



Monthly Schedule subject to change based on program discretion/patient needs.
Happy Birthday



Special Events

- 1st Decorate Christmas tree
- 5th Crazy Sock Day
- 8th Spa Day
- 22nd Christmas Exchange Party

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Decorate Christmas Tree (C/S) 12:00pm Lunch (S) 1:00pm Music Therapy (C/S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	2 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Family Feud (C/S) 12:00pm Lunch (S) 1:00pm Sing- along (S) 2:00pm Afternoon snack (popcorn) (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop Activities(S/C)
	5 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Hot potato (P/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Sing-along (S) 3-4pm Tabletop Activities (S/C)	6 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Guess That Tune/Song (C/S) 12:00pm Lunch (S) 1:00pm Kickball (P) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	7 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Random Facts (C/S) 12:00pm Lunch (S) 1:00pm Kickball (P) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	8 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Guess What (C/S) 12:00pm Lunch (S) 1:00pm Spa Day (S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	11 7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Social (S) 11:30pm Hangman (C/S) 12:00pm Lunch (S) 1:00pm Christmas Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine Reading (C) 4:00pm Tabletop Activities (S/C)
	12 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Group discussion (S) 12:00pm Lunch (S) 1:00pm Tell Me A Story (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Crafts (C/S) 3-4pm Tabletop Activities (S/C)	13 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Sing –along (S) 12:00pm Lunch (S) 1:00pm Hot Potato (P/S) 2:00pm Afternoon Snack (S) 2:30pm Person of the Month (Ale Green) (C/S) 3-4pm Tabletop Activities (S/C)	14 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Family Feud (C/S) 12:00pm Lunch (S) 1:00pm Kickball (P) 2:00pm Afternoon Snack (S) 2:30pm Rhyming Words (C/S) 3-4pm Tabletop Activities (S/C)	15 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Today's News (S) 12:00pm Lunch (S) 1:00pm Group discussion (S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Craft (C/S) 3-4pm Tabletop Activities (S/C)	16 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30pm Group discussion (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine reading (C) 3-4pm Tabletop Activities (S/C)
	19 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Group discussion (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Crafts (C/S) 3-4pm Tabletop Activities (C/S)	20 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Hangman (C/S) 11:30am Kickball (P) 12:00pm Lunch (S) 1:00pm Trivia (C/S) 2:00pm Afternoon Snack (S) 2:30pm Freestyle (C) 3-4pm Tabletop Activities (S/C)	21 7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am The Price Is Right (C/S) 11:30am Guess What (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Crafts (C/S) 4:00pm Tabletop Activities(S/C)	22 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Exercise(P) 10:30am Sing- along (S) 11:30am Magazine Reading (C) 12:00pm Lunch (S) 1:00pm Gift Exchange (C/S) 2:00pm Afternoon Snack (S) 2:30pm Freestyle (C) 3-4pm Tabletop Activities (S/C)	23 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Hangman (C/S) 11:30pm Exercise(P) 12:00pm Lunch (S) 1:00pm Magazine clippings (C) 2:00pm Afternoon Snack (S) 2:30pm Social (S) 4:00pm Tabletop Activities (S/C)
	26 CLOSED	27 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Hot potato (P/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Sing-along (S) 3-4pm Tabletop Activities (S/C)	28 7:30am Table Activities (S/C) 8:30am True or False trivia (S) 9:30am Zumba (P) 10:30am Group discussion (S) 11:30am Know that tune (S) 12:00pm Lunch 1:00pm Bingo 2:00pm Afternoon snack 2:30pm Hangman (S/C) 3-4pm Table Activities (S/C)	29 7:30am Table Activities (S/C) 8:30am True or False trivia (S) 9:30am Zumba (P) 10:30am Group discussion (S) 11:30am Ice Cream Social (S) 12:00pm Lunch 1:00pm Bingo 2:00pm Afternoon snack 2:30pm Hangman (S/C) 3-4pm Table Activities (S/C)	30 7:30am Table Activities (S/C) 8:30am True or False trivia (S) 9:30am Zumba (P) 10:30am Group discussion (S) 11:30am Know that tune (S) 12:00pm Lunch 1:00pm Bingo 2:00pm Afternoon snack 2:30pm New Year Countdown (S) 3-4pm Table Activities (S/C)



December



Pahokee

**Specialized Alzheimer's
Day Care Program Pahokee**
470 Barak Obama Blvd.
Pahokee, FL 33476
Mon-Fri: 7:30am – 4:00pm
(561) 924-7283
www.alzcare.org

Karen Lawson, LPN Program Manager
TBD-Program Nurse



24 Hour Crisis
Line

1-800-394-1772

Therapeutic Activities

Examples of Therapeutic Activities

Definitions

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



December



Pahoee