



# In-Home Activities for Family Caregivers

## Happy Independence Day!

### MUSIC MONDAY



Listen to Esperanza Spalding sing "Overjoyed" At the Whitehouse". Click [HERE](#).

### COOKING TUESDAY



Enjoy Cheesecake? Here is an awesome No Bake Cheesecake. Click [HERE](#) for the recipe.

### WORKOUT WEDNESDAY



It's HOT outside! Here is a simple, indoor walking workout to help you avoid the heat. Click [HERE](#).

10:00 a.m.  
Speaker and Author Leah Stanley is giving her tips on how to navigate the emotional roller coaster of caregiving live on [Facebook](#) and [YouTube](#).

### CRAFTY THURSDAY



Check out these Independence Day Starlight Luminaries! Click [HERE](#) for instructions.

2:00 p.m.  
Robyn Horn discusses family dynamics in caregiving live on [Facebook](#) and [YouTube](#).

### FUN TIME FRIDAY



Visit the Boston Pops website to hear past July 4th concerts. They may have cancelled their live concert but will have a "Boston Pops Salute to Our Heroes". Click [HERE](#).

### LEARNING SATURDAY



Here is a website with everything from the history of Independence Day to a photo gallery. Click [HERE](#).

### SELF-CARE SUNDAY



Five ways to self-care over the 4th of July weekend. Click [HERE](#).

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