

# Richmond Family & Friend Caregiver Hub

## August 2023 Events Calendar

To register or learn more, please call 604 279 7099 , email [caregivernavigator@rcrg.org](mailto:caregivernavigator@rcrg.org) or fill up a simple [online form](#)

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> <b>10:00-11:00am</b> <u>Arm Chair Yoga (EN/Zoom).</u>
<b>7</b>	<b>8</b>	<b>9</b> <b>2:00-4:00pm</b> <u>Clay Pot Wind Charm</u> <u>Making Workshop</u> ( <u>English/RCP#340</u> ).	<b>10</b>	<b>11</b>
<b>14</b> <b>2:00-4:00pm</b> ** <u>Advanced</u> <u>Painting class</u> ( <u>English/RCP#294</u> ).	<b>15</b> <b>12:30-2:30pm</b> <u>Healthy Cooking</u> <u>Class ( English/</u> <u>RCP#340).</u>	<b>16</b>	<b>17</b> <b>10:30am-12:30pm</b> <u>DIY Pom Pom Cat (EN/CN</u> <u>RCP#340).</u>	<b>18</b> <b>10:00-11:00am</b> <u>Meditation (Punjabi/Zoom).</u> <b>10:00am-12:30pm</b> <u>Introduction to</u> <u>Watercolor (EN/CN RCP#345).</u> <b>2:30-4:30pm</b> <u>Support Group for</u> <u>Male Caregivers(EN/CN South Arm</u> <u>Community Center</u>
<b>21</b>	<b>22</b>	<b>23</b> <b>2:00-4:00pm</b> <u>Introduction to</u> <u>Chinese Calligraphy</u> ( <u>Cantoness RCP #320</u> ).	<b>24</b>	<b>25</b> <b>10:00-11:00am</b> <u>Breath Work &amp; Meditation</u> ( <u>English/Zoom</u> ).
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>10:30am -12:30pm</b> <u>DIY Handmade Triangle</u> <u>Pouch (Mandarin/RCP</u> <u>#340).</u>	

\*\*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) in Richmond