In-Home Activities to Celebrate Memorial Day
May 25-31

**MONDAY**
**MEMORIAL DAY!**
The National Memorial Day Concert has been honoring our service members for over 30 years! Click [HERE](#) to watch it on PBS!

**COOKING TUESDAY**
How about a fresh berry cake with a flag design on top, Yummy! Click [HERE](#) for the recipe.

10:00 a.m.
Join Elder Law Attorney Angela Odensky for an Intro to Medicaid live on Facebook and YouTube.

**WORKOUT WEDNESDAY**
Top ten balancing exercises for seniors from the Two Most Famous Physical Therapists on the Internet! Click [HERE](#) to view.

2:00 p.m.
Brianna Garrison presents Organizing and Getting the Most out of a Family Meeting live on Facebook and YouTube.

**CRAFTY THURSDAY**
This week’s craft is an easy and cute Macramé American flag tutorial. Click [HERE](#) to view.

2:00 p.m.
Stephanie Salcedo, Secure Your Legacy, shares her advice on when to start pre-planning and how to pay for a funeral live on Facebook and YouTube.

**FUN TIME FRIDAY**
To enjoy a wonderful, patriotic concert from the Boston Pops, click [HERE](#).

**LEARNING SATURDAY**
Explore and learn more about the National Park Foundation/ Parks at Home program by clicking [HERE](#).

**SELF-CARE SUNDAY**
It’s getting hot outside. To learn more about protecting your skin from the Summer Sun, Click [HERE](#).

**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](http://www.CarePartnersTexas.org) for updates.