



# December 2020

## Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	7 <b>Monday Mojo for Caregivers</b> How Journaling Can Improve Your Life <i>Watch on our website</i>	8	9 <b>Wednesday Workshop</b> Advantages of Adult Day Care <i>Watch on our website</i>	10 <b>Happy Hanukkah!</b> 	11
	14 <b>Monday Mojo for Caregivers</b> Why It's Important To Make Time to Be Alone <i>Watch on our website</i>	15	16 <b>Wednesday Workshop</b> Tips for Caregivers for Doctor Appointments <i>Watch on our website</i>	17	18
<b>Week 3</b>	21 <b>Monday Mojo for Caregivers</b> Holiday Hints for Caregivers of Those With Alzheimer's <i>Watch on our website</i>	22	23 <b>Wednesday Workshop</b> 3 Great Gift Ideas for Those With Memory Loss <i>Watch on our website</i>	24	25 <b>Merry Christmas</b> 
	28 <b>Monday Mojo for Caregivers</b> All I Want For Christmas Is... <i>Watch on our website</i>	29	30 <b>Wednesday Workshop</b> Helping Children Understand Alzheimer's <i>Watch on our website</i>	31 <b>NEW YEARS EVE</b> 	
				<p>(561) 588-4545            2290 10<sup>th</sup> Ave N #406 Lake Worth, FL 33461  <a href="http://www.alzpb.org">www.alzpb.org</a>            RSVP for any event by calling (561) 588-4545.</p>	