

Richmond Family & Friend Caregiver Hub

June 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
<p>2 2:00-4:00pm <u>Make your Own Marbled Silk Scarf Workshop</u> (English/Mandarin RCP#340).</p>	<p>3</p>	<p>4</p>	<p>5 1:00-3:00pm <u>DIY Japanese Knot Bag Workshop (English/Cantonese RCP#345).</u> 3:00-5:00pm <u>Introduction to Chinese Ink Painting (English/Cantonese RCP#345).</u></p>	<p>6 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u></p>
<p>9</p>	<p>10 2:00-4:00pm <u>Fall Prevention Seminar</u> (English/Mandarin RCP#340).</p>	<p>11</p>	<p>12 10:00am-2:00pm <u>Explore Rose Garden - Stanley Park</u></p>	<p>13 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantonese RCP#340).</u></p>
<p>16</p>	<p>17 2:00-4:00pm <u>DIY Plant Hanger Workshop</u> (Mandarin RCP#340).</p>	<p>18</p>	<p>19 3:15-5:00pm <u>Introduction to Watercolor</u> (English/Cantonese RCP#340).</p>	<p>20 10:00-11:00am <u>Breath Work & Meditation</u> (Punjabi/Zoom). 2:30-4:30pm <u>Caregivers Support Group (English South Arm Community Center).</u></p>
<p>23 2:00-4:00pm <u>Manage Stress with Mindfulness (with exercise).</u> (English/Mandarin RCP#340).</p>	<p>24 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340).</p>	<p>25 10:30am-4:00pm <u>Granville Island + Aquabus (Ferry) Full Day Tour (lunch on own).</u></p>	<p>26 10:00am-12:00pm <u>**Advanced Painting</u> (English RCP#340).</p>	<p>27 10:00-11:00am <u>Breath Work & Meditation</u> (English/Zoom).</p>
<p>30 2:00-4:00pm <u>Handtied Bouquet Workshop</u> (English RCP#340).</p>				

****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

