



In-Home Activities for Family Caregivers

September 28-October 3

Happy Oktoberfest!

MUSIC MONDAY



Click [HERE](#) to enjoy October jazz music/ Jazz Bar Piano & Saxophone from the Jazz Café

COOKING TUESDAY



Click [HERE](#) to visit an episode of The Kitchen for Oktoberfest recipes from Pretzel Dip to Black Forest Cake

WORKOUT WEDNESDAY



Let's get our bodies moving with some easy cardio you can do at home. Click [HERE](#)!

CRAFTY THURSDAY



Click [HERE](#) for some crafty ways to celebrate Oktoberfest at home!

FUN TIME FRIDAY



Click [HERE](#) to peruse through photo galleries from Oktoberfest in Munich

LEARNING SATURDAY



Click [HERE](#) to learn some interesting facts about Germany.

SELF-CARE SUNDAY



Click [HERE](#) for 10 Relaxation Techniques That Zap Stress Fast, from WebMD_

[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.
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