



	Monday	Tuesday	Wednesday	Thursday	Friday
<div>Monthly Schedule subject to change based on program discretion/patient needs.</div> <div></div> <div><div>BIRTHDAY'S</div><div>TERESA 5/4</div><div>ELLIE 5/17</div><div>LEONJA 5/22</div></div> <div><div>SPECIAL EVENTS</div><div>5/1- NAT'I CHOCOLATE PARFAIT DAY</div><div>5/2- NAT'I MOTHER GOOSE DAY</div><div>5/2- NAT'I TRUFFLE DAY</div><div>5/2- NAT'I DAY OF PRAYER</div><div>5/3- NAT'I TWO DIFFERENT COLORED SHOE DAY</div><div>5/6- NAT'I BEVERAGE DAY</div><div>5/6- NAT'I NURSES DAY</div><div>5/9- NAT'I HOME FRONT HEROES DAY</div><div>5/10-NAT'I SHRIMP DAY</div><div>5/12-MOTHERS DAY</div><div>5/13-NAT'I FRUIT COCKTAIL DAY</div><div>5/19-NAT'I DEVIL'S FOOD DAY</div><div>5/20-NAT'I PICK STRAWBERRIES DAY</div><div>5/23-NAT'I TAFFY DAY</div><div>5/27- MEMORIAL DAY</div><div>5/29- NAT'I FLIP FLOP DAY</div></div>			<div>1</div> <div>8:00am Open Discussion (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (S) 11:30am Exercise (C/S) 12:00pm Trivia(C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm TV TRIVA 2:30pmCOLORING (C/S) 3:30pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>2</div> <div>:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (C/S) 11:30am Exercise (C/S) 12:00pm Bing Bag Toss (C/S) 12:30 pm Lunch (S) 1:450pm Triva 2:00pm Table Bingo (C/S) 2:30pm COLORING (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>3</div> <div>8:00am coloring (C) 9:30am Breakfast (S) 10:00am Open Activity(C/S) 11:00am Patriotic songs (S) 11:30am Exercise (C/S) 12:00pm unscramble the word. 12:30pm Lunch (S) 1:450pm Movie Day (P) 2:00pm Movie Day (P/S) 2:30pm COLORING (C/S) 3:00pm Afternoon Snacks 4:00pm-5:00pm Tabletop Activities (C/S)</div>
	<div>6</div> <div>8:00amColoring((S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic songs (CS) 11:30am Exercise (C/S) 12:00pm Triva (p) 12:30pm Lunch (S) 1:45pm Bingo (P) 2:00pm Arts & crafts 2:30pm Coloring (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>7</div> <div>8:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs 11:30am Exercises (C/S/ 12:00pm Noodle Ball (C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm BINGO (P/S) 2:30pm Art & crafts(C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>8</div> <div>8:00am Coloring 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Song (s) 11:30am Exercises (C/S) 12:00pm Bing Bag Toss (C/S) 12:30pm Lunch (S) 1:45pm Meditation 2:00pm Lucky Dog 2:30pmSPRING ARTS & CRAFTS 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>9</div> <div>8:00am Coloring/Puzzles (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (S P) 11:30am Exercise (C/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:45pm meditation (P) 2:00pm Bingo (C/S) 2:30pm TABLE GAMES (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>10</div> <div>8:00am Socialize with Friends(C) 9:30am Breakfast (S) 10:00am Open Activity(C/S) 11:00am patriotic songs (S) 11:30amExercise (C/S) 12:00pm Noodle Ball 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm Movie 2:30pm COLORING (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>
	<div>13</div> <div>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic songs, C) 11:30am Exercise 12:00pm Trivia (C/S 12:30pm Lunch (S) 1:450pm Meditation (P) 2:00pm Bingo 2:30pm ART & Crafts (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>14</div> <div>8:00am Socialize (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic songs (P) 11:30am Exercise (C/S) 12:00pm BOARD Games (C/S) 12:30pm Lunch (S) 1:450pm Meditation 2:00pm Lucky Dog 2:30pm Table games (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>15</div> <div>8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs 11:30am Exercise (C/S) 12:00pm Opposites Words (C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm Bing(C/P/S) 2:30pm SPRING Arts &Crafts (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>16</div> <div>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs 11:30am Exercise (C/S) 12:00pm Fill in the Blanks ((C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm BINGO(C/S) 2:30pm Table Games 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>17</div> <div>8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Open Activity (C/S) 11:00am Patriotic songs (CS) 11:30pm Exercise (C/S) 12:00pm unscramble words 12:30pm Lunch (S) 1:450pm Movie (P) 2:00pm MOVIE DAY (P/S) 2:30pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>
	<div>20</div> <div>8:00amColoring((S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs 11:30am Exercise (C/S) 12:00pm NOODLE BALL 12:30pm Lunch (S) 1:45pm (Meditation 2:00pm (Lucky Dog C/P/S) 2:30pm Coloring (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>21</div> <div>8:00am Socialize with Friends (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (S) 11:30am Exercise (C/S) 12:00pm Ryming words (C/S) 12:30pm Lunch (S) 1:45pm Meditation 2:00pm Bingo 2:30pm coloring 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>22</div> <div>8:00am Open Discussion (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (S) 11:30am Exercise (C/S) 12:00pm Trivia(C/S) 12:30pm Lunch (S) 1:45pm (Meditation 2:00pm Table Games 2:30pm Coloring (C/S) 3:30pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>23</div> <div>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs 11:30am Exercise (C/S) 12:00pm Fill in the Blanks 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm Lucky Dog (C/S) 2:30pm Table Games (c/s) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>24</div> <div>8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Open Activity (C/S) 11:00am Patriotic Songs 11:30pm Trivia (C/S) 12:00pm unscramble words 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm MOVIE Day (P/S) 2:30pm COLORING 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>
	<div>27</div> <div></div>	<div>28</div> <div>8:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (P) 11:30am Trivia (C/S/ 12:00pm Fill in The Blanks (C/S) 12:30pm Lunch (S) 1:45pm Meditation 2:00pm BINGO (P/S) 2:30pm Arts & Crafts(C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>29</div> <div>8:00am Open Discussion (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (S) 11:30am Exercise (C/S) 12:00pm Trivia(C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm TV TRIVA 2:30pmCOLORING (C/S) 3:30pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>30</div> <div>8:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs (C/S) 11:30am Exercise (C/S) 12:00pm Bing Bag Toss (C/S) 12:30 pm Lunch (S) 1:450pm Triva 2:00pm Bingo (C/S) 2:30pm COLORING (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</div>	<div>31</div> <div>8:00am coloring (C) 9:30am Breakfast (S) 10:00am Open Activity(C/S) 11:00am Patriotic songs (S) 11:30am Exercise (C/S) 12:00pm unscramble the word. 12:30pm Lunch (S) 1:450pm Movie Day (P) 2:00pm Movie Day (P/S) 2:30pm COLORING (C/S) 3:00pm Afternoon Snacks 4:00pm-5:00pm Tabletop Activities (C/S)</div>



May 2024

Delray Beach

--	--	--	--	--

**Specialized Alzheimer’s
Day Care Program Delray Beach**
Seacrest Presbyterian Church
2703 N. Seacrest Blvd.
Delray Beach, FL 33444
Mon-Fri: 8:00 – 5:00pm
561-330-3541
www.alzcare.org

Leonja Sims, LPN Program Manager
TBD, LPN 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 always. 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 always: 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