



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Richard 12/11</p> <p>Special Events/ Holidays December 1- National Pie Day December 9- National Pastry Day December 13- National Cocoa Day December 15- National Cupcake December 16- Ugly Christmas sweater day December 23- Christmas Party</p>				¹ 8:00am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Brain Quest (C/S) 12:00pm Lunch/Coffee/Pie (S) 1:00pm Meditation (C/P) 1:30pm Ring Toss (P) 2:00pm Coloring (C/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00 Tabletop Activities (C/S)	² 8:00am Tabletop Activities (S/C) 8:30 Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Who Am I (C/S) 12:00pm Lunch/Coffee/S) 1:00pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)
	⁵ 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/Discussion (S) 10:30am Exercise (P) 11:15am Family Feud(C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (C/S)	⁶ 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Board Crossword (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C/P) 1:30pm Parachute (P/S) 2:00pm Words Beginning in (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	⁷ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:00am Music Therapy (S/C) 12:00pm Lunch/Coffee/ 1:00pm Meditation (C) 1:30pm Bowling (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	⁸ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Wheel of Fortune(C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Ring Toss (P/S) 2:00pm Guess the State (C/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	⁹ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Hang Man 12:00pm Lunch/Coffee/ Pastry (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Guess the sound (C/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)
	¹² 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Name A-Z (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	¹³ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Missing Letter (C) 12:00pm Lunch/ Cocoa (S) 1:00pm Meditation (C) 1:30pm Parachute (P/S) 2:00pm Guess the Price (C) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	¹⁴ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:00am Trivia 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Bowling (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	¹⁵ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Word Ending (C/S) 12:00pm Lunch/ Cupcake (S) 1:00pm Meditation (P/S) 1:30pm Bingo (P) 2:30pm Vegetable A-Z (S/C) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S)	¹⁶ *UGLY X-MAS SWEATER DAY 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Dear Abby/ (C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (P/S) 1:30pm Beach Ball (P) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)
	¹⁹ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00am Opening Day Discussion (S/C) 10:30 am Exercise (P) 11:15am Trivia (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (C/S)	²⁰ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:15am Opposite Words (C/S) 12:00pm Lunch/Coffee/(S) 1:00pm Meditation (C) 1:30pm Parachute (S/P) 2:00pm Person, Place, or Thing (C/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	²¹ 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:00am Music Therapy (S/C) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Bowling (P/S) 2:00pm Party Time (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop activities (S/C)	²² 8:00am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Christmas Trivia (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C/P) 1:30pm Ring Toss (P) 2:00pm Coloring (C/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00 Tabletop Activities (C/S)	²³ 8:00am Tabletop Activities (S/C) 8:30 Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Who Am I (C/S) 12:00pm Lunch/Coffee/S) 1:00pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm Movie Time/Party (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)



December 2022



Lake Worth

	CLOSED	26	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S) 10:30am Exercise (P) 11:15am Things found in a Classroom (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Parachute (P/S) 2:00pm Guess the State (C) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	27	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Guess the Year! (C) 12:00pm Lunch/Coffee/ 1:00pm Meditation (C) 1:30pm Bowling (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	28	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Math (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Ring Toss (P/S) 2:00pm Words within a Word (C/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	29	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/Discussion (S/C) 10:30am Exercise (P) 11:15am Missing Letter (C/S) 12:00pm Lunch/Coffee (S) 1:00pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Tabletop Activities (S/C)	30
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**Specialized Alzheimer's
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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
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Lake Worth

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