



# November 2020

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



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>2</b> <b>Monday Mojo for Caregivers</b> Learning How To Quiet The Mind <i>Watch on our website</i>	<b>3</b>	<b>4</b> <b>Wednesday Workshop</b> How to Improve Focus & Mental Clarity With Essential Oils <i>Watch on our website</i>	<b>5</b>	<b>6</b>
	<b>9</b> <b>Monday Mojo for Caregivers</b> The Power of Saying "NO" <i>Watch on our website</i>	<b>10</b>	<b>11</b> <b>Wednesday Workshop</b> Self-Directed Health Care: Choosing to Live a Wellness Lifestyle <i>Watch on our website</i>	<b>12</b>	<b>13</b>
<b>Week 3</b>	<b>16</b> <b>Monday Mojo for Caregivers</b> 7 Quotes from Inspirational Caregivers <i>Watch on our website</i>	<b>17</b>	<b>18</b> <b>Wednesday Workshop</b> Celebrating the Holidays When Your Loved One Has Memory Loss <i>Watch on our website</i>	<b>19</b>	<b>20</b>
	<b>23</b> <b>Monday Mojo for Caregivers</b> Mastering the Art of Letting Go <i>Watch on our website</i>	<b>24</b>	<b>25</b> <b>Wednesday Workshop</b> How To Be Thankful When You are a Full-Time Caregiver <i>Watch on our website</i>		
<b>Week 4</b>	<b>30</b> <b>Monday Mojo for Caregivers</b> 7 Quotes from Inspirational Caregivers <i>Watch on our website</i>				<b>27</b>
					<p style="text-align: center;"> <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.         </p>