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

Zumba with Andrea
Monday July 20 11:00 am - 12:00 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZctdO2prTgsHNXu0b6ju5Y6uK3EmQgYDBrr

Relaxation Zensation with Sue
Monday July 20 3:00 pm - 4:00 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZEpfu-vqzwjE9atR8p3vlUL6B28Xs8UBt-S

Virtual Travel: Safari & Rain Forests
Tuesday July 21 11:00 am - 12:00 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZMvduygrzMsG9bKOPE6UgjWVYaAPjCb7LLJ

Yoga with Michelle from the Yoga Shack
Tuesday July 21 3:30 pm - 4:15 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZwuf-ytqT4sGNYGJBqFU3BYOew2EqJ5tDV4

Education Webinar: Talking to Your Doctor
Wednesday July 22 11:00 am - 12:00 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZYsc--pqz0rE9wtJLOztir2UX9E6FeIoVQ6

Mobility Fitness with Ian Fertaudo from Metro Physical Therapy
Wednesday July 22 3:00 pm - 4:00 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZUtd-Gvrz0tGtZ0-jBQRz93AzmNdeP2JsfL

Dementia Related Behaviors: Part 1
Thursday July 23 9:30 am - 11:30 am
Click below to Register:
https://us02web.zoom.us/meeting/register/tZIodeyrqD8qHNfSB2VooMsmiqHSycQ1iOCN

Dementia Related Behaviors: Part 2
Friday July 24 9:30 am - 11:30 am
Click below to Register:
https://us02web.zoom.us/meeting/register/tZApc--srT4uEtLPKN672aAsa0MfrtyeTefh

Music with Alex Alexander
Friday July 24 3:00 pm - 4:00 pm
Click below to Register:
https://us02web.zoom.us/meeting/register/tZIud--srjMsG9As4r_f_D64CgymUgXpOZLi

Chair Yoga with the Yoga Shack
Saturday July 25 10:00 am - 11:00 am
Click below to Register:
https://us02web.zoom.us/meeting/register/tZcpceGrqT0oHdI3shMekPBdnQ8WeMemoLWe

Mobility Fitness with Ian
Sunday July 26 10:00 am - 11:00 am
Click below to Register:
https://us02web.zoom.us/meeting/register/tZAkceChrzIpEt37j9HObk7e9Hd5qBzg3q2n

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.