

Richmond Family & Friend Caregiver Hub

February 2025 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 or fill up an [online form](#)

Mon	Tue	Wed	Thu	Fri
3 2:00-4:00pm <u>DIY Woodsies Magnet Workshop</u> (English/Cantonese RCP#345)	4 3:00-5:00pm <u>**Advanced Painting</u> (English RCP#340)	5 1:30-3:30pm <u>DIY Lotion Making Workshop</u> (English RCP#340)	6	7 10:00-11:00am <u>Arm Chair Yoga (English/Zoom)</u>
10	11 2:00-4:00pm <u>Heart-shaped Eye Pillow Workshop</u> (Mandarin RCP#340)	12 2:00-4:00pm <u>Healthy Cooking class</u> (English RCP#340)	13	14 2:00-4:00pm <u>Introduction to Chinese Calligraphy</u> (Cantonese RCP#340)
17 Holiday	18 1:30-4:00pm <u>Introduction to Watercolor(English/Cantonese RCP#340)</u>	19	20	21 10:00-11:00am <u>Breath Work & Meditation(Punjabi/Zoom)</u> 2:30-4:30pm <u>Support Group for Male Caregivers</u> (English/South Arm Community Centre)
24	25	26	27	28 10:00-11:00am <u>Breath Work & Meditation (English/Zoom)</u> 2:00-4:00pm <u>Plate Decorating Workshop</u> (English/Mandarin RCP#345)

****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

