



May 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	---	1	2 Wednesday Workshop How to Avoid Elderly Depression <i>Watch on our website</i>	3		
	7 Monday Mojo for Caregivers 2 Ways to Be More Compassionate <i>Watch on our website</i>	8	9 Wednesday Workshop How to Leverage Your Personal Strengths in Caregiving <i>Watch on our website</i>	10		
Week 2	14 Monday Mojo for Caregivers Ways to Feel Less Stressed Today <i>Watch on our website</i>	15	16 Wednesday Workshop Smart Ideas to Keep Your Loved One with Memory Loss Independent <i>Watch on our website</i>	17 The Reef for Men Overcoming Battles in the Bathroom <i>Watch on our website</i>		18 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	21 Monday Mojo for Caregivers Building Up Your Resilience <i>Watch on our website</i>	22	23 Wednesday Workshop Simple Exercises for People Living with Memory Loss <i>Watch on our website</i>	24		25 Waves of Faith Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>
Week 3	28 Monday Mojo for Caregivers 5 Minutes of Morning Stretching <i>Watch on our website</i>	29 Making Moments Matter FREE Workshop Assisted Living Communities: What You Need to Know 10:30am-12:00pm RSVP (561)588-4545	30 Wednesday Workshop How to Cope with Changing Roles and Responsibilities <i>Watch on our website</i>	<p style="text-align: center;"> (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>		
	Week 4	Week 5				