



# July 2019

## Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 <b>Monday Mojo for Caregivers</b>  Inspirational Quotes About Independence <i>Watch on our website</i>	2	3 <b>Wednesday Workshop</b>  What to Avoid While Caregiving <i>Watch on our website</i>	4	5
	8 <b>Monday Mojo for Caregivers</b>  Questions to Ask if You're Stressed <i>Watch on our website</i>	9	10 <b>Wednesday Workshop</b>  3 Dinner Meals That are Great for People with Memory Loss <i>Watch on our website</i>	11	12
Week 3	15 <b>Monday Mojo for Caregivers</b>  Regaining Your Passion for Family Caregiving <i>Watch on our website</i>	16	17 <b>Wednesday Workshop</b>  How Do You Know if You Need a Care Manager? <i>Watch on our website</i>		19 <b>Paint for Fun™</b>  <b>10:00am-12:00pm</b> <b>Lake Worth Office</b> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	22 <b>Monday Mojo for Caregivers</b>  The Great Things That Happen When You Spend Time Alone <i>Watch on our website</i>	23	24 <b>Wednesday Workshop</b>  Ways to Make Hospital Visits Easier <i>Watch on our website</i>		25
Week 5	29 <b>Monday Mojo for Caregivers</b>  Quick and Easy Ways to Start Relaxing <i>Watch on our website</i>	39	31	<p>(561) 588-4545            2290 10<sup>th</sup> Ave N #406 Lake Worth, FL 33461  <a href="http://www.alzpb.org">www.alzpb.org</a>            RSVP for any event by calling (561) 588-4545.</p>	