Richmond Family & Friend Caregiver Hub

January 2026 Events Calendar

RICHMOND CARES RICHMOND GIVES
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Another program of RCRG RICHMOND CARES RICHMOND GIVES

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** Office Closed for the Holidays
5	**6**	**7** 2:00-4:00pm Manage Stress with Mindfulness (English/Mandarin RCP#340)	**8**	**9** 3:00 -5:00pm Decoupage on Ceramic Tile Workshop (English/Mandarin RCP#340)
12 2:00-4:00pm DIY Chinese New Year Lucky Bag Magnet Workshop (English/Mandarin RCP#340)	**13** 2:00-4:00pm DIY Cozy Cat Coaster Workshop (English/Mandarin RCP#340)	**14**	**15** 10:30am-12:30pm DIY Multi-Purpose Elastic Tie Workshop (English/Cantonese RCP#340)	**16** 10:00-11:00am Breath Work & Meditation (Punjabi/Zoom) 2:00-4:00pm Introduction to Chinese Calligraphy (Cantonese RCP#340) 2:30-4:30pm Caregivers Support Group (English South Arm Community Center)
19	**20** 1:30-4:00pm Introduction to Watercolor (English RCP#340)	**21** 2:00-4:00pm Healthy Cooking Class (English RCP#340)	**22**	**23** 10:00-11:00am Breath Work & Meditation (English/Zoom) 1:30-3:30pm Caregiver New Year Party (RCP#340/345)
26 2:00-4:00pm Introduction to Chinese Ink Painting (English/Cantonese RCP#340)	**27**	**28**	**29** 10:30am-12:30pm **Advanced Painting (English RCP#340)	**30**

****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

United Way Healthy Aging

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