

# Richmond Family & Friend Caregiver Hub

## December 2023 Events Calendar

RICHMOND CARES  RICHMOND GIVES

Richmond Family &  
Friend Caregiver Hub



Another program of

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

| Mon                                                                                                     | Tue                                                                                                         | Wed                                                                                                             | Thu                                                                                               | Fri                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                         |                                                                                                             |                                                                                                                 |                                                                                                   | <b>1</b> <b>10:00-11:00am</b><br><u>Arm Chair Yoga (EN/Zoom).</u>                                                                                                                       |
| <b>4</b> <b>2:00-4:00pm</b><br><u>DIY Christmas</u><br><u>Wreath Workshop</u><br>(EN/CN RCP#345).       | <b>5</b>                                                                                                    | <b>6</b> <b>1:00-3:00pm</b><br><u>DIY Pop Up Butterflies</u><br><u>Box workshop (EN/CN</u><br><u>RCP#340).</u>  | <b>7</b>                                                                                          | <b>8</b> <b>10:00am-12:00pm</b><br><b>** Advanced Painting class</b><br>(English/RCP#340).                                                                                              |
| <b>11</b> <b>2:00-4:00pm</b><br><u>DIY Soap Making</u><br><u>Workshop ( English</u><br><u>RCP#340).</u> | <b>12</b>                                                                                                   | <b>13</b>                                                                                                       | <b>14</b>                                                                                         | <b>15</b> <b>10:00-11:00am</b><br><u>Meditation (Punjabi/Zoom).</u><br><b>2:30-4:30pm</b> <u>Support Group for</u><br><u>Male Caregivers(EN/CN South Arm</u><br><u>Community Center</u> |
| <b>18</b> <b>1:30-3:30pm</b><br><u>Healthy Cooking</u><br><u>Class (English/ RCP #340).</u>             | <b>19</b> <b>2:00-4:00pm</b><br><u>DIY Christmas Angel</u><br><u>Ornament (Mandarin</u><br><u>RCP#340).</u> | <b>20</b> <b>3:00 -5:00pm</b><br><u>Introduction to</u><br><u>Chinese Calligraphy.</u><br>(Cantonese /RCP#345). | <b>21</b> <b>1:00-3:30pm</b><br><u>Introduction to</u><br><u>Watercolor</u><br>(English/RCP#345). | <b>22</b> <b>10:00-11:00am</b><br><u>Breath Work &amp;Meditation</u><br>(English/Zoom).                                                                                                 |
| <b>25</b>                                                                                               | <b>26</b>                                                                                                   | <b>27</b>                                                                                                       | <b>28</b>                                                                                         | <b>29</b>                                                                                                                                                                               |

**\*\*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

