

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

COOKING TUESDAY



CRAFTY THURSDAY **FUN TIME** FRIDAY

LEARNING SATURDAY

SELF-CARE SUNDAY



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



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.



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



This week's craft is a easy and cute Macramé American flag tutorial. Click HERE to view.

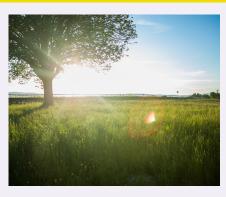
2:00 p.m. Stephanie Salcedo. Secure Your Legacy, shares her advice on when to start pre-planning and how to pay for a funeral live on Facebook and YouTube.



To enjoy a wonderful, patriotic concert from the Boston Pops, click HERE.



Explore and learn more about the National Park Foundation/ Parks at Home program by clicking **HERE**.



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.