



In-Home Activities for Family Caregivers

September 7-13

Happy Labor Day

MUSIC MONDAY



Click [HERE](#) to listen to the music of pianist George Winston, including his original album AUTUMN.

COOKING TUESDAY



Click [HERE](#) for an incredible recipe for No Bake Peanut Butter Pie!

WORKOUT WEDNESDAY



Click [HERE](#) for low impact dance exercises using chairs.

2:00 p.m.
Learn about Project Senior Connect, a free program from Amazing Bond live on [Facebook](#) and [YouTube](#).

CRAFTY THURSDAY



Click [HERE](#) for 6 Labor Day crafts for seniors.

FUN TIME FRIDAY



Click [HERE](#) for a Sing Along for Seniors

LEARNING SATURDAY



Click [HERE](#) to learn the history of Labor Day.

SELF-CARE SUNDAY



Fall asleep quickly with this spoken meditation. Click [HERE](#)

[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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