



In-Home Activities for Family Caregivers August 31-September 6

MUSIC MONDAY



Click [HERE](#) for some classic music from the 1950s and 1960s.

COOKING TUESDAY



Click [HERE](#) for a simple Summer Pasta recipe from Tony.

2:00 p.m.
Latisha Johnson from the Auberge at the Woodlands presents Meaningful Activities for Those with Dementia live on [Facebook](#) and [YouTube](#).

WORKOUT WEDNESDAY



Click [HERE](#) for chair yoga developed by the therapists in the Toronto Rehab, Brain and Spinal Cord LEAP Service in Toronto.

CRAFTY THURSDAY



Click [HERE](#) to learn how to make paper flowers from old books.

FUN TIME FRIDAY



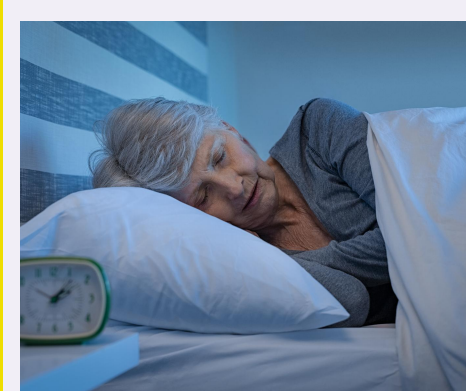
Click [HERE](#) for the entire production of Hello Dolly (with Carol Channing)

LEARNING SATURDAY



Click [HERE](#) to spend a day exploring Washington, D.C.

SELF-CARE SUNDAY



Stress can challenge our ability to rest and relax. Click [HERE](#) for some tips on how to get a great nights' sleep.

[Common Ground](#) (support group for family caregivers) Teleconference 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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