:30-2:30pm <u>Healthy Cooking</u> <u>Class (English</u> <u>/RCP#340).</u>	25	26 10:00-11:00am <u>Breath Work & Meditation</u> (<u>English/Zoom</u>).
29	30	31		

****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

