



# WEEKLY In-Home Activities for family caregivers

## CALENDAR March 30-April 3

### MONDAY

#### 9:00am

Your Milestone Music performs Live on CarePartners' [Facebook](#) and [YouTube Channel](#).

#### Midday

Craft Time! Check out these Easy Daisy Rocks! Click [Here](#).

#### 2:00pm

Learn more about Keeping Seniors Fit at Home with Kathryn Watson & Jake Tunney on [Facebook](#) and [YouTube](#).

#### Evening

Bring out a photo album and ask your loved about their childhood. [Here](#) are some questions to get you started.

### TUESDAY

#### 10:00am

**Common Ground** Conference Call (Support group for caregivers) OR Dawn Koufakis speaks on Boundaries for Caregivers on [Facebook](#) or [YouTube](#).

#### Midday

Visit [Explore.org](#) and check out all of the interesting Animals and locations you can observe.

#### 2:00pm

Martha Woofter teaches us how to Dry herbs to make gift jars on [Facebook](#) or [YouTube](#).

#### Evening

Learn how to pair the right wine with your dinner. Click [Here](#).

### WEDNESDAY

#### Morning

Starting each day with gratitude, big or small, can make a huge difference. [Here](#) are some tips.

#### 10:00am

Get Fit with Regina. Check out her Chair Yoga on [Facebook](#) or [YouTube](#).

#### 2:00pm

Leah Stanley, author and speaker, will share suggestions and encouragement to help caregivers who can't visit their loved ones on [Facebook](#) or [YouTube](#).

#### Evening

Visit the Great Wall of China (Click [Here](#)) and serve Fried Rice for dinner ([Recipe](#))

### THURSDAY

#### Morning

Learn more about caregiver mental health and managing stress on our [Facebook](#) or [YouTube](#).

#### Midday

Set up a Picnic Lunch to enjoy with your loved one. A different setting can be fun!

#### 2:00pm

**Common Ground** Conference Call (Support group for caregivers). *Check out this Free Adult Coloring Book to keep your loved one occupied.* Click [Here](#).

#### Evening

Virtually Visit the Van Gogh Museum. Click [Here](#).

### FRIDAY

#### Morning

Start today on the porch and read out loud. Free book options [Here](#).

#### Midday

Kimberly Hegwood talks Elder Law and is available to answer your questions on our [Facebook](#) or [YouTube](#).

#### 12:30pm

Karen Pettit will speak about how to have meaningful conversation with loved ones who have dementia on [Facebook](#) or [YouTube](#).

#### Evening

It's time for some jazz. Would you care to dance? Click [Here](#).

For more resources follow CarePartners on [Facebook](#), [YouTube](#), and check [www.CarePartnersTexas.org](http://www.CarePartnersTexas.org) for updates.