



In-Home Activities for Family Caregivers

May 11 - 15

MONDAY

Morning

Start your week out with a great laugh. Click [HERE](#) to play Finishing Lines.

Midday

It's a day after Mother's Day but check out these adorable baby animals and their moms. Click [HERE](#) or click [HERE](#) for an animal hug.

2:00 pm

Briana Garrison joins us for a Hot Topic segment on "Transitions in Caregiving", live on [Facebook](#) and [YouTube](#).

Evening

Let's tour Greece this evening. Click [HERE](#) to learn some of her hidden secrets.

TUESDAY

10:00 am

Common Ground
Tele Conference Zoom Call (Support group for caregivers)

Midday

Check out these really neat inner secrets of the NY Library. Click [HERE](#)

12:30 pm

Charioty James, Attorney and Counselor at Law, shares her "Estate Planning Tips" with us live on [Facebook](#) and [YouTube](#).

Evening

Do you know about these myths and legends about Louisiana? Click [HERE](#) to test your knowledge.

WEDNESDAY

Morning

Bring a little sunshine with this DIY Suncatcher. Click [HERE](#).

Midday

Let's get moving with this neat Chair Exercises Booklet. Click [HERE](#).

2:00 pm

Learn to protect yourself from COVID-19 Cyber Scams with Ross Davis, Owner and IT Specialist at Kingwood PC Repair, on our [blog](#).

Evening

Learn about 6 ways to fight caregiver burnout by clicking [HERE](#)

THURSDAY

Morning

[HERE](#) is a beautiful Watercolor Splotch Birds craft.

2:00 pm

Common Ground
Tele Conference Zoom Call (Support group for caregivers)

2:00 pm

Learn some Fall Prevention Tips from Home Care Assistance live on [Facebook](#) and [YouTube](#).

Evening

Listen some beautiful music from Yo Yo Ma and Allison Krauss. Click [HERE](#)

FRIDAY

Morning

Check out this TED Talk about the creation of PostSecret.com. Click [HERE](#) and grab a tissue!

Midday

Listen to some beautiful music from Texas A&M Singing Cadets. Click [HERE](#) or beautiful Praise Dancing by clicking [HERE](#).

2:00pm

Carmalyn McCracken shares her advice on how to find joy in your everyday life on our [blog](#).

Evening

Click [HERE](#) to explore the Hidden Gardens of Castletown

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.