



September 2020

Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	--	1	2 Wednesday Workshop	3	4
			Anger, Aggression & Alzheimer's <i>Watch on our website</i>		
Week 2	7 Monday Mojo for Caregivers	8	9 Wednesday Workshop	10	11
	Inspirational Quotes About Life <i>Watch on our website</i>		6 Fun Activities for Those with Memory Loss <i>Watch on our website</i>		
Week 3	14 Monday Mojo for Caregivers	15	16 Wednesday Workshop	17	18
	Finding Inner Peace When You Are Feeling Overwhelmed <i>Watch on our website</i>		Memory Care Communities: What To Look For <i>Watch on our website</i>		
Week 4	21 Monday Mojo for Caregivers	22	23 Wednesday Workshop	24	25
	3 Funny Questions To Ask Yourself If You're Stressed <i>Watch on our website</i>		The Benefits of Pets for Those with Alzheimer's <i>Watch on our website</i>		
Week 5	28 Monday Mojo for Caregivers			<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>	
	Songs to Relieve Caregiver Stress <i>Watch on our website</i>				