

Support for Caregivers

The Parker Jewish Institute holds phone support groups for caregivers of those with Alzheimer's/dementia.

Group tele-meeting times are...

Weekdays at 10:00 AM & 2:00 PM.

Saturdays at 9:30 AM.

Call **917-962-0650** during any of those times, and enter code **713896**.

Parker Jewish's *Willing Hearts Helpful Hands* is a virtual program series for the elderly, those with Alzheimer's or dementia, and their caregivers.

Scroll to the next page to see this week's schedule.

Programs include gentle exercises, memory cafés, & webinars for caregivers.

Advanced registration is required for all programs.

Willing Hearts Helpful Hands Virtual Programming Calendar

Sing-along With Marci Castro

Monday August 24 3:00 pm - 4:00 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZ0uc-ispzMqHtK-JshGL2K2nLvZInsE1TI>

Challenge Your Brain: "Name The Opposites"

Tuesday August 25 11:00 am - 12:00 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZMudO6upzguGNVoKLUS3hFNeCvMuOZfuZTC>

Chair Yoga with Michelle and Cindy from Yoga Shack

Tuesday August 25 3:30 pm - 4:15 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZwvdO-upzltH9xYoyRIG5zvBiO5lgOIIUsY>

Education Webinar: Overcoming Caregiver Guilt

Wednesday August 26 11:00 am - 12:00 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZ0rfuurrD4jG9M2WIPjOPB0nhbEGGHJHFcg>

Mobility Fitness with Ian Fertaudo from Metro Physical Therapy

Wednesday August 26 3:00 pm - 4:00 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZcpfuivpzsuE9L89x10ispGRSy-HaJJYIRm>

Dementia Basics

Thursday August 27 9:30 am - 11:30 am

Click below to Register

https://us02web.zoom.us/meeting/register/tZlvduytrTkiEtwhH-_1n4ncAqJ8kPoWd6aa

Sound Healing, Chair Yoga, Meditation with The Yoga Shack

Thursday August 27 3:30 pm - 4:15 pm

Click below to Register

https://us02web.zoom.us/meeting/register/tZUucOuhrD4rEtduiYKLI59_AYq9yFIdUfgn

Move and Groove with Dave Patrick Entertainment

Friday August 28 11:00 am - 12:00 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZErfuqrrjstE9FPth-dnY5TKKgpyZfBLDKF>

Home Fitness with Tom from Spartan Fitness

Friday August 28 3:00 pm - 4:00 pm

Click below to Register

<https://us02web.zoom.us/meeting/register/tZUqfu-tqDgsE9zsJXjq5vsnwHJyoEqVyuAP>

Advance Registration is Required for All Programs

If you have difficulties registering please contact us.

Call: (516) 586-1507 email: whhh@parkerinstitute.org

After registering, you will receive a confirmation email containing information about joining the webinar.