

In-Home Activities for Family Caregivers July 20-26 Fruit Festival

MUSIC

COOKING

WORKOUT WEDNESDAY **CRAFTY THURSDAY**

FUN TIME FRIDAY

LEARNING SATURDAY SELF-CARE SUNDAY



Click HERE to hear the Appalachian Waltz by Mark O'Connor, Edgar Meyer, and Yo Yo Ma



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.



Click HERE for 10 Minute Core Strengthening Exercises



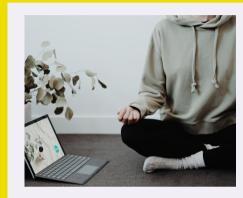
Click HERE for a fruit inspired craft- Painting "Strawberry" rocks



Click HERE to have a good laugh with images of funny shaped fruits and vegies



Click HERE and HERE to learn some interesting and sometimes comical facts about fruit!



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 for updates.