



January 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1 Monday Mojo for Caregivers Connect with Yourself First <i>Watch on our website</i>	2	3 Wednesday Workshop How to Tell if it's Time to Hire an In-Home Caregiver <i>Watch on our website</i>	4	5	
	8 Monday Mojo for Caregivers Stop Trying to be Perfect (You Already Are) <i>Watch on our website</i>	9	10 Wednesday Workshop Sustaining a Healthy Brain for All Ages <i>Watch on our website</i>	11 The Reef for Men How Important is Companionship for Seniors? <i>Watch on our website</i>	12	
Week 3	15 Monday Mojo for Caregivers 6 Ways to Create Peace of Mind <i>Watch on our website</i>	16	17 Wednesday Workshop Downsizing Tips for Aging Seniors <i>Watch on our website</i>		19 Paint for Fun™ 10:00am-12:00pm In Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>	
	22 Monday Mojo for Caregivers How Creativity Heals Us <i>Watch on our website</i>	23	24 Wednesday Workshop How to Help a Loved One who is Resistant to Home Care <i>Watch on our website</i>		26 Waves of Faith Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>	
Week 4	29 Monday Mojo for Caregivers You Are Capable of So Much! <i>Watch on our website</i>	30	31 Wednesday Workshop Chair Exercises for the Elderly <i>Watch on our website</i>		<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>	