In-Home Activities for Family Caregivers  
July 6-12

<table>
<thead>
<tr>
<th>MUSIC MONDAY</th>
<th>COOKING TUESDAY</th>
<th>WORKOUT WEDNESDAY</th>
<th>CRAFTY THURSDAY</th>
<th>FUN TIME FRIDAY</th>
<th>LEARNING SATURDAY</th>
<th>SELF-CARE SUNDAY</th>
</tr>
</thead>
</table>
| "Music has the power to harness cherished moments that we never want to lose."  
- Anthony Hamilton.  
Click HERE to listen to 10 Artists on Music Moments from the Alzheimer's Association.  
10:00 a.m.  
Mary Anderson, Co-Owner of All Organized, joins us live on Facebook and YouTube. | How about a festive, tri-berry dessert to end your holiday weekend? Yes, Please!  
Click HERE for the recipe. | Some easy seated yoga exercises sounds like a good idea! Click HERE to get started. | A Memory Box is a helpful tool for you and your loved one! Click HERE to learn how to make one. | Lions and Tigers and Bears! Oh My!  
Let's visit the Houston Zoo! Click HERE to watch their live webcams of some of your favorite animal exhibits! | Click HERE to tour 10 of the most famous museums from around the world that you can visit virtually. | Coping with loneliness during a pandemic can be challenging. To explore new ways to help you cope, click HERE. |

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.