



In-Home Activities for Family Caregivers

November 8-14

Honoring Our Veterans

MUSIC MONDAY



[THIS](#) site provides the music of military bands, John Philip Sousa and more.

COOKING TUESDAY



Click [HERE](#) to learn how to make One-Dish Ground Turkey Sweet Potato Skillet.

WORKOUT WEDNESDAY



Click [HERE](#) for Standing Pilates for Seniors.

CRAFTY THURSDAY



Click [HERE](#) for a Painted Cupcake Liner Poppy Craft for Remembrance Day.

FUN TIME FRIDAY



Click [HERE](#) to for 11 Ways to Celebrate Veteran's Day.

LEARNING SATURDAY



Click [HERE](#) to learn the history of Veteran's Day.

SELF-CARE SUNDAY



Click [HERE](#) for 6 ways to adopt a daily self-care routine after 60.

[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.