



# In-Home Activities for Family Caregivers

## April 27-May 1

### MONDAY

#### Morning

Gratitude can change our entire perspective. For 22 ways to embrace Gratitude, click [HERE](#)

#### Midday

Exercise your brain with Online Jigsaw Puzzles. Easy to difficult puzzles that are can be found [HERE](#)

#### 2:00 pm

Mental health and self-care advice from Mental Health America of Greater Houston on [Our Blog](#)

#### Evening

Creating a Memory Box is a great way to help stimulate memories and story telling with your loved one. Click [HERE](#) to learn more about how to make one.

### TUESDAY

#### 10:00 am

[Common Ground](#) Tele Conference Call (Support group for caregivers)

#### Midday

Enjoy some of your favorite songs with *Sing Along with Suzie Q.* Click [HERE](#)

#### 2:00 pm

Join us for some music therapy with Katelyn Blankenburg live on [Facebook](#) and [YouTube](#)

#### Evening

Journaling can be a helpful practice for caregivers. Click [HERE](#) to learn about how and why to start a caregiver journal.

### WEDNESDAY

#### Morning

Today is International Dance Day! [HERE](#) is a great Dance Exercise to start the day!

#### Midday

[HERE](#) is a simple Milk Carton Bird Feeder Craft that you can make with items from home

#### 2:00 pm

How Much is Enough? Healthy Eating Tips for Seniors with Lisa Milliken live on [Facebook](#) and [YouTube](#)

#### Evening

It's Date Night. Click [HERE](#) for a neat wine pairing video and [HERE](#) for a romantic playlist. Or, enjoy a romantic movie with your loved one

### THURSDAY

#### Morning

Start your day with a great laugh! [HERE](#) are 10 Activities to make you laugh

#### 2:00 pm

[Common Ground](#) Tele Conference Call (Support group for caregivers)

Funeral Pre-Planning & Costs live segment with Stephanie Salcedo on [Facebook](#) and [YouTube](#)

#### Evening

The National Theater is offering a weeklong viewing of Frankenstein starting tonight. Click [HERE](#) to view

### FRIDAY

#### Morning

Bring a little color to your home with this Washable Stained Glass Project. Click [HERE](#).

#### Friday at 1 pm-Sunday at 1pm

One of Andrew Lloyd Webber's favorite musicals will be shared for free this weekend. Click [HERE](#) to learn more and watch on YouTube

#### Afternoon

Learn about Shakespeare Healing Gardens on [Our Blog](#). It's a great at-home activity.

#### Evening

Today is National Jazz Day. Learn more about jazz [HERE](#) and enjoy some of the great jazz musicians [HERE](#).

For more resources or if you missed one of our Facebook LIVE videos, Click [HERE](#) to view them. Follow CarePartners on [Facebook](#), [YouTube](#), and check [www.CarePartnersTexas.org](http://www.CarePartnersTexas.org) for updates.