





December 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3 Monday Mojo for Caregivers How Journaling Can Improve Your Life <i>Watch on our website</i>	4	5 Wednesday Workshop Tips for Assessing Changes in Memory <i>Watch on our website</i>	6	7
Week 2	10 Monday Mojo for Caregivers Why It's Important to Make Time to Be Alone <i>Watch on our website</i>	11	12 Wednesday Workshop Tips for Caregivers during Doctor Appointments <i>Watch on our website</i>	13	14
Week 3	17 Monday Mojo for Caregivers Holiday Hints for Caregivers of Those with Alzheimer's <i>Watch on our website</i>	18	19 Wednesday Workshop Choosing the Right Gift for a Loved One with Memory Loss <i>Watch on our website</i>		21 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
Week 4	24 Monday Mojo for Caregivers All I Want for Christmas Is... <i>Watch on our website</i>	25 MERRY CHRISTMAS 	26 Wednesday Workshop Helping Children Understand Alzheimer's Disease <i>Watch on our website</i>	28	
Week 5	31 Monday Mojo for Caregivers New Year's Resolutions for Family Caregivers <i>Watch on our website</i>	----	----	<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>	