



November 2018

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	2
Week 2	<p>5 Monday Mojo for Caregivers</p> <p>Learning How to Quiet the Mind <i>Watch on our website</i></p>	6	<p>7 Wednesday Workshop</p> <p>Fall Prevention Techniques <i>Watch on our website</i></p>		9
Week 3	<p>12 Monday Mojo for Caregivers</p> <p>The Power of Saying No <i>Watch on our website</i></p>	<p>13 FREE WORKSHOP</p> <p>How to Cope with Feelings of Fear 10:00 am – 11:30 am <i>Sponsored by: ElderCare at Home</i></p>	<p>14 Wednesday Workshop</p> <p>What You Need to Know About Hydration <i>Watch on our website</i></p> <p>FREE Aging Gracefully Workshop At Sonata Delray Beach</p>		<p>16 Paint for Fun™</p> <p>10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i></p>
Week 4	<p>19 Monday Mojo for Caregivers</p> <p>7 Quotes from Inspirational Leaders <i>Watch on our website</i></p>	20	<p>21 Wednesday Workshop</p> <p>How to Choose an Emergency Alert System <i>Watch on our website</i></p>	22 Happy Thanksgiving	23
Week 5	<p>26 Monday Mojo for Caregivers</p> <p>Mastering the Art of Letting Go <i>Watch on our website</i></p>	<p>27 Giving Tuesday!</p> <p>#GIVING TUESDAY</p>	<p>28 Wednesday Workshop</p> <p>7 Things that Cause Falls <i>Watch on our website</i></p>	29	30