










# July 2021

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1	2
Week 2	5 <b>Monday Mojo for Caregivers</b>	6	7 <b>Wednesday Workshop</b>	8	9
	Questions to Ask if You're Stressed <i>Watch on our website</i> 		3 Dinner Meals That are Great for People with Memory Loss <i>Watch on our website</i> 		
Week 3	12 <b>Monday Mojo for Caregivers</b>	13	14 <b>Wednesday Workshop</b>	15	16
	Regaining Your Passion for Family Caregiving <i>Watch on our website</i> 		How Do You Know if You Need a Care Manager? <i>Watch on our website</i> 		
Week 4	19 <b>Monday Mojo for Caregivers</b>	20	21 <b>Wednesday Workshop</b>	22	23
	The Great Things That Happen When You Spend Time Alone <i>Watch on our website</i> 		Ways to Make Hospital Visits Easier <i>Watch on our website</i> 		
Week 5	26 <b>Monday Mojo for Caregivers</b>	27	28 <b>Wednesday Workshop</b>	(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.	
	Quick and Easy Ways to Start Relaxing <i>Watch on our website</i> 		What to Avoid While Caregiving <i>Watch on our website</i> 