

Richmond Family & Friend Caregiver Hub

November 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
3 2:00-4:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#340).	4	5	6 2:00-4:00pm <u>**Advanced Painting</u> (English RCP#294).	7 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> (Cantonese RCP#345).
10	11 Holiday	12	13 10:00am-12:00pm <u>Healthy Cooking Class</u> (English RCP#340).	14
17	18 2:00-4:00pm <u>DIY Felt Pine Cones Workshop</u> (English/Mandarin RCP#345).	19	20	21 10:00-11:00am <u>Breath Work & Meditation</u> (Punjabi/Zoom). 10:00am-12:00pm <u>DIY Christmas Festive Doll</u> <u>Workshop (English/ Cantonese</u> <u>RCP#340)</u> 2:30-4:30pm <u>Caregivers Support Group (English</u> <u>South Arm Community Center).</u>
24 2:00-4:00pm <u>Introduction to Chinese Ink</u> <u>Painting_ (English/Cantonese</u> <u>RCP#345).</u>	25 1:30 - 4:00pm <u>Introduction to Watercolor</u> (English RCP#340).	26 12:00-2:00pm <u>DIY Christmas Dried Nuts</u> <u>Candle Holder Workshop</u> (English/Mandarin RCP#345).	27	28 10:00-11:00am <u>Breath Work & Meditation</u> (English/Zoom).

****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

