





May 2024



Boca Raton

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|--|
| <p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p>Happy Birthday</p>  <p>Elmer 5/8 Mikhael 5/19 Samantha 5/15 Joanne 5/25</p> <p>Special Events 5/3 –Two Different Color Shoes Day 5/8 – Music Therapy with Camille@ 1:45PM 5/13 – Fruit Cocktail Day 5/15 – Chocolate Chip Day 5/16 – Classic Movie Day 5/17 - Pizza Party Day 5/20 – Pick Strawberries Day/Be A Millionaire Day 5/27 – Grape Day 5/29 – Senior Health &Fitness Day</p> | | | 1 8:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Basketball (P/S/C) 12:00pm Lunch (S) 1:00pm Horseracing (C/P/S) 2:00pm Money Game (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S) | 2 8:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Horseshoe or Darts (C/P/S) 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) | 3 8:00am-9:00am Tabletop Activities (C/S) 9:15am 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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Boca Raton

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

Veronica Kowlessar, RN Program Manager
Samantha Francis, LPN Program Nurse



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 at all times. 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 at all times: Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions | 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 disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient’s abilities |