

Richmond Family & Friend Caregiver Hub

April 2025 Events Calendar

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	3	4 10:00-11:00am <u>Arm Chair Yoga (English/Zoom).</u> 2:00-4:00pm <u>Introduction to Chinese Calligraphy.</u> (Cantonese RCP#340).
7 2:00-4:00pm <u>Caregiver Support Group</u> (English RCP#345).	8 2:00-4:00pm **Advanced Painting (English RCP#340).	9 10:00am - 12:30pm <u>Explore Gary Point Park</u> <u>Cherry Blossom</u> 2:00-4:00pm <u>Healthy Cooking Class</u> (English RCP#340).	10 10:30am-12:30pm <u>DIY Spring Bunny & Chick</u> <u>Workshop (English/Cantonese</u> <u>RCP#340).</u>	11
14 2:00-4:00pm <u>Traditional Handcrafted</u> <u>Sachet Making Workshop</u> (English/Mandarin RCP#345).	15 2:00-4:00pm <u>DIY Pompom Rabbit Hair Clip</u> <u>Workshop (Mandarin</u> <u>RCP#340).</u>	16	17	18 Holiday
21 Holiday	22 3:15-5:00pm <u>Introduction to Chinese Ink</u> <u>Painting.</u> (English/Cantonese RCP#345)	23 2:00-4:00pm <u>DIY Soap Making Workshop</u> (English RCP#340).	24	25 10:00-11:00am <u>Breath Work & Meditation</u> (English/Zoom).
28	29 1:30-4:00pm <u>Introduction to Watercolor</u> (English RCP#340).	30		

****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