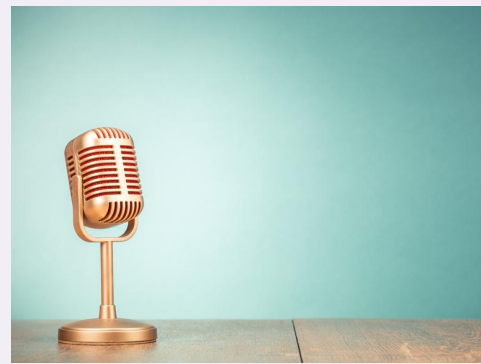




# In-Home Activities for Family Caregivers

## August 3-9: Ice Cream Social

### MUSIC MONDAY



Click [HERE](#) for the official website of James Taylor. Click here to read about his career and listen to some tunes

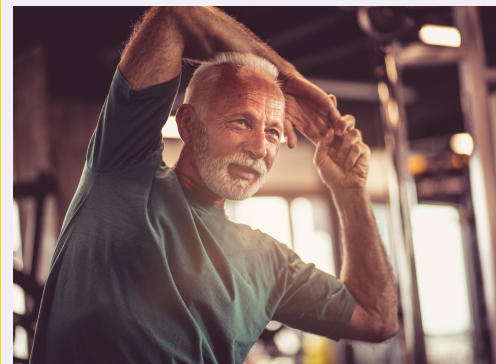
**2:00pm**  
Dr. Jessica Berry from Memorial Hermann will share the latest on COVID-19 and its impact in Houston. Live on [Facebook](#) and [YouTube](#).

### COOKING TUESDAY



You don't need a machine to make ice cream at home. Click [HERE](#) to learn how!

### WORKOUT WEDNESDAY



Click [HERE](#) for some fantastic, everyday stretches.

### CRAFTY THURSDAY



Click [HERE](#) to learn how to make a Giant Ice Cream Cone.

### FUN TIME FRIDAY



Click [HERE](#) to check out the Best Ice Cream in New York City!

### LEARNING SATURDAY



Click [HERE](#) for a 360 degree tour of the Alamo

### SELF-CARE SUNDAY



Click [HERE](#) to learn about developing a Self Care Action Plan

[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.