



In-Home Activities for Family Caregivers June 1-7

MUSIC MONDAY



PBS released several new performances that you can enjoy for free. Musicals, Plays, and Singers galore! Click [HERE](#).

COOKING TUESDAY



Here is a great alternative to the potato chip! Check out these Parmesan Zucchini Crisps. Click [HERE](#).

Elder Law Attorney Angela Odensky joins us for part two of an "Intro to Medicaid" live on [Facebook](#) and [YouTube](#).

WORKOUT WEDNESDAY



Enjoy these 18 different chair exercises for stretching and strength. Click [HERE](#).

AARP Texas is discussing their tips for "Caregiving From a Distance" live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



This website is an amazing resource for dozens of age appropriate crafts. Click [HERE](#).

How and When to Enroll in Medicare with Stephanie Salcedo, Secure Your Legacy, live on [Facebook](#) and [YouTube](#).

FUN TIME FRIDAY



The Jane Goodall Institute – Improving the lives of people, animals & the environment. Click [HERE](#) to learn more.

LEARNING SATURDAY



We may not be able to travel to NYC but we can still explore the famous Statue of Liberty. Click [HERE](#).

SELF-CARE SUNDAY



Start today with a 10 minute guided meditation to help you relax and center yourself for what life will bring. 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. Follow CarePartners on [Facebook](#), [YouTube](#), and check www.CarePartnersTexas.org for updates.