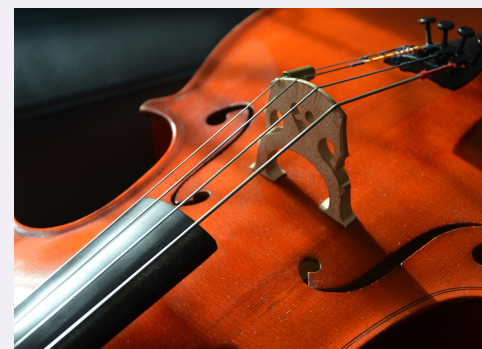




In-Home Activities for Family Caregivers July 13-19- Sailing Away!

MUSIC MONDAY



Click [HERE](#) to hear songs of Comfort from Yo Yo Ma Dvorak's "Going Home"

COOKING TUESDAY



Easy crab and pasta salad perfect for the summer!

Click [HERE](#) for the recipe.

2:00 p.m.
Elder Law Attorney Cynthia Fronterhouse presents Wills vs Trusts Which Do I Need? Live on [Facebook](#) and [YouTube](#).

WORKOUT WEDNESDAY



Click [HERE](#) to do some work on our balance, always an important part of physical well-being.

2:00 p.m.
Decluttering and Organizing Your Home with All Organized live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



Click [HERE](#) to learn how to make easy DIY Wine Cork Sail Boat.

FUN TIME FRIDAY



Click [HERE](#) to listen to listen to Baylor student Jada Holliday, sing "Lift Every Voice and Sing", the Black National Anthem

LEARNING SATURDAY



Click [HERE](#) to see the history and photos of 15 sailing vessels

SELF-CARE SUNDAY



The beach is always a wonderful place to be! Click [HERE](#) to learn more about the Health Benefits of the Sea.

Common Ground (support group for family caregivers) Tele-Conference on Tuesdays at 10 a.m. and Wednesdays 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.