





# December 2021

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



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>6</b> <b>Monday Mojo for Caregivers</b> How Journaling Can Improve Your Life <i>Watch on our website</i>	<b>7</b>	<b>8</b> <b>Wednesday Workshop</b> Advantages of Adult Day Care <i>Watch on our website</i>	<b>9</b>	<b>10</b>
	<b>13</b> <b>Monday Mojo for Caregivers</b> Why It's Important To Make Time to Be Alone <i>Watch on our website</i>	<b>14</b>	<b>15</b> <b>Wednesday Workshop</b> Tips for Caregivers for Doctor Appointments <i>Watch on our website</i>	<b>16</b>	<b>17</b>
<b>Week 3</b>	<b>20</b> <b>Monday Mojo for Caregivers</b> Holiday Hints for Caregivers of Those With Alzheimer's <i>Watch on our website</i>	<b>21</b>	<b>22</b> <b>Wednesday Workshop</b> 3 Great Gift Ideas for Those With Memory Loss <i>Watch on our website</i>	<b>23</b>	<b>24</b> 
	<b>27</b> <b>Monday Mojo for Caregivers</b> All I Want For Christmas Is... <i>Watch on our website</i>	<b>28</b>	<b>29</b> <b>Wednesday Workshop</b> Helping Children Understand Alzheimer's <i>Watch on our website</i>	<b>30</b>	<b>31</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>	