





October 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 Monday Mojo for Caregivers Feel Less Stressed in Less Than 10 Minutes <i>Watch on our website</i>	2	3 Wednesday Workshop Simplifying Daily Care for People with Parkinson's <i>Watch on our website</i>	4	5
	8 Monday Mojo for Caregivers A Guide for Living Life to the Fullest <i>Watch on our website</i>	9	10 Wednesday Workshop Common Questions Caregivers Should Ask about Parkinson's <i>Watch on our website</i>	11	12
Week 2	15 Monday Mojo for Caregivers Overcoming Low Self-Esteem in Caregiving <i>Watch on our website</i>	16	17 Wednesday Workshop Traveling Tips for the Elderly <i>Watch on our website</i>		19 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	22 Monday Mojo for Caregivers Lots of Ways to Organize Your Life Now <i>Watch on our website</i>	23	24 Wednesday Workshop Helping Parents with Showering and Changing Clothes <i>Watch on our website</i>		25
Week 3	29 Monday Mojo for Caregivers Encouraging Quotes from Famous People <i>Watch on our website</i>	30	31 HAPPY HALLOWEEN 	<p 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>	