



# Caregiver Month of Care

Celebrating those who care endlessly for  
their loved ones.

**GIFT BASKET PICK-UP, PARKING LOT  
CIDER & PUMPKIN PAINTING!**

**SEYMOUR CENTER**

2551 HOMESTEAD ROAD | CHAPEL HILL

**NOV 12TH, 10 AM - 12 PM**

## **Virtual Activities for Caregivers:**

Nov 2nd 10:30 am - 11 am: Trivia

Nov 9th 10:30 am - 11 am: Guacamole & Salsa Recipe

Nov 16th 10 - 10:30 am: Chair Yoga \*(note start time)

Nov 23rd 10:30 am - 11 am: Breathwork

Nov 30th 10:30 am - 11 am: Guided Meditation

## **Register Online at**

[www.orangecountync.gov/OnlineRegistration](http://www.orangecountync.gov/OnlineRegistration)

Search "343062" or "Caregiver's Day of Care"

**Or Call 919-968-2070**