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

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

**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.