





	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p>  <p><b><u>BIRTHDAY'S</u></b></p> <p><b><u>SPECIAL EVENTS</u></b></p> <p><b>7/3- National Chocolate Wafer Day</b> <b>7/11- National French Fry Day</b> <b>7/15- National I Love Horses Day</b> <b>7/18- National Tropical Fruit Day</b> <b>7/21- National Junk Food Day</b></p>		1 8:30am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS /NATIONAL DAYS 11:30am FILL IN THE BLANKS (C/S) 12:00pm Trivia 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pmc Valentines ART@ CRAFTS 3:00pm Afternoon Snack/COLORING (S) 4:00pm-4:30pm Tabletop Activities (C/S)	2 8:30am Coloring 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS 11:30am EXERCISE 12:00pm) BING BAG TOSS 12:30pm Lunch (S) 1:45pmMeditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	3 8:30am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGSs//NATIONAL DAYS 11:30am Fill in the Blanks (C/S) 12:00pm TRIVA 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm VALENTINES ARTA AND CRAFT (C/S) 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	4 
	7 8:30am Coloring(S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONG/ NATIONAL DAYS (CS) 11:30 am Exercise 12:00pm Occupations (p) 12:30pm Lunch (S) 1:45pm MEDITATIION (P) 2:00pm BINGO 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	8 8:30am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS /NATIONAL DAYS 11:30am FILL IN THE BLANKS (C/S) 12:00pm Trivia 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pmc Valentines ART@ CRAFTS 3:00pm Afternoon Snack/COLORING (S) 4:00pm-4:30pm Tabletop Activities (C/S)	9 8:30am Coloring 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS 11:30am EXERCISE 12:00pm) BING BAG TOSS 12:30pm Lunch (S) 1:45pmMeditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	10 8:30am Coloring/Puzzles (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC Songs/NATIONAL DAYS (S P) 11:30am Exercise (C/S) 12:00pm Word Train 12:30pm Lunch (S) 1:45pm (MEDEDITATION) 2:00pm) PARACHUTE 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	11 8:30am Socialize with Friends(C) 9:30am Breakfast (S) 10:00am Open Activity(C/S) 11:00am PATRIOTIC SONGS 11:30amMOVIE DAY (C/S) 12:00pmMOVIE! 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm Movie 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)
	15 8:30am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONG, / WOULD YOU RATHER 11:30am Exercise 12:00pm Noodle Ball 12:30pm Lunch (S) 1:450pm Meditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	15 8:30am Socialize (C/S) 9:30am Breakfast (S) 10:00am Opening Activity 11:00am PATRIOTIC SONGSP) 11:30am Exercise (C/S) 12:00pm FILL I N THE BLANKS 12:30pm Lunch (S) 1:450pm Meditation 2:00pm) BINGO 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	16 8:30am Coloring (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS / 11:30am EXERCISE (C/S) 12:00pm Ring Toss (C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm Bingo /P/S) 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	17 8:30am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS/NATIONAL DAYS 11:30am Exercise (C/S) 12:00pm Bing Bag Toss (C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm PARACHUTE GAME) 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)	18 8:30am Coloring (C/S) 9:30am Breakfast (S) 10:00am Open Activity (C/S) 11:00am PATRIOTIC SONGS (CS) 11:30pm MOVIE DAY (C/S) 12:00pm MOVIE 12:30pm Lunch (S) 1:450pm Movie (P) 2:00pm MOVIE DAY (P/S) 3:00pm Afternoon Snack (S) 4:00pm-4:30pm Tabletop Activities (C/S)
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July 2025

Delray Beach

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**Specialized Alzheimer’s  
Day Care Program Delray Beach**  
Seacrest Presbyterian Church  
2703 N. Seacrest Blvd.  
Delray Beach, FL 33444  
Mon-Fri: 8:30am – 4:30pm  
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



July 2025



Delray Beach

Spiritual	Non-judgmental safe environment <b>always.</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>always:</b> 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