



# In-Home Activities for Family Caregivers

## MUSIC MONDAY



Click [HERE](#) to enjoy The Garden Song by Peter, Paul and Mary. To listen to the whole concert, click [HERE](#).

2:00 p.m.  
Elder Law Attorney Cynthia Fronterhouse is discussing important documents and probate live on [Facebook](#) and [YouTube](#).

## COOKING TUESDAY



Who doesn't love a yummy Vegetable Lasagna?! Click [HERE](#) for the recipe.

## WORKOUT WEDNESDAY



Start the day with 15 minutes of chair exercises. Click [HERE](#).

## CRAFTY THURSDAY



Here are some excellent craft ideas for you or a friend- Making a Scrapbook, Flower Arranging, Fun with Magnetic Letters, Keeping a Beat using a Homemade Shaker and more! Click [HERE](#).

2:00 p.m.  
Robyn Horn joins us to discuss compassion fatigue and caregiver burnout live on [Facebook](#) and [YouTube](#).

## FUN TIME FRIDAY



Enjoy five virtual garden tours including Claude Monet's garden and a Tropical Botanical garden in Hawaii! Click [HERE](#).

## LEARNING SATURDAY



Check out this "How To" advice on gardening from the Ladybird Johnson Wildflower Center. Click [HERE](#).

## SELF-CARE SUNDAY



Here is some excellent self care tips, specifically during quarantine. 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](http://www.CarePartnersTexas.org) for updates.