

WINTER 2021 (JAN - MAR) ONLINE HEALTH AND WELLNESS WORKSHOPS

NAVIGATE SENIOR CARE IN COVID TIMES

Join this online workshop to learn about how to navigate senior care services and knowing what questions to ask in order to be able to plan ahead and be prepared.

Registration required.

Thursday, January 7

1:30 - 2:30 PM

FREE

Barcode #55544

ONLINE SELF - CARE WORKSHOP (CANTONESE)

Learn about self-care coping mechanisms during difficult times and socialize with peers for better physical and mental health. This session led by a counsellor and is conducted. Registration required.

Thursday, January 14

1:30 - 2:30 PM

FREE

Barcode #55552

ONLINE - CAREGIVER SERIES: DEMENTIA TIPS FAMILY NEEDS TO KNOW

Learn more about dementia, communication and behaviour and share tips for planning for the future and building resilience. This session is for people who want to learn about dementia or caring for someone living with dementia. Session lead by certified dementia practitioner.

Friday, January 15

10:45 - 11:45 AM

FREE

Barcode #57754

ONLINE - CAREGIVER SERIES: DEMENTIA CAREGIVERS SUPPORT GROUP

This workshop series is aimed at promoting the health and the well-being of family caregivers. These free workshops focus on self-care, emotional support, and foster peer support in our community. Registration required and session lead by certified dementia practitioner.

Friday , January 22

10:45 - 11:45 AM

FREE

Barcode #57776

ONLINE - BRAIN HEALTH SERIES: AN INTRODUCTION TO BRAIN HEALTH (MANDARIN)

Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend. This workshop is presented by the Alzheimer's Society of BC. Registration required and course conducted in Mandarin.

Thursday, January 28

1:00 - 2:00 PM

FREE

Barcode #54824

ONLINE - WILLS AND ESTATE PLANNING WORKSHOP (MANDARIN)

Protect finances by learning the importance of advance planning. Other topics covered include the basic steps of creating a will, estate planning and power of attorney. This workshop is in partnership with S.U.C.C.E.S.S and lead by justice educator.

Registration required and course conducted in Mandarin.

Tuesday, February 2

10:00 - 11:00 AM

FREE

Barcode #55550

ONLINE - CHRONIC PAINSELF-MANAGEMENT PROGRAM

Learn practical managing skills to take control of your condition and pain. Participants in this 6 week Self-Management BC's Chronic Pain Program will receive the "Living a Healthy Life with Chronic Pain" book, the Relaxation for Mind and Body CD, and the Moving Easy Program CD with accompanying booklet that includes a self-test and tip sheets. Each week a Program Leader conducts a 30-45 minute small group interactive conference call with the participants to review the topics in the booklet.

Every Tuesday, February 2 - March 9

1:30 - 2:15 PM

FREE

Barcode #54834

ONLINE - BRAIN HEALTH SERIES: AN INTRODUCTION TO BRAIN HEALTH (ENGLISH)

Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend. This workshop is presented by the Alzheimer's Society of BC. Registration required.

Thursday, February 11

1:00 - 2:00 PM

FREE

Barcode #56977

ONLINE - CAREGIVER SERIES: DEMENTIA CAREGIVERS SUPPORT GROUP

This monthly workshop series is aimed at promoting the health and the well-being of family caregivers. These free workshops focus on self-care, emotional support, and foster peer support in our community. Registration required and session lead by certified dementia practitioner.

Friday , Feb 22 & March 12

10:45 - 11:45 AM

FREE

Barcode #57768

ONLINE - GETTING TO KNOW DEMENTIA (CANTONESE)

Learn about support options and planning for the future in this introductory session that covers information about Alzheimer's disease and other dementias along with the challenges encountered when first receiving a diagnosis. Those with dementia, care partners and family members supporting a person with dementia are welcome. Registration required.

Thursday, March 4

1:30 - 3:00 PM

FREE

Barcode #57000

ONLINE - SINGFIT PROGRAM (BIWEEKLY)

Join in to socialize, sing a song and gain performance skills to improve singing techniques and self-confidence.

Registration required.

Wednesday , January 6

2:00 - 3:00 PM

FREE

Barcode #56081

3 WAYS TO REGISTER:

1. Call the call centre at:

604-276-4300

2. Register online at:

www.richmond.ca/register

3. Email or call the City Centre's

seniors coordinator if you have further question at:

jshih@richmond.ca or 604-204-8574.