



January 2021

Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	4 Monday Mojo for Caregivers	5	6 Wednesday Workshop	7	8
	<p style="text-align: center;">You Are Capable of So Much!</p> <p style="text-align: center;"><i>Watch on our website</i></p>		<p style="text-align: center;">How to Tell if it's Time to Hire an In-Home Caregiver</p> <p style="text-align: center;"><i>Watch on our website</i></p>		
Week 2	11 Monday Mojo for Caregivers	12	13 Wednesday Workshop	14	15
	<p style="text-align: center;">Stop Trying to be Perfect (You Already Are)</p> <p style="text-align: center;"><i>Watch on our website</i></p>		<p style="text-align: center;">Sustaining a Healthy Brain for All Ages</p> <p style="text-align: center;"><i>Watch on our website</i></p>		
Week 3	18 Monday Mojo for Caregivers	19	20 Wednesday Workshop	21	22
	<p style="text-align: center;">6 Ways to Create Peace of Mind</p> <p style="text-align: center;"><i>Watch on our website</i></p>		<p style="text-align: center;">Downsizing Tips for Aging Seniors</p> <p style="text-align: center;"><i>Watch on our website</i></p>		
Week 4	25 Monday Mojo for Caregivers	26	27 Wednesday Workshop	28	29
	<p style="text-align: center;">How Creativity Heals Us</p> <p style="text-align: center;"><i>Watch on our website</i></p>		<p style="text-align: center;">How to Help a Loved One who is Resistant to Home Care</p> <p style="text-align: center;"><i>Watch on our website</i></p>		
Week 5				<p>(561) 588-4545</p> <p>2290 10th Ave N #406, Lake Worth, FL 33461</p> <p>www.alzpb.org</p> <p>RSVP for any event by calling (561) 588-4545.</p>	