



# In-Home Activities for Family Caregivers

## August 10-16

### MUSIC MONDAY



Click [HERE](#) to listen to The Blessing- featuring kids from different nations

### COOKING TUESDAY



Celebrate National Fajita Day with some easy Slow Cooker Fajitas. Click [HERE](#) to learn how!

### WORKOUT WEDNESDAY



[HERE](#) are some fantastic Lung Exercises to help open your chest and expand your lungs.

**2:00pm**  
Lisa Milliken shares her tips for caring for the caregiver and the importance of self-care live on [Facebook](#) and [YouTube](#).

### CRAFTY THURSDAY



Click [HERE](#) to learn how to make a neat Sea Glass Art picture

### FUN TIME FRIDAY



Click [HERE](#) to check out the Best Movie Musicals of All Time from A-Z

### LEARNING SATURDAY



Click [HERE](#) for a neat video from Natural History Channel teaching us about the Secret Nature of Bees

### SELF-CARE SUNDAY



Click [HERE](#) to see The National Center for Complementary & Integrative Health offers meditation tip and so much more.

[Common Ground](#) (support group for family caregivers) Tele-Conference on Tuesdays at 10 a.m. and Wednesdays at 2 p.m. For more resources or if you missed one of our Facebook LIVE videos, Click [HERE](#) to view them. Follow CarePartners on [Facebook](#), [YouTube](#), and check [www.CarePartnersTexas.org](http://www.CarePartnersTexas.org) for updates.