



In-Home Activities for Family Caregivers

August 17-23

MUSIC MONDAY



Click [HERE](#) for an uplifting piece from NPR about bringing music to essential workers in NYC.

COOKING TUESDAY



Vintage recipes from the 1930s are a trip down memory lane. Click [HERE](#) for 56 different recipes.

WORKOUT WEDNESDAY



[HERE](#) are several Seated Exercises to get your blood pumping.

Author and speaker Leah Stanley shares different ways to reduce your risk for dementia live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



Click [HERE](#) for some neat ideas for Flea Market Crafts and [HERE](#) for 18 ways to upcycle plastic bags.

FUN TIME FRIDAY



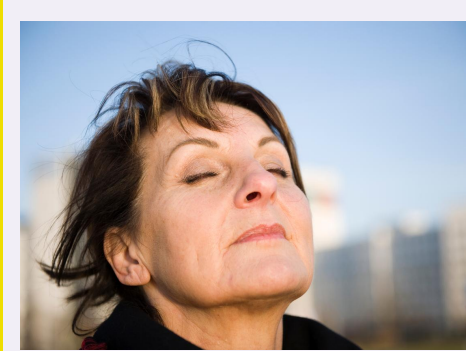
Click [HERE](#) to check out the 10 Most Surprising Antique Road Show Discoveries.

LEARNING SATURDAY



Click [HERE](#) to visit St. Augustine, Florida, America's Oldest City.

SELF-CARE SUNDAY



Click [HERE](#) for a Guided Meditation, by Michael Sealey, meant to help focus on breath and relaxation.

[Common Ground](#) (support group for family caregivers) Teleconference 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.