



In-Home Activities to Celebrate Memorial Day May 25-31

MONDAY MEMORIAL DAY!



The National Memorial Day Concert has been honoring our service members for over 30 years! Click [HERE](#) to watch it on PBS!

COOKING TUESDAY



How about a fresh berry cake with a flag design on top, Yummy! Click [HERE](#) for the recipe.

10:00 a.m.

Join Elder Law Attorney Angela Odensky for an Intro to Medicaid live on [Facebook](#) and [YouTube](#).

WORKOUT WEDNESDAY



Top ten balancing exercises for seniors from the Two Most Famous Physical Therapists on the Internet! Click [HERE](#).

2:00 p.m.

Brianna Garrison presents Organizing and Getting the Most out of a Family Meeting live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



This week's craft is a easy and cute Macramé American flag tutorial. Click [HERE](#) to view.

2:00 p.m.

Stephanie Salcedo, Secure Your Legacy, shares her advice on when to start pre-planning and how to pay for a funeral live on [Facebook](#) and [YouTube](#).

FUN TIME FRIDAY



To enjoy a wonderful, patriotic concert from the Boston Pops, click [HERE](#).

LEARNING SATURDAY



Explore and learn more about the National Park Foundation/ Parks at Home program by clicking [HERE](#).

SELF-CARE SUNDAY



It's getting hot outside. To learn more about protecting your skin from the Summer Sun, 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.