

Richmond Family & Friend Caregiver Hub

July 2026 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
29	30	1	2	3 10:00am-11:00pm <u>Arm Chair Yoga (English/Zoom).</u>
6 2:00-4:00pm <u>Manage Stress with Mindfulness (English/Mandarin RCP#345).</u>	7 10:30am-1:00pm <u>Introduction to Watercolor (English/Cantonese RCP#340).</u>	8 10:30am-12:30pm <u>DIY Sewing Kit (English/Cantonese RCP#345).</u>	9	10 2:00-4:00pm <u>Introduction to Chinese Ink Painting (English/Cantonese RCP#340).</u>
13 2:00-4:00pm <u>DIY Candle Making (English/Mandarin RCP#345).</u>	14 10:00am-1:00pm <u>Make Your Own Living Plant Wreath (English/Mandarin RCP#340).</u>	15	16	17 10:00am-11:00pm <u>Breath Work & Meditation (Punjabi/Zoom).</u> 2:00-4:00pm <u>Healthy Cooking Class (English RCP#340).</u> 2:30-4:30pm <u>Caregivers Support Group (English South Arm Community Center).</u>
20 2:00-4:00pm <u>DIY Summer Straw Hat Making (English/Mandarin RCP#345).</u>	21	22	23	24 10:00-11:00am <u>Breath Work & Meditation (English/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantonese/Mandarin RCP#340).</u>
27 10:00am-2:00pm <u>Field Trip: Lavenderland. (Date subject to change)</u>	28	29	30 10:30am-12:30pm <u>Advanced Painting (English 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

