



In-Home Activities for Family Caregivers

MUSIC MONDAY



Elvis is never a bad idea! Enjoy his music all week long by clicking [HERE](#).

COOKING TUESDAY



Enchiladas are easier than you would think and a Texas favorite! Click [HERE](#) for the recipe.

WORKOUT WEDNESDAY



Jackie Tally takes us through Seven Minutes of Chair Exercises. Click [HERE](#).

AARP Texas is discusses "Millennial Caregiving" live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



This craft includes a couple options to upcycle your old puzzle pieces into something new! Click [HERE](#).

FUN TIME FRIDAY



Harvard Thud – Student drummers performing "Here Comes the Sun" using pool noodles. Click [HERE](#) to enjoy and prepare to laugh!

LEARNING SATURDAY



Check out these tours of abandoned movies sets such as Field of Dreams, Pirates of the Caribbean, and M*A*S*H. Click [HERE](#).

SELF-CARE SUNDAY



Reducing Anxiety and Stress-Clearing the Clutter can really help simplify your life. 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 for updates.