



# September 2019

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2 <b>Monday Mojo for Caregivers</b>  Inspirational Quotes About Life <i>Watch on our website</i>	3	4 <b>Wednesday Workshop</b>  Anger, Aggression & Alzheimer's <i>Watch on our website</i>	5	6
	9 <b>Monday Mojo for Caregivers</b>  A Guided Meditation for Relaxation <i>Watch on our website</i>	10	11 <b>Wednesday Workshop</b>  6 Fun Activities for Those with Memory Loss <i>Watch on our website</i>	12	13
Week 3	16 <b>Monday Mojo for Caregivers</b>  Finding Inner Peace When You Are Feeling Overwhelmed <i>Watch on our website</i>	17	18 <b>Wednesday Workshop</b>  Memory Care Communities: What To Look For <i>Watch on our website</i>		20 <b>Paint for Fun™</b>  <b>10:00am-12:00pm</b> <i>Lake Worth Office</i> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	23 <b>Monday Mojo for Caregivers</b>  3 Funny Questions To Ask Yourself If You're Stressed <i>Watch on our website</i>	24 <b>Scrapbook Circle™</b>  Create a Memory Album. for those with memory loss. <b>12:00pm to 2:00pm</b> <b>Register (561) 588-4545</b>	25 <b>Wednesday Workshop</b>  The Benefits of Pets for Those with Alzheimer's <i>Watch on our website</i> <b>FREE WORKSHOP- Alzheimer's from A to Z</b>		27
Week 5	30 <b>Monday Mojo for Caregivers</b>  Songs to Relieve Caregiver Stress <i>Watch on our website</i>		at Oasis Health & Rehab 3p-4p RSVP (561) 586-7404	<b>(561) 588-4545</b> 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.	