



In-Home Activities for Family Caregivers May 18 - 24

MUSIC MONDAY



NPR Music: Tiny Desk Concert with Steve Martin and the Steep Canyon Rangers. Click [HERE](#) to enjoy!

COOKING TUESDAY



Enjoy a recipe for the best nachos ever. Click [HERE](#).

2:00 pm
"Medicare" live on [Facebook](#) and [YouTube](#)

WORKOUT WEDNESDAY



Everyone loves music and exercise! Watch a great video that combines both. Click [HERE](#).

2:00 pm
Join Lisa Milliken as she speaks about "Boosting our Immune System" live on [Facebook](#) and [YouTube](#)

CRAFTY THURSDAY



10:00 am
"What is a Senior Advisor", live on [Facebook](#) and [YouTube](#).

This week's craft is Paper Quilling. Click [HERE](#) to view.

FUN TIME FRIDAY



Who else misses baseball? James Earl Jones reads Casey at the Bat. Click [HERE](#) to listen.

LEARNING SATURDAY



Explore 15 of Planet Earth's most amazing and unique sites. Click [HERE](#).

SELF-CARE SUNDAY



Illuminate your mind with this TedX Talk on Loving Others and Yourself. Click [HERE](#).

Common Ground (support group for family caregivers) Tele-Conference on Tuesdays at 10 a.m. and Thursdays at 2 p.m.
For more resources or if you missed one of our Facebook LIVE videos, Click [HERE](#) to view them.
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