

# Richmond Family & Friend Caregiver Hub

## July 2023 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](mailto:caregivernavigator@rcrg.org) or fill up a simple [online form](#)

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b> <b>2:00-4:00pm</b> <u>DIY Plastic Canvas Scissor Cover ( EN/CN RCP #340)</u>	<b>6</b> <b>2:00-4:00pm</b> <u>DIY Dishwasher Tablets ( Mandarin /RCP 345)</u>	<b>7</b> <b>10:00-11:00am</b> <u>Arm Chair Yoga (EN/Zoom)</u> <b>2:30-4:30pm</b> <u>Introduction to Chinese Calligraphy (Cantonese/RCP #340)</u>
<b>10</b>	<b>11</b>	<b>12</b> <b>2:00-4:00pm</b> <u>Healthy Cooking Class (Cantonese/RCP#340)</u>	<b>13</b>	<b>14</b>
<b>17</b> <b>2:00-4:00pm</b> <u>Decoupage on Clay Pot (EN/CN RCP#345)</u>	<b>18</b> <b>12:30-2:30pm</b> <u>Healthy Cooking Class ( English/ RCP#340)</u>	<b>19</b>	<b>20</b>	<b>21</b> <b>10:00-11:00am</b> <u>Meditation (Punjabi/Zoom)</u> <b>2:30-4:30pm</b> <u>Support Group for Male Caregivers ( EN/CN/South Arm Community Center</u>
<b>24</b> <b>3:00-4:30pm</b> <u>Painting &amp; Drawing on Clay Pots (EN/CN RCP #340)</u>	<b>25</b>	<b>26</b> <b>1:00-3:30pm</b> <u>Introduction to Watercolor (EN/CN RCP #340)</u>	<b>27</b>	<b>28</b> <b>10:00-11:00am</b> <u>Breath Work &amp; Meditation (English/Zoom)</u>
<b>31</b> <b>9:30am -1:00pm</b> <u>Field trip to Billz Beez and Berryz Farm</u>				

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

