



# In-Home Activities for Family Caregivers

## July 20-26 Fruit Festival

### MUSIC MONDAY



Click [HERE](#) to hear the Appalachian Waltz by Mark O'Connor, Edgar Meyer, and Yo Yo Ma

### COOKING TUESDAY



Click [HERE](#) for a comprehensive list of local farms and orchards where you can pick your own fruits and vegetables.

**2:00 p.m.**  
Elder Law Attorney Cynthia Fronterhouse presents Wills vs Trusts Which Do I Need? Live on [Facebook](#) and [YouTube](#).

### WORKOUT WEDNESDAY



Click [HERE](#) for 10 Minute Core Strengthening Exercises

### CRAFTY THURSDAY



Click [HERE](#) for a fruit inspired craft- Painting "Strawberry" rocks

### FUN TIME FRIDAY



Click [HERE](#) to have a good laugh with images of funny shaped fruits and vegies

### LEARNING SATURDAY



Click [HERE](#) and [HERE](#) to learn some interesting and sometimes comical facts about fruit!

### SELF-CARE SUNDAY



Click [HERE](#) to reflect on the Fruits of the Spirit for our Sunday meditation.

[Common Ground](#) (support group for family caregivers) Tele-Conference on Tuesdays at 10 a.m. and Wednesdays 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.