



In-Home Activities for Family Caregivers July 6-12

MUSIC MONDAY



"Music has the power to harness cherished moments that we never want to lose."
- Anthony Hamilton.

Click [HERE](#) to listen to 10 Artists on Music Moments from the Alzheimer's Association.

10:00 a.m.
Mary Anderson, Co-Owner of All Organized, joins us live on [Facebook](#) and [YouTube](#).

COOKING TUESDAY



How about a festive, tri-berry dessert to end your holiday weekend? Yes, Please!

Click [HERE](#) for the recipe.

WORKOUT WEDNESDAY



Some easy seated yoga exercises sounds like a good idea! Click [HERE](#) to get started.

CRAFTY THURSDAY



A Memory Box is a helpful tool for you and your loved one! Click [HERE](#) to learn how to make one.

FUN TIME FRIDAY



Lions and Tigers and Bears! Oh My! Let's visit the Houston Zoo! Click [HERE](#) to watch their live webcams of some of your favorite animal exhibits!

10:00 a.m.
Caregiver Wellness and Mindfulness Meditation with Melissa Smith live on [Facebook](#) and [YouTube](#).

LEARNING SATURDAY



Click [HERE](#) to tour 10 of the most famous museums from around the world that you can visit virtually.

SELF-CARE SUNDAY



Coping with loneliness during a pandemic can be challenging. To explore new ways to help you cope, click [HERE](#).

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.
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