

# Richmond Family & Friend Caregiver Hub

## November-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](mailto:caregivernavigator@rcrg.org), or fill up a simple [online form](#).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> 10:00AM-12:00PM How to Set Up & Use <a href="#">Zoom (English/RCP 190)</a>	<b>3</b> 10:00AM-12:00PM How to Set Up & Use <a href="#">Zoom (CN/RCP 190)</a>	<b>4</b> 10:00-11:00 AM <a href="#">Chair Yoga (EN/Zoom)</a> <del>2:30-4:00 PM</del> <a href="#">Chinese Calligraphy (Cantonese/RCP 345)</a>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> 10:00-11:30AM <a href="#">Getting Through Flu Season (EN/Zoom)</a> <b>1:00-3:30 PM</b> <a href="#">Cooking Class (Cantonese/RCP 340)</a>	<b>9</b> 10:00-11:00 AM <a href="#">Exercise at Home (English/Zoom)</a> <i>Caregiver Hub Newsletter</i>	<b>10</b> <i>Field Trip:</i> 10:00 AM-1:00 PM <a href="#">Visit Richmond Oval</a>	<b>11</b> <i>Statutory Holiday</i>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>2:00-4:00 PM</b> <a href="#">Introduction to Watercolor (English/RCP 345)</a>	<b>16</b>	<b>17</b> <b>2:00-3:30 PM</b> <a href="#">Introduction to Music Reading and Playing (Cantonese/Minoru Centre music studio)</a>	<b>18</b> 10:00-11:00 AM <a href="#">Meditation (Punjabi/Zoom)</a> 10:00-11:30 AM <a href="#">DIY Eye Masks</a>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> 2:00-4:00 PM <a href="#">Watercolor (CN/RCP345)</a> <b>3:00-4:00 PM</b> <a href="#">Timely Tips for Caregivers (EN/Brighthouse Library)</a>	<b>23</b> <b>10:00-11:00AM</b> <a href="#">Exercise at Home (Cantonese/Zoom)</a>	<b>24</b>	<b>25</b> <b>10:00-11:00 AM</b> <a href="#">Breath Work &amp; Meditation (English/Zoom)</a>	<b>26</b>
<b>27</b>	<b>28</b> 2:00-3:30 PM <a href="#">Introduction to Wood Carving (English/RCP 345)</a>	<b>29</b> 10:00AM-12:30PM <a href="#">Cooking Class (English/RCP 340)</a>	<b>30</b>			

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

