



The Heart of Richmond AIDS Society

May 2026

Working on behalf of persons living with HIV in Richmond to bring services and awareness to our community

This month at the Heart of Richmond

HORAS Members: Collect Food Pantry Supplies

Tue. After 2pm or (anytime Mon. Wed. or Thur.)

****Women's Support Group:**

Mon. 11th & Tues 26th

11:30am -1:30pm (light lunch supplied)

General Support Group: 1pm - 3pm

Tue. 5th & 19th come socialize with other members and collect Food from our Pantry

Members Monthly Dinner:

Wed. May 6th 6:30pm (Call office to confirm attendance)

@ Tapestry Church - 9280 No.2 Road, Richmond

(Take #402 Bus @ Richmond Center)

Come and get to know other members, in a social setting with a Delicious home-cooked meal.

Cook Community Garden – Drop In:

Starting May 21ST – (Thurs. Afternoons 2pm - 4pm)

Come work our Garden Plot with other members, learn about gardening (Weather depending)

Cooking Class: 11:30am – 1:30pm

Thur. 14th @ office - call/txt Sarah or Carl, Space is limited

Sun. May 10 – Mother's Day

Mon. May 11 - Members Gap Cards - available for Pick up

Mon. May 18 – Victoria Day – Office Closed

Sat. May 23 – Shred Event Fundraiser - 10am - 2pm

South Arm United Church Parking lot

Rain or shine...

Members receiving GAP CARDS: Reminder your Proof of Income

is required by May 31st in order to continue receiving your GAP cards in June.

Accepted Proof of Income includes 2024 Notice of Assessment from CRA, T4 or T5 slips.

Mon	Tue	Wed	Thur
4 HORAS Members Collect Food Pantry Supplies Tues, Wed & Thurs	5 General Support Group	6 Monthly Dinner 6:30pm @ Tapestry Church	7
11 Women's Support Group**	12 GAP CARDS Grocery Assistance Cards Available this week	13	14 Cooking Class
18 Victoria Day Office Closed	19 General Support Group	20	21
25	26 Women's Support Group**	27	28



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The Heart of Richmond AIDS Society
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