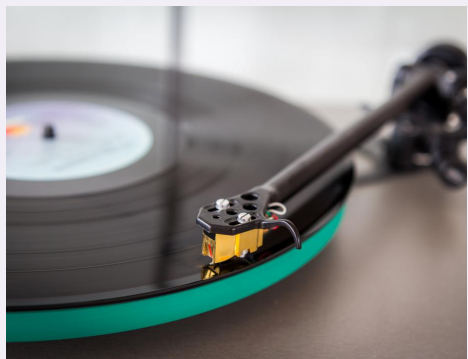




In-Home Activities for Family Caregivers August 24-30

MUSIC MONDAY



Click [HERE](#) for a flashback to the 60's to hear The Lettermen sing "You'll Never Walk Alone", then click [HERE](#) to visit their website to see what the group is up to in 2020.

COOKING TUESDAY



Bacon makes everything better, including chicken salad. Click [HERE](#) for a simple recipe.

WORKOUT WEDNESDAY



[HERE](#) is a simple head to toe workout to get your body moving from Recreational Therapist Rec therapist Liza Franses.

10 a.m.
Teresa Williams from the Auberge at the Woodlands presents Letting Go Without Giving Up live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



Click [HERE](#) to learn how to make a textured foil fish with your loved one (or the grandkids!)

FUN TIME FRIDAY



Click [HERE](#) for an amazing recording of Tchaikovsky's 1812 Overture... with the cannons!

LEARNING SATURDAY



Click [HERE](#) to spend a day exploring New York City.

SELF-CARE SUNDAY



Need to chill out and relax? Click [HERE](#) to take this virtual drive through a snow-covered forest.

[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.