

# Richmond Family & Friend Caregiver Hub

## November 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                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b>                                                                                    | <b>3 3:00-5:00pm</b><br><u>Introduction to Watercolor</u><br>(English/Cantonese<br>RCP#340). | <b>4 3:15-5:00pm</b><br><u>Manage Stress with</u><br><u>Mindfulness</u><br>(English/Mandarin<br>RCP#345). | <b>5 2:30 - 4:30pm</b><br><u>Advanced Painting.</u><br>(English RCP#294). | <b>6 10:00am-11:00pm</b><br><u>Arm Chair Yoga (English/Zoom).</u>                                                                                                                                                                                                                                                  |
| <b>9</b>                                                                                    | <b>10</b>                                                                                    | <b>11</b>                                                                                                 | <b>12</b>                                                                 | <b>13</b>                                                                                                                                                                                                                                                                                                          |
| <b>16</b>                                                                                   | <b>17</b>                                                                                    | <b>18 2:00-4:00pm</b><br><u>Healthy Cooking</u><br><u>Class (English</u><br><u>RCP#340).</u>              | <b>19</b>                                                                 | <b>20 10:00am-11:00pm</b><br><u>Breath Work &amp; Meditation</u><br>(Punjabi/Zoom).<br><b>2:30-4:30pm</b><br><u>Caregivers Support Group (English</u><br><u>South Arm Community Center).</u><br><b>2:45-4:45pm</b><br><u>Introduction to Chinese</u><br><u>Calligraphy (Cantonese/Mandarin</u><br><u>RCP#340).</u> |
| <b>23 2:00-4:00pm</b><br><u>DIY Dried Flower Brooches</u><br>(English/Mandarin<br>RCP#340). | <b>24 2:00-4:00pm</b><br><u>DIY Winter Soap Making</u><br>(English/Mandarin<br>RCP#340).     | <b>25 3:00-5:00pm</b><br><u>DIY Resin Coaster</u><br>(English/Cantonese<br>RCP#340).                      | <b>26</b>                                                                 | <b>27 10:00am-11:00pm</b><br><u>Breath Work &amp; Meditation</u><br>(English/Zoom).                                                                                                                                                                                                                                |

**\*\*Admission for Advanced Painting class has to be recommended by the facilitator and completed the Introduction to Watercolor class**

**Notice: The Introduction to Chinese Ink Painting workshop will take a temporary break during October and November while the facilitator, Ms. Polly Kwok, is out of town. Classes will resume in December.**

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

