

Richmond Family & Friend Caregiver Hub

December-2022 Workshops 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 a simple [online form](#).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 10:00-11:00 AM Chair Yoga (EN/Zoom)	3
4	5	6 2:00-4:00 PM Introduction to Watercolor (EN/RCP 345)	7 10:00-11:30 AM Dementia 360 (iCON) +How to search health related information (EN/RCP 190)-rescheduled	8	9	10
11	12 1:30—3:30p.m. Caregivers' Christmas Party (RCP 340)	13 10:00AM-12:30PM Cooking Class (EN &CN/RCP 340)	14 10:00-11:00 AM Exercise at Home (English/Zoom) <i>Caregiver Newsletter</i>	15	16 10:00-11:00 AM Meditation (Punjabi/Zoom)	17
18	19 2:00-4:00 PM Introduction to Watercolor (CN/RCP 345)	20 10:00-11:30AM DIY Christmas Ornaments (Mandarin/RCP 340)	21 2:00-3:30 PM DIY Christmas Soap (English/RCP 340)	22 10:00-11:30 AM Dementia 360 (iCON) +How to search health related information (CN/RCP 190)	23 10:00-11:00 AM Meditation (EN/Zoom) Field Trip 1:00-3:00 PM Musical at Gateway Theatre	24
25	26	27	28	29	30	31

These free workshops are to promote the health and well-being of unpaid caregivers for seniors (55+ yrs) in Richmond.

