

Richmond Family & Friend Caregiver Hub

July 2025 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
	1 Holiday	2 10:30am-4:00pm <u>Granville Island + Aquabus (Ferry) Full Day Tour (lunch on own)***</u>	3 10:00am-12:00pm <u>Introduction to Chinese Ink Painting (English/Cantonese RCP#340)</u>	4 10:00am-12:00pm <u>Make your Own Marbled Silk Scarf Workshop (English/Mandarin RCP#345)</u> 10:00-11:00am <u>Arm Chair Yoga (English/Zoom)</u>
7 2:00-4:00pm <u>Manage Stress with Mindfulness (with exercise) (English/Mandarin RCP#340)</u>	8 2:00-4:00pm <u>DIY Plant Hanger Workshop (Mandarin RCP#340)</u>	9	10 10:00am-2:00pm <u>Explore Rose Garden - Stanley Park***</u>	11
14	15 10:00am-12:00pm <u>Pop Up Card Workshop (English/Cantonese RCP#340)</u>	16 2:00-4:00pm <u>Healthy Cooking Class (English RCP#340)</u>	17	18 10:00-11:00am <u>Breath Work & Meditation (Punjabi/Zoom)</u> 2:30-4:30pm <u>Caregivers Support Group (English South Arm Community Center)</u>
21	22 10:00am-12:00pm <u>**Advanced Painting (English RCP#294)</u>	23 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantonese RCP#320)</u>	24	25 10:00-11:00am <u>Breath Work & Meditation (English/Zoom)</u>
28 10:00am-12:00pm <u>Self Management Seminar (Cantonese RCP#340)</u>	29 10:00am-12:00pm <u>Introduction to Watercolor (English RCP#340)</u>	30	31	

**Admission for Advanced Painting class has to be recommended by the facilitator and completed the Introduction to Watercolor class

***These field trip dates are not yet finalized and are subject to confirmation from the bus company; they may be rescheduled to different dates

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

