

Richmond Family & Friend Caregiver Hub

October 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	2 10:00am-12:00pm <u>Dementia Workshop- Family Caregiver series -3</u> (Cantonese RCP#294) 2:00-4:00pm <u>**Advanced Painting</u> (English RCP#294)	3 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
6 2:00-4:00pm <u>What is Dementia Seminar</u> (Cantonese RCP#340)	7 3:00-5:00pm <u>Healthy Cooking Class</u> (English RCP#340)	8 2:00-4:00pm <u>Decoupage on Ceramic Tile Workshop</u> (English/Mandarin RCP#340)	9 2:00-4:00pm <u>DIY Aromatherapy Plaster Floral Plaque Workshop</u> (English/Mandarin RCP#345)	10
13 Holiday	14 2:00-4:00pm <u>DIY Beaded Felt Bowl Workshop</u> (English/Mandarin RCP#340)	15	16	17 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom).</u> 2:30-4:30pm <u>Caregivers Support Group</u> (English South Arm Community Center)
20 1:30-3:30pm <u>DIY Canvas Pencil Pouch Workshop</u> (English/ Cantonese RCP#340)	21	22 3:15-5:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#345)	23 2:00-4:00pm <u>Introduction to Chinese Ink Painting</u> (English/ Cantonese RCP#340)	24 10:00-11:00am <u>Breath Work & Meditation(English/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese RCP#340)
27	28 1:30 - 4:00pm <u>Introduction to Watercolor</u> (English RCP#340)	29	30	31

****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

