





	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p>Ms. Ortiz 10<sup>th</sup> Tamika 9<sup>th</sup></p> <p><b>Special Events</b></p> <p>Spa day for mother's 7<sup>th</sup> Strawberry shortcake making 8<sup>th</sup> Paper roll/ sponge flower painting 22<sup>nd</sup> Butterfly Garden Craft 27<sup>th</sup></p>					<p>7:30-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10-1030am Exercise and singalongs(P) 1030-1115am <b>Hot potato(S/p)</b> 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1230-145-pm <b>Movie Day (S/C)</b> 2- 230pm Afternoon snack 230-4 Free time/ table activities (S/C)</p>
	<p>730-9am Music, puzzles/coloring (c/p/s) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Darts(s/c)</b> 1115-12pm music or TV show (s) 12-1pm Lunch (P/S) 1-145pm <b>Bean bag toss(s/c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Trivia (c)</b> 1130-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm <b>Bingo (c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/ music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Hangman (S/C)</b> 1115-12 Music/TV (s) 12-1pm Lunch (P/S) 1-145pm <b>Finish the phrase (c/s)</b> 2-230 pm Afternoon snack 230-4pm Tabletop Activities/Music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Guess the career(C/S)</b> 1115-12 music/TV (s) 12-1pm Lunch (P/S) 1230-2pm <b>Mother's Spa Day (S/C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10- 1030am Exercise and singing (P) 1030-1115am <b>emoji game (C/S)</b> 1130-12pm music/TV (s) 12-1pm Lunch (P/S) <b>1-145pm Bingo (c)</b> <b>2-230 Strawberry shortcake Making Ms. Ortiz &amp; Tamika's B-day</b> 230-4pm Family Feud (S/C)</p>
	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Dice throw (S/C)</b> 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) <b>1-145 Noodle ball indoors(p/s)</b> 2-23pm afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Any activity(S/C)</b> 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm <b>Bingo (c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/ music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Patio chat (s)</b> 1115-12 free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm <b>Spin the wheel</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing(P) 1030-1115am <b>Riddles (s/c)</b> 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm <b>Uno (S/C)</b> 2-230pm Snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing(P) 1030-1115am <b>Beanbag toss (c/s)</b> 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1245-215pm <b>Movie Day (S/C)</b> 2-230pm snack 230-4pm Free time/ table activities (S/C)</p>
	<p>7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Lucky Dog (p/c)</b> 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm <b>Darts (s/c)</b> 2-230pm Snack 230-4pm Tabletop Activities / music(S/C)</p>	<p>7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Spin the Wheel (S/C)</b> 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm <b>Bingo (c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1045am Exercise, singing (P) 1045-1130am <b>Hangman (c/s)</b> 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-45pm <b>Bingo (c)</b> 2-230pm Afternoon snack 230-4pm Let's Dance/Tabletop activities (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Hot potato (s/p)</b> 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm <b>UNO (S/C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing (P) 1030-1115am <b>Lucky dog (p/c)</b> 1115-12pm <b>paint flower w/ Tamika</b> 12-1pm Lunch (P/S) 1245-2pm <b>Movie Day (s/c)</b> 2-230pm Afternoon snack 230-4pm Free time/ table activities (S/C)</p>
		<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Patio chat (s)</b> 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm <b>Lucky dog (p/c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Spin the wheel trivia (s/c)</b> 1115-12 free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm <b>Butterfly Garden Craft (c/s)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities (s/c)</p>	<p>730-9am Music, puzzles/coloring (c/p/s) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Pictionary (c)</b> 1115-12pm music or TV show (s) 12-1pm Lunch (P/S) 1-145pm <b>Bingo (C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities (S/C)</p>	<p>7:30-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10-1030am Exercise and singalongs(P) 1030-1115am <b>Scramble (S/C)</b> 1115-12pm music or TV show (s) 12-1pm Lunch (P/S) 1245-2-pm <b>Movie Day (S/C)</b> 2- 230pm Afternoon snack 230-4 Free time/ table activities (S/C)</p>



May 2026



Pahokee

Alzheimer's Specialized 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)

Tamika Jones, LPN- Program Manager  
 TBD-Program Nurse

**Therapeutic Activities**

**Examples of Therapeutic**

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
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