

Richmond Family & Friend Caregiver Hub

June 2023 Events Calendar

RICHMOND CARES  RICHMOND GIVES
Richmond Family &
Friend Caregiver Hub



To register or learn more, please call 604 279 7099 , email caregovernavigator@rcrg.org or fill up a simple [online form](#)

Mon	Tue	Wed	Thu	Fri
			1	2 10:00-11:00am <u>Arm Chair Yoga (EN/Zoom)</u>
5 1:15-2:45pm <u>Decoupage on clay pot</u> (EN/RCP #340) 3:00-4:30pm <u>Preparedness Party in a Box</u> (EN/CN)RCP #340	6	7 2:00-4:00pm <u>DIY Iris Folding Card</u> (EN/CN RCP #340)	8	9
12 10:00am- 1:30pm <u>Field trip to Bloedel</u> <u>Conservatory at Queen</u> <u>Elizabeth Park</u>	13	14 2:00-4:00pm <u>Healthy Cooking</u> <u>Class (EN/ RCP #340)</u>	15	16 10:00-11:00am <u>Meditation (Punjabi/Zoom)</u> 2:00-4:00pm <u>King George Park +</u> <u>Flower Crown Making Workshop(E)</u> 2:30-4:30pm <u>Support Group for</u> <u>Male Caregivers (EN/CN/South Arm</u> <u>Community Center</u>
19	20 1:30-3:00pm <u>DIY Strawberry Pin</u> <u>Cushion(Mandarin / Steveston</u> <u>Japanese Cultural Center)</u>	21 1:00-3:30pm <u>Introduction to</u> <u>Watercolor (EN/CN RCP</u> <u>#340)</u>	22	23 10:00-11:00am <u>Meditation (English/Zoom)</u>
26	27	28	29	30 2:30-4:30pm <u>Introduction to Chinese</u> <u>Calligraphy (Cantonese/RCP #340)</u>

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

