



In-Home Activities for family caregivers

April 20-24

MONDAY

Morning.

It's going to be beautiful in Houston today. Start the week with a walk around the neighborhood.

Midday

Cynthia Woods Mitchell Pavilion offers daily music, arts, and craft activities. Click [HERE](#) to see more about Arts at Home

2:00 pm

Music Monday with Cindy St. live on CarePartners' [Facebook](#) and [YouTube](#)

Evening.

Tour the Asia Society Texas Center's online exhibits but clicking [HERE](#)

TUESDAY

10:00 am

[Common Ground](#) Conference Call (Support group for caregivers)

Midday

If you are looking for a good book, check out these local bookstores now offering online shopping! Click [HERE](#)

2:00 pm

How to Avoid the Funeral Trap and Hidden Costs. Live on [Facebook](#) and [YouTube](#).

Evening.

Learn how to make some of your favorite recipes from local chefs by clicking [HERE](#). It would be fun to work on together by giving your loved one simple tasks.

WEDNESDAY

Morning.

If you are running low, you can make your own disinfecting wipes. Click [HERE](#) to learn how

Midday

Check out this simple Bubble Art activity. Click [HERE](#) to learn more.

2:00 pm

Dawn Koufakis-Basel shares her 5 tips for a home-bound caregiver. Watch [HERE](#)

Evening.

Charlie Chaplin is always good for a laugh. Click [HERE](#) to view his films for free!

THURSDAY

10:00 am

Levy Park is offering Tai Chi online every Thursday at 10am. Click [HERE](#) to learn more about this gentle and relaxing activity.

1:00pm

Bellaire Parks and Recreation is hosting online BINGO every Thursday at 1pm. Click [HERE](#) to play.

2:00 pm

[Common Ground](#) Conference Call (Support group for caregivers)

Evening.

The National Theater is offering a weeklong viewing of Twelfth Night starting tonight. Click [HERE](#) to view.

FRIDAY

Morning.

If you can sew and want to help, Click [HERE](#) to learn how to make face masks for yourselves or others.

Midday

Create a fun, indoor, mini golf course for you and your loved one to enjoy. Learn more [HERE](#).

Afternoon

Play the Finishing Lines game. CarePartners Coordinator Becky Villarreal shows us how to play on [YouTube](#) and [Facebook](#)

Evening.

Andrew Lloyd Webber's show, The Phantom of the Opera is showing for free this weekend. Click [HERE](#) to watch on YouTube.

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