

Richmond Family & Friend Caregiver Hub

March-2022 Workshops Calendar

RICHMOND CARES  RICHMOND GIVES

Richmond Family &
Friend Caregiver Hub



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 27	28 10:00am Make Your Own Scented Candles (Mandarin/In person/2 hrs)	Mar 1	2 2:30pm Cooking Class - TBD - (English/In person/2.5hrs)	3 1:00pm Fall Prevention (English/Zoom/1.5hrs)	4 10:00am Chair Yoga (English/Zoom/1.5hrs)	5
6	7	8 1:00pm Cooking Class - TBD - (Cantonese/In person/2.5hrs)	9 10:00am Exercise at Home (EN/Zoom/1.5hrs) 7:00pm DIY Beaded Glasses & Mask Chain (EN/Zoom/1.5hrs)	10 10:00am DIY Roses for Your Loved Ones (Mandarin/Zoom/1.5hrs)	11 2:00pm Chinese Calligraphy (Cantonese/In person/2hrs)	12
13	14	15	16	17 2:00pm Tips for Senior Drivers (English/Zoom/1.5hrs)	18	19
20	21	22	23 10:00am Exercise at Home (Cantonese/Zoom/1.5hrs) 2:00pm DIY Mask Chain (EN/In person/1.5 hrs)	24 1:30pm Fraud Prevention (English/Zoom/1.5hrs)	25	26
27	28	29	30 2:30pm Cooking Class - TBD - (English/In person/2.5hrs)	31	Apr 1 10:00am Chair Yoga (EN/Zoom/1.5hrs)	2

To register or learn more, please call 604-279-7099, email caregivernavigator@rcrg.org, or visit rcrg.org/caregivers.