



# May 2017

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



	Monday	Tuesday	Wednesday	Thursday	Friday		
Week 1	1 <b>Monday Mojo for Caregivers</b>  2 Ways to Be More Compassionate <i>Watch on our website</i>	2	3 <b>Wednesday Workshop</b>  How to Avoid Elderly Depression <i>Watch on our website</i>	4	5		
	8 <b>Monday Mojo for Caregivers</b>  Ways to Feel Less Stressed Today <i>Watch on our website</i>	9	10 <b>Wednesday Workshop</b>  How to Leverage Your Personal Strengths in Caregiving <i>Watch on our website</i>	11 <b>The Reef for Men</b>	12 <b>Paint for Fun™</b>  <b>10:00am-12:00pm In Lake Worth Office</b> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>		
Week 2	15 <b>Monday Mojo for Caregivers</b>  Building Up Your Resilience <i>Watch on our website</i>	16	17 <b>Wednesday Workshop</b>  Smart Ideas to Keep Your Loved One with Memory Loss Independent <i>Watch on our website</i>		19 <b>Paint for Fun™</b>  <b>10:00am-12:00pm In Lake Worth Office</b> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>		
	22 <b>Monday Mojo for Caregivers</b>  5 Minutes of Morning Stretching <i>Watch on our website</i>	23	24 <b>Wednesday Workshop</b>  How to Cope with Changing Roles and Responsibilities <i>Watch on our website</i>		26 <b>Waves of Faith</b>  <b>Reconnect to Your Spirit</b> Non-Denominational Prayer and Inspiration <i>Watch on our website</i>		
Week 3	29 <b>Monday Mojo for Caregivers</b>  Songs to Relieve Caregiver Sadness <i>Watch on our website</i>	30 <b>Family Caregiver Workshop</b>  <b>10:30am-12:00pm</b> Everything You Need to Know About Medicaid Planning & LTC Insurance <i>RSVP at (561) 588-4545</i>	31 <b>Wednesday Workshop</b>  Simple Exercises for People Living with Memory Loss <i>Watch on our website</i>		<p align="center"><b>(561) 588-4545</b>            2328 10<sup>th</sup> Ave N #600, Lake Worth, FL 33461  <a href="http://www.AlzheimersCareResourceCenter.org">www.AlzheimersCareResourceCenter.org</a>            RSVP for any event by calling (561) 588-4545.</p>		