

# Alzheimer's Care Resource Center


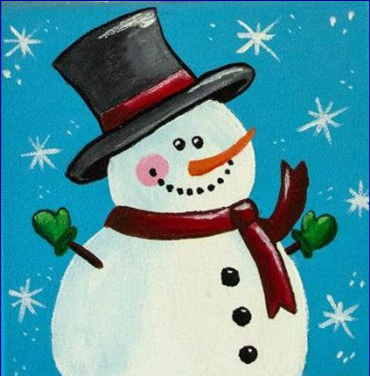


## Caregiver Information Station Calendar

### December 2015

Watch our caregiver videos on our website or on our YouTube channel



### December 2015 Information Station Videos

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	---	1 Newsletter 	2 Wednesday Workshop <b>The Holiday Blues</b> Minimizing Elderly Depression Over the Holidays <i>Watch on our website</i>	3	4 
	7 Monday Mojo for Caregivers <b>Inspirational Quotes</b> Inspirational Quotes About Life <i>Watch on our website</i>	8	9 Wednesday Workshop <b>Happier Holidays</b> 5 Tips to Make the Holidays Easier for You <i>Watch on our website</i>	10 The Reef Just for Men <b>Male Caregiving</b> Why Men Make Great Caregivers <i>Watch on our website</i>	
Week 2	14 Monday Mojo for Caregivers <b>Chill Out</b> Fun Ways to Relieve Stress <i>Watch on our website</i>	15	16 Wednesday Workshop <b>The Battle of the Bath</b> Overcoming Showering & Bathing Challenges <i>Watch on our website</i>	17	18 <b>Paint for Fun™</b> <b>10am-12pm</b> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	21 Monday Mojo for Caregivers <b>You Deserve It!</b> Giving Yourself a Gift <i>Watch on our website</i>	22	23 Wednesday Workshop <b>Alzheimer's &amp; the 5 Senses</b> How Alzheimer's Disease Affects the 5 Senses <i>Watch on our website</i>	24 Christmas Eve 	25 Christmas Day <b>Waves of Faith</b> Non-Denominational Prayer and Inspiration <i>Watch on our website</i>
Week 3	28 Monday Mojo for Caregivers <b>Caregiver Resolutions</b> 10 Caregiver Resolutions for the New Year <i>Watch on our website</i>	29	30 Wednesday Workshop <b>Late Stage Caregiving</b> Caring for Someone with Late Stage Alzheimer's <i>Watch on our website</i>	31 New Year's Eve 	For more information on any of our caregiver videos, please call us at <b>(855) 476-7600.</b>