



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b><u>Happy Birthday</u></b></p>  <p>5/10 Ms. Ortiz</p>			1 7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise(P/S) 11:30am Lunch (C/S) 12:00pm Afternoon Walk/ Board Game (P/S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Crafts (C/S) 4:00pm Tabletop Activities(S/C)	2 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion(P) 10:30am Exercise (S) 11:30am Lunch (S/P) 12:00pm Afternoon Walk/Magazine Reading (P/S) 1:00pm Music Therapy(C/S) 2:00pm Afternoon Snack (S) 2:30pm Puzzle Contest (C) 3-4pm Tabletop Activities (S/C)	3 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Lunch (S) 12:00pm Afternoon Walk (P) 1:00pm Spring Bingo (C/S) 2:00pm Afternoon snack (S) 2:30pm Group discussion (C/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 Lunch (S) 12:00pm Afternoon Walk (S) 1:00pm Bean Bag Toss/ Birthday Party(P/S) 2:00pm Afternoon Snack (S) 2:30pm Spring Coloring Contest (C/S) 3-4pm Tabletop Activities (C/S)	7 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Brain Trivia(C/S) <b>1:00pm Cards for Mothers Day (C/S)</b> 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 Lunch (S) 12:00pm Afternoon Walk (C/S) 1:00pm Bean Bag Toss (S/P) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	9 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch(C/S) 12:00pm Afternoon Walk (P) 1:00pm Paint Therapy (S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	10 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Lunch (S) 12:00pm Bingo (C/S) 1:00pm kickball (S/P) <b>2:00pm Afternoon snack/B-day Party (S)</b> 2:30pm Group discussion (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 Lunch (S) 12:00pm Afternoon Walk (P) 1:00pm Trivia (C/S) 2:00pm Afternoon Snack/ Birthday Party (S) 2:30pm Arts & Crafts (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 Lunch (C/S) 12:00pm Bird Watching (S) 1:00pm Hot Potato (P/S) 2:00pm Afternoon Snack (S) 2:30pm Person, Place, and Thing (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 Lunch (S) 12:00pm Family Feud(C/S) 1:00pm Noodle Hockey (P) 2:00pm Afternoon Snack (S) 2:30pm Karaoke/ Finish the Lyric (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) 11:30am Lunch (S) 12:00pm Afternoon Walk (S) 1:00pm Bingo 2:00pm Afternoon Snack/Birthday Party (S) 2:30pm Arts & Craft (C/S) 3-4pm Tabletop Activities (S/C)	17 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30pm Lunch (C/S) 12:00pm Afternoon Walk/Hang Man (S) 1:00pm Motown Trivia (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine reading (C) 3-4pm Tabletop Activities (S/C)
	20 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Group Discussion (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Magazine Reading (P/S) 3-4pm Tabletop Activities (C/S)	21 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Hangman (C/S) 11:30am Lunch (P/S) 12:00pm Kickball (S/P) 1:00pm Name That Song(C/S) 2:00pm Afternoon Snack (S) 2:30pm Freestyle (C) 3-4pm Tabletop Activities (S/C)	22 7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise(P/S) 11:30am Lunch (C/S) 12:00pm Afternoon Walk/Name that song (C/S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Crafts (C/S) 4:00pm Tabletop Activities(S/C)	23 7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch(C/S) 12:00pm Motown Bingo (C/S) 1:00pm Bean Bag Toss (S) 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	24 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Lunch (S) 12:00pm Bingo (C/S) 1:00pm Paint Therapy (S/P) 2:00pm Afternoon snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop Activities(S/C)
	27 	28 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Afternoon Walk/Trivia (P/C) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack 2:30pm Group discussion (C/S) 4:00pm Tabletop Activities (S/C)	29 7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise(P/S) 11:30am Lunch (C/S) 12:00pm Afternoon Walk/ Board Game (P/S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Arts & Crafts (C/S) 4:00pm Tabletop Activities (S/C)	30 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion(P) 10:30am Exercise (S) 11:30am Lunch (S/P) 12:00pm Afternoon Walk/Magazine Reading (P/S) 1:00pm Music Therapy(C/S) 2:00pm Afternoon Snack (S) 2:30pm Puzzle Contest (C) 3-4pm Tabletop Activities (S/C)	31 7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30pm Lunch (S) 12:00pm Afternoon Walk (P) 1:00pm Spring Bingo (C/S) 2:00pm Afternoon snack (S) 2:30pm Group discussion (C/S) 3-4pm Tabletop Activities(S/C)



May 2024



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](http://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
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 <b>at all times.</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



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Emotional	Positive Communication <b>at all times:</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
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