

# Richmond Family & Friend Caregiver Hub

## March 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](mailto:caregivernavigator@rcrg.org) or fill up an [online form](#)

Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>10:00-11:00am</b> <u>Arm Chair Yoga (EN/Zoom).</u>
<b>4</b> <b>2:00-4:00pm</b> <u>Acrylic Flower</u> <u>Painting (English</u> <u>RCP#340).</u>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>11</b> <b>2:00-4:00pm</b> <u>Wall Art</u> <u>Workshop</u> <u>( English RCP#340).</u>	<b>12</b> <b>2:00-4:00pm</b> <u>Carrot Refrigerator</u> <u>Magnet ( Mandarin RCP</u> <u>#340).</u>	<b>13</b> <b>1:30-4:00pm</b> <u>Introduction</u> <u>to Watercolor (</u> <u>English RCP #340).</u>	<b>14</b>	<b>15</b> <b>10:00-11:00am</b> <u>Meditation (Punjabi/Zoom).</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>18</b> <b>1:30-3:30pm</b> <u>Healthy Cooking</u> <u>Class</u> <u>(English RCP#340).</u>	<b>19</b> <b>11:00am-1:00pm</b> <u>DIY Easter Bunny</u> <u>Baskets (English/ RCP</u> <u>#340).</u>	<b>20</b> <b>2:00-4:00pm</b> <u>*Advanced</u> <u>Painting ( English</u> <u>RCP #340).</u>	<b>21</b>	<b>22</b> <b>10:00-11:00am</b> <u>Breath Work &amp;Meditation</u> <u>(English/Zoom).</u> <b>1:30-3:30pm</b> <u>Introduction to Chinese</u> <u>Calligraphy (Cantonese /RCP#345).</u>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>1:30-2:30pm</b> <u>Nutrition Tour ( English).</u> <b>2:30-3:30pm</b> <u>Nutrition Tour ( Mandarin).</u> <b>- Price Smart Ackroyd Road</b>	<b>29</b>

**\*\*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

