



December 2019

Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2 Monday Mojo for Caregivers How Journaling Can Improve Your Life <i>Watch on our website</i>	3	4 Wednesday Workshop Tips for Assessing Changes in Memory <i>Watch on our website</i>	5	6
	9 Monday Mojo for Caregivers Why It's Important To Make Time to Be Alone <i>Watch on our website</i>	10	11 Wednesday Workshop Tips for Caregivers for Doctor Appointments <i>Watch on our website</i>	12	13
Week 3	16 Monday Mojo for Caregivers Holiday Hints for Caregivers of Those With Alzheimer's <i>Watch on our website</i>	17	18 Wednesday Workshop 3 Great Gift Ideas for Those With Memory Loss <i>Watch on our website</i>		20 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	23 Monday Mojo for Caregivers All I Want For Christmas Is... <i>Watch on our website</i>	24 Happy Hanukkah! 25 Wednesday Workshop Helping Children Understand Alzheimer's <i>Watch on our website</i>	26		27
Week 4	30 Monday Mojo for Caregivers New Year's Resolutions for Family Caregivers <i>Watch on our website</i>	31 NEW YEARS EVE 	 <p>(561) 588-4545 2290 10th Ave N #406 Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545.</p>		