



WEEKLY CALENDAR

In-Home Activities for family caregivers April 6-10

MONDAY

9:00 am
Music Entertainment with Megan Treadwell on CarePartners' [Facebook](#) or [YouTube](#)

Midday
Craft Activity: Easy, No Sew Sock Bunny [click here](#) for instructions

Afternoon
Did you know that you can regrow vegetables from scraps? [Click Here](#) to learn how

Evening
Pop some popcorn and enjoy a movie tonight

TUESDAY

10:00 am
Common Ground Conference Call (Support group for caregivers)

Bill Hildebrandt: Medicare on CarePartners' [Facebook](#) or [YouTube](#)

Midday
Let's get moving. Try some of these chair exercises [here](#)

2:00 pm
Martha Woofter: Gardening on CarePartners' [Facebook](#) or [YouTube](#)

Evening
Take a trip back to the 1940's with [this playlist](#)

WEDNESDAY

Morning
Write a letter to a friend you haven't spoken to in a while

10:00 am
Get Fit with Regina. Check out her Chair Yoga on CarePartners' [Facebook](#) or [YouTube](#)

2:00 pm
Leah Stanley: Family dynamics and conflict on [Facebook](#) or [YouTube](#)

Evening
Mindfulness Meditation can help after a long day. Try this one [here](#)

THURSDAY

10:00 am
Jennifer Salazar and Kathryn Watson: Fraud Watch CarePartners' [Facebook](#) or [YouTube](#)

2:00 pm
Common Ground Conference Call (Support group for caregivers)

Erial Green: Stress Management for Caregivers on CarePartners' [Facebook](#) or [YouTube](#)

Evening
Care for a laugh? Check out Jeanne Robertson on her [YouTube](#) or [Website](#)

FRIDAY

Morning
Get ready for Spring with these DIY Yarn Eggs [here](#)

12:30 pm
Karen Pettit: Dementia communication on CarePartners' [Facebook](#) or [YouTube](#)

2:00 pm
Celeste Harris: Parkinson's Awareness Month on CarePartners' [Facebook](#) or [YouTube](#)

Evening
Treat yourself tonight! Enjoy a chocolate mug cake [recipe](#)