



In-Home Activities for Family Caregivers September 14-20

MUSIC MONDAY



Click [HERE](#) for a Sing Along with Suzie Q (lyrics included).

COOKING TUESDAY



Click [HERE](#) for some delicious Zucchini-Chocolate-oatmeal cookies!!

WORKOUT WEDNESDAY



Who doesn't need more Disco Chair Yoga?!? Click [HERE](#)!

2:00 p.m.
Learn about Project Senior Connect, a free program from Amazing Bond live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



Fall is around the corner, which means reading on the back porch with a cup of tea. Click [HERE](#) for a DIY Bookmark craft.

FUN TIME FRIDAY



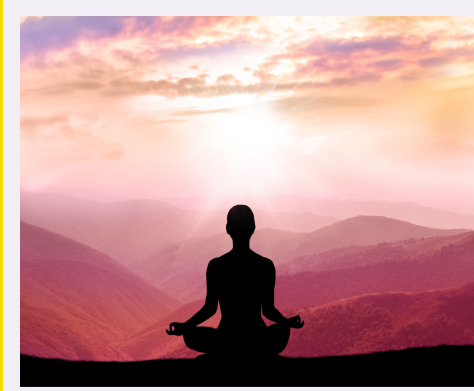
Click [HERE](#) Fall foliage images accompanied by relaxing piano music.

LEARNING SATURDAY



Click [HERE](#) to join National Geographic as they explore how animals and birds prepare for fall and winter.

SELF-CARE SUNDAY



Click [HERE](#) for a Guided Meditation to Reduce Panic, Anxiety & Worry_

[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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