

# Richmond Family & Friend Caregiver Hub

## February 2026 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 an [online form](#)

Mon	Tue	Wed	Thu	Fri
<p><b>2</b> 1:30-3:30pm <u>DIY Chinese New Year Hanging Decoration Workshop</u> (English/Mandarin RCP#340).</p>	<p><b>3</b> 3:00 -5:00pm <u>Healthy Cooking Class</u> (English RCP#340).</p>	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6</b> 10:00-11:00am <u>Arm Chair Yoga</u> (English/Zoom). 12:30-2:30pm <u>DIY Chinese New Year Irisfolding Card Workshop</u> (English/Cantonese RCP#345).</p>
<p><b>9</b> 1:00-3:00pm <u>Introduction to Chinese Ink Painting</u> (English/Cantonese RCP#345).</p>	<p><b>10</b> 2:30-4:30pm <u>DIY Heart Brooch Workshop</u> (English/Mandarin RCP#345).</p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b> 3:15-5:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese RCP#345).</p>
<p><b>16</b></p>	<p><b>17</b> 2:00-4:00pm <u>**Advanced Painting</u> (English RCP#294).</p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b> 10:00-11:00am <u>Breath Work &amp; Meditation</u> (Punjabi/Zoom). 2:30-4:30pm <u>Caregivers Support Group</u> (English South Arm Community Center). 3:15-5:00pm <u>DIY Lip Gloss Workshop</u> (English/Mandarin RCP#345).</p>
<p><b>23</b></p>	<p><b>24</b> 2:15-4:45pm <u>Introduction to Watercolor</u> (English RCP#345).</p>	<p><b>25</b></p>	<p><b>26</b> 2:00-4:00pm <u>Manage Stress with Mindfulness</u> (English/Mandarin RCP#320).</p>	<p><b>27</b> 10:00-11:00am <u>Breath Work &amp; Meditation</u> (English/Zoom).</p>

**\*\*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

