



# August 2017

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



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	--- [ ]	<b>1</b> [ ]	<b>2</b> <b>Wednesday Workshop</b> Using Adult Day Care as Respite for Caregivers <i>Watch on our website</i>	<b>3</b> [ ]	<b>4</b> [ ]
	[ ]	[ ]	[ ]	[ ]	[ ]
<b>Week 2</b>	<b>7</b> <b>Monday Mojo for Caregivers</b> The Benefits of "Crying It Out" <i>Watch on our website</i>	<b>8</b> [ ]	<b>9</b> <b>Wednesday Workshop</b> 4 Activities for People with Memory Loss <i>Watch on our website</i>	<b>10</b> <b>The Reef for Men</b> How to Avoid Being Trapped by Caregiving <i>Watch on our website</i>	<b>11</b> [ ]
	[ ]	[ ]	[ ]	[ ]	[ ]
<b>Week 3</b>	<b>14</b> <b>Monday Mojo for Caregivers</b> Why Being Selfish is Okay (sometimes) <i>Watch on our website</i>	<b>15</b> [ ]	<b>16</b> <b>Wednesday Workshop</b> How to Meditate for Beginning Caregivers <i>Watch on our website</i>		<b>18</b> <b>Paint for Fun™</b> <b>10:00am-12:00pm</b> <b>In Lake Worth Office</b> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	[ ]	[ ]	[ ]		[ ]
<b>Week 4</b>	<b>21</b> <b>Monday Mojo for Caregivers</b> How to Keep It Together When Everything is Falling Apart <i>Watch on our website</i>	<b>22</b> [ ]	<b>23</b> <b>Wednesday Workshop</b> What You May Not Know About Dementia <i>Watch on our website</i>	<b>25</b> <b>Waves of Faith</b> <b>Reconnect to Your Spirit</b> Non-Denominational Prayer and Inspiration <i>Watch on our website</i>	
	[ ]	[ ]	[ ]	[ ]	
<b>Week 5</b>	<b>28</b> <b>Monday Mojo for Caregivers</b> Things to Let Go of to Be Happier <i>Watch on our website</i>	<b>29</b> [ ]	<b>30</b> <b>Wednesday Workshop</b> The Art of Stress Free Productivity <i>Watch on our website</i>	<p>(561) 588-4545            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>	
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