



# In-Home Activities for Family Caregivers

## October 4-10

### MUSIC MONDAY



Click [HERE](#) to enjoy 1 Hour of Vintage Fall Music

### COOKING TUESDAY



Click [HERE](#) to learn how to make an amazing Oktoberfest Soup

### WORKOUT WEDNESDAY



Who says seniors can't do Zumba? Not us! Click [HERE](#) and have fun!

### CRAFTY THURSDAY



Click [HERE](#) for an easy Plastic Pumpkin Makeover to do with your loved one.

### FUN TIME FRIDAY



Our libraries may be closed but you can click [HERE](#) to explore the New York Public Library virtually.

### LEARNING SATURDAY



Click [HERE](#) to peruse a list generated from 128 "Best Of" Books from a variety of sources.

### SELF-CARE SUNDAY



Self Care: What It Really Is, by Susannah Winters. Click [HERE](#) for the TedTalk.\_

[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](http://www.CarePartnersTexas.org) for updates.