

Richmond Family & Friend Caregiver Hub

April-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 10:00-11:00 AM Chair Yoga (English/Zoom)	2
3	4 7:00-8:30 PM The Art of Chinese Calligraphy-Session 1 (Mandarin/Zoom)	5 1:00-3:30 PM Cooking Class (Cantonese/RCP 340)	6	7 10:00-11:30 am DIY Reusable Grocery Bag (Mandarin/Zoom)	8	9
10	11	12	13 10:00-11:00 AM Exercise at Home (English/Zoom)	14	15 10:00-11:00 AM Breath Work & Meditation (Punjabi/Hindi/Zoom)	16
17	18	19 1:00-3:30 pm Cooking Class (English/RCP 340)	20	21	22 10:00-11:00AM Breath Work & Meditation (English/Zoom)	23
24	25	26 2:00-3:30 PM Healthy Diet and Nutrition (English/Zoom)-TBC	27 10:00-11:00AM Exercise at Home (Cantonese/Zoom) 2:00-3:30 PM DIY Earrings (English/RCP 340)	28 11:30 AM - 12:30 PM Age-Friendly Resources in Richmond (EN/Hamilton Community Association)	29 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 340)	30

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

