

Richmond Family & Friend Caregiver Hub

October 2023 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
2	3	4	5	6 10:00-11:00am <u>Arm Chair Yoga (EN/Zoom).</u>
9	10	11	12	13
16	17	18	19	20 10:00-11:00am <u>Meditation (Punjabi/Zoom).</u> 2:30-4:30pm <u>Support Group for</u> <u>Male Caregivers(EN/CN South Arm</u> <u>Community Center</u>
23 2:00-4:30pm <u>Introduction to</u> <u>Watercolor</u> <u>(English/RCP#340).</u>	24 2:00-4:00pm <u>DIY Handmade</u> <u>Plaster Diffuser (EN/CN</u> <u>RCP #345).</u>	25 12:30-2:30pm <u>Healthy Cooking</u> <u>Class (English/ RCP</u> <u>#340).</u> 2:30-4:30pm <u>Introduction to Chinese</u> <u>Calligraphy.</u> <u>(Cantonese/ RCP #340).</u>	26 10:00am-12:00pm ** Advanced <u>Painting class</u> <u>(English/RCP#320).</u>	27 10:00-11:00am <u>Breath Work & Meditation</u> <u>(English/Zoom).</u>
30 2:00-4:00pm <u>DIY Doll Hamburger</u> <u>magnet(English &</u> <u>Cantonese/ RCP #340).</u>	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

