

Richmond Family & Friend Caregiver Hub

February-2022 Workshops Calendar

RICHMOND CARES  RICHMOND GIVES

Richmond Family &
Friend Caregiver Hub



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 30	31	Feb 1	2 1:00pm Finger Knitting (English/Zoom)	3 10:00am Mental Wellness (English/Zoom)	4 10:00am Chair Yoga (English/Zoom)	5
6	7	8	9 10:00am Exercise at Home (English/Zoom/1.5hrs)	10 10:00am Mental Wellness (English/Zoom/1.5hrs)	11	12
13	14	15 10:00am First-aid Basics (English/In person/2hrs)	16	17 10:00am Mental Wellness (English/Zoom/1.5hrs)	18	19
20	21	22 1:30pm Healthy Caregiving & Caregivers (EN & CN/Zoom/1.5hrs)	23 10:00am Exercise at Home (Cantonese/Zoom/1.5hrs)	24	25 2:00pm Chinese Calligraphy (Cantonese/In person/2hrs)	26
27	28 10:00am Make Your Own Scented Candles (Mandarin/In person/2 hrs)	Mar 1	2 2:30pm Cooking Class - TBD - (English/In person/2.5hrs)	3 1:00pm Fall Prevention (English/Zoom/1.5hrs)	4 10:00am Chair Yoga (English/Zoom/1.5hrs)	5

To register or learn more, please call 604-279-7099, email caregivernavigator@rcrg.org, or visit rcrg.org/caregivers.