

Richmond Family & Friend Caregiver Hub

October-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, or fill up a simple [online form](#).

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------|---|---|--|---|-----|
| | | | | | | 1 |
| 2 | 3 | 4 2:00-3:30 PM How to Set Up & Use Zoom (English/RCP 190) | 5 10:00-11:30 AM DIY Thanksgiving Table Centrepieces (EN/RCP340) 2:00-4:00 PM Introduction to Watercolor (EN/RCP 340) | 6 2:00-3:30 PM How to Set Up & Use Zoom (CN/RCP 190) | 7 10:00-11:00 AM Chair Yoga (English/Zoom) | 8 |
| 9 | 10 <i>Statutory Holiday</i> | 11 12:00-2:00 PM Cooking Class (Cantonese/RCP 340) | 12 10:00-11:00 AM Exercise at Home(English/Zoom) <i>Caregiver Hub Newsletter</i> | 13 <i>Field Trip:</i> 2:00 – 4:00 PM Minoru Centre for Active Living & Crafts workshop | 14 <i>Field Trip:</i> 9:40 AM-1:30 PM Exhibit Tour at Fraser River Discovery Centre | 15 |
| 16 | 17 | 18 2:00-3:30 PM DIY Book Marks (Mandarin/RCP 345) | 19 10:00-11:30 AM Coping with Chronic Fatigue (English/Zoom) | 20 | 21 10:00-11:00 AM Meditation (Punjabi/Zoom) | 22 |
| 23 | 24 | 25 10:00-11:30 AM Pedestrian & Transit Safety (English/Zoom) 2:00-4:00 PM Introduction to Watercolor (Cantonese/RCP 345) | 26 10:00-11:00AM Exercise at Home (Cantonese/Zoom) 1:00-3:30 PM Cooking Class (English/RCP 340) | 27 | 28 10:00-11:00 AM Breath Work & Meditation (English/Zoom) 2:00-4:00 PM Chinese Calligraphy (Cantonese/RCP 345) | 29 |
| 30 | 31 | | | | | |

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

