



In-Home Activities for family caregivers

April 13-17

MONDAY

Morning

Learn more about the birds around you with **Houston Audubon**. [Click Here](#) for their Adult Education page

Midday

Explore Yellowstone National Park. [Click Here](#)

2:00pm

Caregiving activities you can do at home and taking care of yourself live on [Facebook](#) or [YouTube](#) with Cheryl McClure

Evening

Missing Baseball? Watch *Baseball: A Film by Ken Burns* on PBS. [Click Here](#)

TUESDAY

10:00 am

Common Ground Conference Call (Support group for caregivers)

Dr. Priyanka Chakrabarti 10:00am Iora Primary Care Staying safe during COVID19 on [Facebook](#)

Noon

Main Course Cooking School is offering FREE online lessons at 12:00pm today. [Click Here](#)

2:00 pm

[Click Here](#) to enjoy stories from The Moth Radio Hour

Evening

How about an evening with BB King at Austin City Limits? [Click Here](#)

WEDNESDAY

Morning

Start your day right with Willie Nelson to lift your spirits. Live at Austin City Limits. [Click Here](#)

11:00 am

The Houston Zoo presents **Zoo to You** Events every day at 11am with a Live Feed about caring for their animals

2:00 pm

Leah Stanley: Stress Management Tips live on [Facebook](#) or [YouTube](#)

Evening

If you enjoy jazz artist Nina Simone, check out this documentary on Netflix. [Click Here](#)

THURSDAY

10:00 am

Levy Park is offering Tai Chi online every Thursday at 10am. [Click Here](#) to learn more about this gentle and relaxing activity.

2:00 pm

Common Ground Conference Call (Support group for caregivers)

Carmalyn McCracken Finding Joy live on [Facebook](#) or [YouTube](#) live at 2:00 p.m.

Evening

River Oaks Chamber Orchestra (located in Houston) is offering free concerts online. [Click Here](#)

FRIDAY

Morning

Try some Zumba to get your body moving today! For this fun workout, [Click Here](#)

12:30 pm

Karen Pettit: Dementia Communication on CarePartners' [Facebook](#) or [YouTube live](#)

Afternoon

Create a Marbled Paper craft with Houston Center for Contemporary Crafts. [Click Here](#) to learn how.

5:30-6:30pm

Enjoy Galveston Island's Virtual Happy Hour on Radio Galveston. [Click Here](#) for how to tune in.

For more resources follow CarePartners on [Facebook](#), [YouTube](#), and check www.CarePartnersTexas.org for updates.