




November 2017

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>(561) 588-4545 2328 10th Ave N #600, Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545.</p>		1 Wednesday Workshop Helping Elderly Parents with Showering and Changing Clothes <i>Watch on our website</i>	2	3
Week 2	6 Monday Mojo for Caregivers Learning How to Quiet the Mind <i>Watch on our website</i>	7	8 Wednesday Workshop Fall Prevention Techniques for Aging Seniors <i>Watch on our website</i>	9 The Reef for Men How to Run Caregiving Like a Boss <i>Watch on our website</i>	10
Week 3	13 Monday Mojo for Caregivers The Power of Saying "NO" <i>Watch on our website</i>	14	15 Wednesday Workshop What Seniors Need to Know About Hydration <i>Watch on our website</i>		17 Paint for Fun™ 10:00am-12:00pm In Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
Week 4	20 Monday Mojo for Caregivers 7 Quotes from Inspirational Leaders <i>Watch on our website</i>	21	22 Wednesday Workshop How to Wisely Choose an Emergency Alert System <i>Watch on our website</i>	24 Waves of Faith Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>	
Week 5	27 Monday Mojo for Caregivers Mastering the Art of Letting Go <i>Watch on our website</i>	28	29 Wednesday Workshop 7 Things That Cause the Elderly to Fall <i>Watch on our website</i>	30	----