



August 2016

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1 Monday Mojo for Caregivers Practicing Self-Compassion <i>Watch on our website</i>	2	3 Wednesday Workshop 5 Tools That Dementia Caregivers Find Useful Color to Calm 10am - 12pm Adult Coloring for Caregivers	4	5	
	8 Monday Mojo for Caregivers 4 Reasons Why You Need Alone Time <i>Watch on our website</i>	9	10 Wednesday Workshop Helping Elderly Parents with Their Medications <i>Watch on our website</i>	11 The Reef for Men Making Time for Yourself as a Male Caregiver <i>Watch on our website</i>		
Week 3	15 Monday Mojo for Caregivers Wishing You a Great Week <i>Watch on our website</i>	16	17 Wednesday Workshop How to Calm Down a Person with Alzheimer's Color to Calm 10am - 12pm Adult Coloring for Caregivers	18		19 Paint for Fun™ 10am-12pm Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	22 Monday Mojo for Caregivers The Power of a Positive Mindset <i>Watch on our website</i>	23	24 Wednesday Workshop Activities for People with Late-Stage Alzheimer's <i>Watch on our website</i>	25		26 Waves of Faith Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>
Week 5	29 Monday Mojo for Caregivers 10 Motivational Quotes for Family Caregivers <i>Watch on our website</i>	30	31 Wednesday Workshop Caregiver Conversation Next Steps: How to Move Forward After Placing a Loved One <i>Watch on our website</i>	<p>(561) 588-4545</p> <p>2328 10th Ave N #600, Lake Worth, FL 33461</p> <p>www.AlzheimersCareResourceCenter.org</p> <p>RSVP for any event by calling (561) 588-4545.</p>		