



In-Home Activities for Family Caregivers

November 1-7

MUSIC MONDAY



Click [HERE](#) to listen to this classic as Nat King Cole sings Autumn Leaves.

COOKING TUESDAY



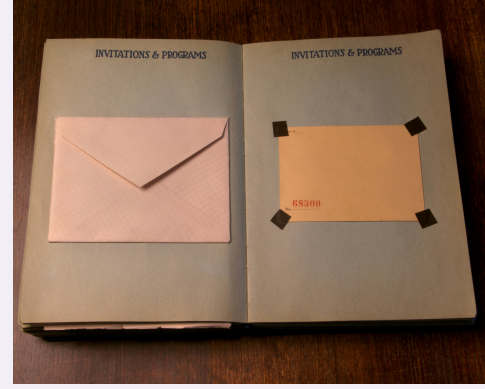
Click [HERE](#) to learn how to make Matzo Apple Tea Cakes

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. Follow CarePartners on [Facebook](#), [YouTube](#), and check www.CarePartnersTexas.org for updates.