<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>Resource(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>MUSIC</td>
<td></td>
<td>NPR Music: Tiny Desk Concert with Steve Martin and the Steep Canyon Rangers. Click HERE to enjoy!</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>COOKING</td>
<td></td>
<td>Enjoy a recipe for the best nachos ever. Click HERE.</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>WORKOUT</td>
<td></td>
<td>Everyone loves music and exercise! Watch a great video that combines both. Click HERE.</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>CRAFTY</td>
<td>10:00 am</td>
<td>&quot;What is a Senior Advisor?&quot;, live on Facebook and YouTube.</td>
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<tr>
<td></td>
<td></td>
<td>2:00 pm</td>
<td>Join Lisa Milliken as she speaks about &quot;Boosting our Immune System&quot; live on Facebook and YouTube.</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>FUN TIME</td>
<td></td>
<td>This week's craft is Paper Quilling. Click HERE to view.</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>LEARNING</td>
<td></td>
<td>Explore 15 of Planet Earth's most amazing and unique sites. Click HERE.</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>SELF-CARE</td>
<td></td>
<td>Illuminate your mind with this TedX Talk on Loving Others and Yourself. Click HERE.</td>
</tr>
</tbody>
</table>

**Common Ground** (support group for family caregivers) Tele-Conference on Tuesdays at 10 a.m. and Thursdays 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.