In-Home Activities for Family Caregivers
October 4-10

**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.

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**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.