



# In-Home Activities for Family Caregivers June 8-14- Beach Week!

## MUSIC MONDAY



Who doesn't LOVE the Beach Boys? Enjoy their music all week long by clicking [HERE](#).

## COOKING TUESDAY



Who doesn't love Clam Chowder as summer begins to roll in? Click [HERE](#) for the recipe.

## WORKOUT WEDNESDAY



Check out these fun exercises using common beach toys. Click [HERE](#).

AARP Texas presents "Caregiving 101" live on [Facebook](#) and [YouTube](#) at **2:00 p.m.**

## CRAFTY THURSDAY



Here is a really fun seashell painting craft. You can find shells at any craft store. Click [HERE](#).

## FUN TIME FRIDAY



We are all doing what we can to have fun during quarantine. Even Josh Groban is adding his own kick to it! Click [HERE](#) to listen to his Shower Series.

## LEARNING SATURDAY



The Texas Sand Festival is a fun event for all. To see videos and learn more click [HERE](#).

## SELF-CARE SUNDAY



Everyone is blessed with Spiritual Gifts. To learn more about yours, 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.