



In-Home Activities for Family Caregivers December 13-19 Happy Hanukkah

MUSIC MONDAY



Click [HERE](#) to listen to this rendition of "Don't Let the Light Go Out" by Peter, Paul & Mary from a PBS Holiday Concert.

COOKING TUESDAY



Feast your eyes on five favorite Hanukkah recipes from the Food Network. Click [HERE](#) to visit the website.

WORKOUT WEDNESDAY



Click [HERE](#) for a 7 Minute "Good Morning!" Chair Workout for Seniors, from Bob and Brad, the "most famous physical therapists on the internet."

CRAFTY THURSDAY



Click [HERE](#) for Hanukkah Tissue Paper Suncatchers - Craft Project Ideas

FUN TIME FRIDAY



Have you heard about the Maccabeats?!? They are a Jewish a-Capella group. Click [HERE](#) and [HERE](#) for 2 Hanukah songs and [HERE](#) for their website!

LEARNING SATURDAY



Click [HERE](#) to listen to the wise words of Lord Rabbi Jonathan Sacks on Coronavirus and Community

SELF-CARE SUNDAY



Click [HERE](#) for a funny Self Care Song from the SHM Shireinu Project is Congregation Shir Ha-Ma'alot's Music Program.

[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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