



# May 2019

## Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	---		1 Wednesday Workshop  How to Avoid Elderly Depression <i>Watch on our website</i>	2		
	6 Monday Mojo for Caregivers  2 Ways to Be More Compassionate <i>Watch on our website</i>	7	8 Wednesday Workshop  How to Leverage Your Personal Strengths in Caregiving <i>Watch on our website</i>	9, 10		
Week 2	13 Monday Mojo for Caregivers  Ways to Feel Less Stressed Today <i>Watch on our website</i>	14	15 Wednesday Workshop  Smart Ideas to Keep Your Loved One with Memory Loss Independent <i>Watch on our website</i>	16 The Reef for Men  Overcoming Battles in the Bathroom <i>Watch on our website</i>		17 Paint for Fun™  10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece Register at (561) 588-4545
	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>(561) 588-4545</p> <p>2290 10<sup>th</sup> Ave N #406, Lake Worth, FL 33461</p> <p><a href="http://www.alzpb.org">www.alzpb.org</a></p> <p>RSVP for any event by calling (561) 588-4545.</p>		