



In-Home Activities for Family Caregivers October 11-17

MUSIC MONDAY



Click [HERE](#) to enjoy 1 Hour of music from the Glenn Miller Band

COOKING TUESDAY



Click [HERE](#) to learn how to make Foil Packet Red Beans and Rice

WORKOUT WEDNESDAY



Click [HERE](#) for all you need to know about Silver Sneakers.

CRAFTY THURSDAY



Click [HERE](#) to learn how to make Toilet Paper Roll Pumpkins

FUN TIME FRIDAY



Click [HERE](#) to watch hilarious and endearing clips from the Puppy Bowl.

LEARNING SATURDAY



Click [HERE](#) for a wealth of information on the history of American Football, and more!

SELF-CARE SUNDAY



Want to be happy? Be Grateful. Click [HERE](#) for the TedTalk from Brother David Steindl-Rast

[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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