

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>12-21 Edgard</p> <p>Special Events</p> <p>Nat'l Pie Day (12/1) Nat'l Cotton Candy Day (12/7) Nat'l Brownie Day (12/8) Nat'l Christmas Card Day/Pastry Day (12/9) Nat'l Poinsettia Day (12/12) Nat'l Cocoa Day (12/13) Nat'l Cupcake Day/Wear your Pearls Day (12/15) Nat'l Ugly Christmas Sweater Day (12/16) Nat'l Hard Candy Day/Oatmeal Muffin Day (12/19) Crossword Puzzle Day (12/21) Nat'l Date Nut Bread Day (12/22) Nat'l Fruitcake Day (12/27) Nat'l Card Playing Day (12/28)</p>				¹ 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise (P/S/C) 12:00pm Lunch (S) 1:00pm Art Project (C/S) 2:00pm Lucky Dog (C/S) 3:00 Afternoon Snack (S) 4:00 Puzzles/Coloring/Sorting (C/S)	² 8:00am-9:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Golf (C/P/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Sing-along (C/S) 3:00pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)
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**Specialized Alzheimer's
Day Care Program Boca Raton**

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



**24 Hour Crisis
Line**

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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