

Richmond Family & Friend Caregiver Hub

September 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 or fill up an [online form](#)

Mon	Tue	Wed	Thu	Fri
2 Holiday	3	4	5	6 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
9	10 2:00-4:00pm <u>Handmade Candles</u> (Mandarin RCP#340).	11	12	13
16 2:00-4:00pm **Advanced Painting (English RCP#340).	17	18	19	20 10:00-11:00am <u>Breath Work & Meditation</u> (Punjabi/Zoom). 2:00-4:00pm <u>Introduction to Chinese</u> <u>Calligraphy (Cantones RCP#340).</u> 2:30-4:30pm <u>Support Group for Male Caregivers</u> (English/South Arm Community Centre).
23 2:00-4:00pm <u>Decoupage on Clay Pot</u> <u>workshop (English</u> <u>RCP#340).</u>	24 1:30-4:00pm <u>Introduction to Watercolor</u> (English RCP#345).	25 1:00-3:00pm <u>Healthy Cooking Class</u> (English RCP#340).	26	27 10:00-11:00am <u>Breath Work & Meditation (English/Zoom).</u> 2:00-4:00pm <u>DIY Kimono Paper Doll (English</u> <u>RCP#345).</u>

****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

