

Richmond Family & Friend Caregiver Hub

May 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
			1	2 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u>
5	6	7 2:00-4:00pm <u>Flower Acrylic Painting Workshop</u> (<u>English RCP#340</u>).	8	9 2:00-4:00pm <u>Introduction to Chinese Calligraphy (Cantonese RCP#340).</u>
12	13 2:00-4:00pm <u>DIY Carnation Brooch Workshop (Mandarin RCP#340).</u>	14	15 10:30am-12:30pm <u>DIY Felt Finger Puppets Workshop (English/Cantonese RCP#340).</u>	16 10:00-11:00am <u>Breath Work & Meditation (Punjabi/Zoom).</u>
19 Holiday	20	21 2:00-4:00pm <u>Healthy Cooking Class (English RCP#340).</u>	22	23 10:00-11:00am <u>Breath Work & Meditation (English/Zoom).</u>
26	27	28	29	30 1:00-2:30pm <u>An introduction to Brain Health (Cantonese RCP#345).</u> 2:30-4:30pm <u>Introduction to Chinese Ink Painting and Appreciation (English/Cantonese RCP#345).</u>

**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

