



# June 2016

## Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>(561) 588-4545</p> <p>2328 10<sup>th</sup> Ave N #600, Lake Worth, FL 33461</p> <p><a href="http://www.AlzheimersCareResourceCenter.org">www.AlzheimersCareResourceCenter.org</a></p> <p>RSVP for any event by calling (561) 588-4545.</p>		<p><b>1</b> <b>Wednesday Workshop</b> What is Hydrocephalus?</p>	<p><b>2</b></p>	<p><b>3</b></p>
			<p><b>Color to Calm</b> <b>10:00am - 12:00pm</b> A Morning of Inspiration and Illustration for Caregivers</p>		
Week 2	<p><b>6</b> <b>Monday Mojo for Caregivers</b></p>	<p><b>7</b></p>	<p><b>8</b> <b>Wednesday Workshop</b></p>	<p><b>9</b> <b>The Reef for Men</b></p>	<p><b>10</b> <b>Silver Sneakers</b></p>
	<p>Living in the Moment <i>Watch on our website</i></p>		<p>How to Help an Aging Loved One Down-Size <i>Watch on our website</i></p>	<p>Superfoods for People with Alzheimer's or Dementia <i>Watch on our website</i></p>	<p><b>2pm-3pm</b> A Fitness Class to Improve Strength, Flexibility, Posture &amp; Balance <i>Register at (561) 588-4545</i></p>
Week 3	<p><b>13</b> <b>Monday Mojo for Caregivers</b></p>	<p><b>14</b></p>	<p><b>15</b> <b>Wednesday Workshop</b> What is Aging Life Care?</p>		<p><b>17</b> <b>Paint for Fun™</b></p>
	<p>Words of Encouragement and Inspiration <i>Watch on our website</i></p>		<p><b>Color to Calm</b> <b>10:00am - 12:00pm</b> A Morning of Inspiration and Illustration for Caregivers</p>		<p><b>10am-12pm</b> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i></p>
Week 4	<p><b>20</b> <b>Monday Mojo for Caregivers</b></p>	<p><b>21</b></p>	<p><b>22</b> <b>Wednesday Workshop</b></p>		<p><b>24</b> <b>Waves of Faith</b></p>
	<p>Making It Through Hard Times <i>Watch on our website</i></p>		<p>How to Soothe a Loved One with Alzheimer's Disease <i>Watch on our website</i></p>		<p><b>Reconnect to Your Spirit</b> Non-Denominational Prayer and Inspiration <i>Watch on our website</i></p>
Week 5	<p><b>27</b> <b>Monday Mojo for Caregivers</b></p>	<p><b>28</b></p>	<p><b>29</b> <b>Wednesday Workshop</b></p>	<p><b>30</b></p>	<p>----</p>
	<p>Yoga Poses for Women Over 60 <i>Watch on our website</i></p>		<p>Ways to Strengthen an Aging Loved One's Immune System <i>Watch on our website</i></p>		