



WEEKLY CALENDAR

Key activities for family caregivers to do at home

MONDAY

Morning

10:00 a.m.
At home mini-workout on CarePartners' **Facebook** and **YouTube Channel**

Midday

Cook simple recipes together like cookies

Afternoon

Virtually explore the Houston Museum of Natural Science

Evening

View an Opera Show online

TUESDAY

Morning

10:00 a.m.
Common Ground Conference Call (Support group for caregivers)

Midday

Set the table for a meal

Afternoon

Virtually explore the Houston Zoo

Evening

View an online Ballet performance online

WEDNESDAY

Morning

Complete simple jigsaw puzzles together (i.e. children's puzzles with 24-48 pieces)

Midday

Blow up balloons and play balloon volleyball

2:00 p.m.

Live music entertainment on CarePartners' **Facebook** and **YouTube Channel**

Evening

View a free online Broadway Musical or show

THURSDAY

Morning

Loving Kindness Meditation with Elisha Buster on CarePartners' **Facebook** and **YouTube Channel**

1:00 p.m.

Facebook and **YouTube** Live with Terry Vaughn District Manager of Pharmacy and Retail Services for Walgreens

2:00 p.m.

Common Ground Conference Call (Support group for caregivers)

Evening

Watch a favorite movie or TV program together and talk about it

FRIDAY

Morning

Reminisce with family picture albums

Midday

Do a small task or chore together like folding towels or matching socks together

Afternoon

Virtually explore the Houston Museum of Fine Arts

Evening

Listen to nightly online concert from the world's top Orchestras

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