## In-Home Activities for Family Caregivers
**November 1-7**

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<tr>
<th><strong>MUSIC</strong></th>
<th><strong>COOKING</strong></th>
<th><strong>WORKOUT</strong></th>
<th><strong>CRAFTY</strong></th>
<th><strong>FUN TIME</strong></th>
<th><strong>LEARNING</strong></th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
<td>Sunday</td>
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- **Music Monday**: Click [HERE](#) to listen to this classic as Nat King Cole sings *Autumn Leaves*.
- **Cooking Tuesday**: Click [HERE](#) to learn how to make Matzo Apple Tea Cakes.
- **Workout Wednesday**: Click [HERE](#) for Walking Cardio with Jane Fonda.
- **Crafty Thursday**: Click [HERE](#) to learn how to make a Memory Book (template included).
- **Fun Time Friday**: This site grants you access to view fall foliage webcams in New England.
- **Learning Saturday**: Click [HERE](#) for 10 Whiteboard Activities for Seniors.
- **Self-Care Sunday**: The Benefits of Mindful Meditation for Older Adults—and How to Get Started. 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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