

Richmond Family & Friend Caregiver Hub

August 2024 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 10:00-11:00am <u>Arm Chair Yoga (English/Zoom)</u> 1:30-3:30pm <u>DIY Clay Pot Decoration (English RCP #345)</u>
5 Holiday	6	7 11:15am-1:00pm <u>Fraud & Scams Seminar</u> (English/Chinese RCP#345).	8	9 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> (Cantoness RCP#340).
12	13 2:00-4:00pm <u>DIY Scrunchies Workshop</u> (Mandarin RCP#340).	14 2:00-4:00pm <u>DIY Cross Stitch Card</u> <u>Workshop (English RCP#340)</u>	15	16 10:00-11:00am <u>Breath Work & Meditation</u> (Punjabi/Zoom). 2:30-4:30pm <u>Support Group for Male Caregivers</u> (English/South Arm Community Centre).
19	20 10:00-12:00pm <u>**Advanced Painting</u> (English RCP#294).	21 2:00-4:00pm <u>Healthy Cooking</u> <u>Workshop (English</u> RCP#340).	22 2:00-4:00pm <u>Special Flower</u> <u>Arrangement Exhibit</u> <u>Workshop (English</u> RCP#340).	23 10:00-11:00am <u>Breath Work & Meditation (English/Zoom)</u> 2:00-4:00pm <u>Using Transit in the New Normal</u> (English/Chinese RCP#340).
26	27	28	29 2:00-4:00pm <u>Mid-Autumn Lantern</u> <u>Making Workshop</u> (Mandarin RCP#340).	30 1:30-4:30pm <u>Explore Queen Elizabeth Park - Field</u> <u>Trip</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) live at home in Richmond



United Way
Healthy Aging

