



In-Home Activities for Family Caregivers September 21-27

MUSIC MONDAY



Who doesn't love Frank Sinatra. Click [HERE](#) to enjoy some of his best songs!

COOKING TUESDAY



Click [HERE](#) for some Cozy Fall Coffee Recipes.

WORKOUT WEDNESDAY



Click [HERE](#) for a neat "Somewhere over the Rainbow" Chair Yoga.

CRAFTY THURSDAY



Click [HERE](#) to learn about how you can make high end decorations with items from the Dollar Store!

FUN TIME FRIDAY



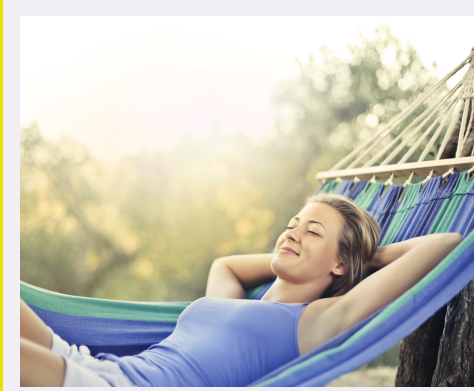
From You've Got a Friend to Carolina On My Mind, enjoy the music of American singer and songwriter James Taylor. Click [HERE](#)

LEARNING SATURDAY



Click [HERE](#) for an American History through a virtual field trip in Colonial Williamsburg.

SELF-CARE SUNDAY



Gratitude Meditation is a Spiritual Discipline for many. Click [HERE](#) to learn more. _

[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. Follow CarePartners on [Facebook](#), [YouTube](#), and check www.CarePartnersTexas.org for updates.