

Richmond Family & Friend Caregiver Hub

May-2023 Events Calendar

RICHMOND CARES  RICHMOND GIVES

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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	3 2:00-4:00 PM Introduction to Chinese Calligraphy (Cantonese/RCP 340)	4	5 10:00-11:00 AM Arm Chair Yoga (EN/Zoom)	6
7	8	9 2:00-4:00pm DIY Pantyhose Doll magnet (EN/CN RCP340)	10	11	12 1:30-4:00pm Field Trip: Visit VanDusen Botanical Garden	13
14	15 12:30- 2:00 PM Pedestrian & Transit Safety seminar (English/RCP340) 2:00- 4:00 PM Healthy Cooking Class (English /RCP340)	16 1:30-3:00 PM DIY Finger Knit Coaster (Mandarin/ Steveston Japanese Culture Center)	17 <i>Caregiver Newsletter</i>	18 10:30am-12:00pm Caregivers Connect Celebration (EN/Zoom)	19 10:00-11:00 AM Meditation (Punjabi/Zoom) 2:30-4:30 PM Support Group for Male Caregivers (EN&CN/ South Arm Community)	20
21	22 Holiday	23	24 1:30-4:00pm Introduction to Watercolor (EN&CN/RCP 340)	25	26 10:00-11:00 AM Breath Work & Meditation (EN/Zoom)	27
28	29 1:30-3:00 PM Introduction to Music Reading & Playing (Cantonese/ Minoru Centre Music Studio)	30	31			

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

