

Richmond Family & Friend Caregiver Hub

October 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
28	29	30	1 2:00-4:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#345).	2 10:00am-11:00pm <u>Arm Chair Yoga (English/Zoom)</u> .
5 2:00-4:00pm <u>DIY Woven Bamboo Lantern</u> (English/Mandarin RCP#340).	6 2:00-4:00pm <u>Advanced Painting</u> (English RCP#294).	7	8	9
12	13 2:00-4:00pm <u>DIY Drawstring Bag</u> (English/Mandarin RCP#340).	14	15	16 10:00am-11:00pm <u>Breath Work & Meditation</u> (Punjabi/Zoom). 2:30-4:30pm <u>Caregivers Support Group (English</u> <u>South Arm Community Center)</u> .
19 2:45-4:45pm <u>Decoupage on Clay Pot</u> (English/Mandarin RCP#340).	20 2:00-4:00pm <u>Healthy Cooking Class (English</u> <u>RCP#340).</u>	21 10:30am-12:30pm <u>DIY Slider Card</u> (English/Cantonese RCP#345).	22	23 10:00am-11:00pm <u>Breath Work & Meditation (English/Zoom)</u> . 2:00-4:00pm <u>Introduction to Chinese</u> <u>Calligraphy (Cantonese/Mandarin</u> <u>RCP#340).</u>
26	27 1:30-4:00pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#340).	28	29	30

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

Notice: The Introduction to Chinese Ink Painting workshop will take a temporary break during October and November while the facilitator, Ms. Polly Kwok, is out of town. Classes will resume in December.

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

