



In-Home Activities for Family Caregivers

October 18-24

MUSIC MONDAY



Click [HERE](#) to visit the website of Andrea Bocelli. Click on Discography to hear "Fall on Me" by Andrea & Matteo Bocelli.

COOKING TUESDAY



Click [HERE](#) to enjoy the world of Italian food & regional specialties.

WORKOUT WEDNESDAY



Click [HERE](#) for a week long Exercise Plan for Seniors, for strength, balance and stretching.

CRAFTY THURSDAY



Click [HERE](#) for a No Sew Fall Banner from Hobby Lobby.

FUN TIME FRIDAY



Click [HERE](#) to enjoy online games from AARP.

LEARNING SATURDAY



Click [HERE](#) to peruse the work of famous Italian artists!

SELF-CARE SUNDAY



Click [HERE](#) to hear local religious leaders speak about faith during a pandemic

[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.