



November 2019

Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	4 Monday Mojo for Caregivers Learning How To Quiet The Mind <i>Watch on our website</i>	5	6 Wednesday Workshop How to Improve Focus & Mental Clarity With Essential Oils <i>Watch on our website</i>	7	8
	11 Monday Mojo for Caregivers The Power of Saying "NO" <i>Watch on our website</i> 	12 All About Alzheimer's Free Workshop Argo Senior Living 2939 Haverhill Rd. 12:00 - 1:30pm RSVP (561) 588-4545	13 Wednesday Workshop Self-Directed Health Care: Choosing to Live a Wellness Lifestyle <i>Watch on our website</i>		15
18 Monday Mojo for Caregivers 7 Quotes from Inspirational Caregivers <i>Watch on our website</i>	19 FREE WELLNESS WORKSHOP Free Wellness Workshop 12:00 - 1:30m Light Refreshments RSVP (561) 588-4545	20 Wednesday Workshop Celebrating the Holidays When Your Loved One Has Memory Loss <i>Watch on our website</i>	22 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>		
Week 4	25 Monday Mojo for Caregivers Mastering the Art of Letting Go <i>Watch on our website</i>	26	27 Wednesday Workshop How To Be Thankful When You are a Full-Time Caregiver <i>Watch on our website</i>		29 Closed
					<p style="text-align: center;"> (561) 588-4545 2290 10th Ave N #406 Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545. </p>