



July 2025



Boca Raton

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p><u>Special Events</u> 7/03 - 4th of July Party 7/03 - Music By Elevar 7/07 - National Strawberry Sundae Day 7/08 - National Freezer Pop Day/National Raspberry Day 7/11 - National Blue Berry Muffin Day 7/18 – National Tropical Fruit Day/Dole Whip Day 7/21 - Music by Elevar 7/23 – National Vanilla Ice Cream Day 7/30 - Therapy Dog Visit 7/31 - National Avocado Day</p>		1 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Bowling (P/C/S) 12:00pm Lunch (S) 1:00pm Noodle Ball (P/S) 2:00pm Sing-along (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	2 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Basketball (P/S/C) 12:00pm Lunch (S) 1:00pm Money Game(C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	3 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Horseshoe or Darts (C/P/S) 12:00pm Lunch (S) 1:00pm Music with Elevar (C/S) 2:00pm Lucky Dog (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	4 
	7 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Corn Hole (P/S/C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Balloon Games (P/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	8 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Bowling (P/C/S) 12:00pm Lunch (S) 1:00pm Noodle Ball (P/S) 2:00pm Sing-along (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	9 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Basketball (P/S/C) 12:00pm Lunch (S) 1:00pm Horseracing (P/C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	10 8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Horseshoe or Darts (P/S/C) 12:00pm Lunch (S) 1:00pm Art Project (C/S) 2:00pm Lucky Dog (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	11 8:00am-9:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Mini Golf (C/P/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Sing-along (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)
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**Specialized Alzheimer's  
Day Care Program Boca Raton**

4680 N. Dixie Hwy.  
Boca Raton, FL 33431  
Mon-Fri: 8:00 – 5:00pm  
(561) 391-6955  
[www.alzcare.org](http://www.alzcare.org)

Veronica Kowlessar, RN Program Manager  
TBD Program Nurse



**24 Hour Crisis  
Line**

**1-800-394-1772**

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, “Current” Events, Morning Announcements, Tabletop Activities-coloring, bean sorting, puzzles, patient specific individual tasks	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories and integrating those memories into activities; acknowledging and accepting the patient’s perception of his/her “world” in a supportive, engaging, nonjudgmental environment; encouraging and rewarding creativity
Physical	Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing safety
Social	Building a Story, Trivia “Competition”, Music Therapy, Sing-along, Group craft building, Group discussion, Group Games	Honoring the human condition and need for relationships and social contact; encouraging social interaction and connection with peers based on shared interests and abilities; acknowledging the patient’s successes, maximizing dignity and self-esteem
Spiritual	Non-judgmental safe environment <b>at all times.</b> Music-patient’s choice, Recognizing unique culture and faiths in discussions and in song, positive reinforcement of all endeavors	Promoting balance between the patient’s inner and outer worlds; honoring the family’s heritage and culture, providing an atmosphere of calm, harmony, and safety where the patient can be him/herself with pride; respecting each person’s unique belief system
Emotional	Positive Communication <b>at all times:</b> Validation, Therapeutic Touch, Praise/Encouragement,	Understanding and compassionately caring for the patient’s emotional needs by providing a nurturing environment; communicating with the patient in a supportive, validating manner, with understanding of, and empathy for, limitations imposed by Alzheimer’s



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	Positive Behavioral Interventions	disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient's abilities
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