



May 2024



Palm Beach Gardens

		Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Schedule subject to change based on program discretion/patient needs. Happy Birthday				8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Word Connect (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Mrs. Evans' Cram Class (C) 2:00pm Bucket o' Questions (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	2 8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Unscrambles (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Name 5! (C) 12:00pm Lunch (S) 1:00pm Chair Excercise (P) 1:30pm What am I? (C) 2:00pm Cinco de mayo Facts (C) 2:45pm Snack (Tacos) (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)
Annette	5/09	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P)
Terry	5/22	11:00am Would you rather (S/C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	11:00am Price is Right (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	11:00am Hangman (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	11:00am This was the Year (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)
Robert	5/27	1:30pm amazing nurses in history (C) 2:00pm Chicken for the soul (C/S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Arts & crafts (C) 2:00pm Grammar School (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Would You Rather? (C/S) 2:00pm Amazing mothers in history (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Spa Day (C/S) 2:00pm Grammar School (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Mrs. Evans' Cram School (C) 2:00pm Movie Day: Steel magnolias (C) 2:45pm Snack milk and cookies (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S
Special E	<u>vents</u>	13	14	15	16	17
Cinco de mayo Nurses' week	5/5 5/6	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Nursery Rhymes & Riddles (S/C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Wheel of Fortune (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (C)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Pictionary (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Amazing Animals (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P)
Mother's Day cel	ebration 5/10	1:30pm Spa Day (S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Jeopardy (C) 2:00pm Bowling (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Lucky Dog (P/C/S) 2:00pm Bingo (S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Mad Libs (S/C) 2:00pm Basketball (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:30pm Mrs. Evans' Cram Class (S) 2:45pm Snack (Pizza party) (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)
National pizza party day	5/17	20 8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Arts & Crafts - Earth Day (P/S) 12:00pm Lunch (S)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Wheel of Fortune (C) 12:00pm Lunch (S)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Pictionary (C) 12:00pm Lunch (S)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S)	8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Penguin Polar Facts (C) 12:00pm Lunch (S)
National donut week Memorial Day	5/20 5/27	1:00pm Chair Exercise (P) 1:30pm Mrs. Evans' Cram Class (C) 2:00pm Bird Watching with the Gents (S) 2:45pm Snack (Donuts) (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:00pm Chair Exercise (C) 1:30pm Jeopardy (C) 2:00pm Bowling (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:00pm Chair Exercise (P) 1:30pm Grammar School (C) 2:00pm Arts and Crafts! (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:00pm Chair Exercise (P) 1:30pm Mad Libs (S/C) 2:00pm Basketball (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	1:00pm Chair Exercise (P) 1:30pm Memorial Day facts (S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)
Comion II141-		27	1 1 0 0 1 7	1 1 0 0 ()	8:00am Morning Greetings (S)	8:00am Morning Greetings (S)
Senior Health and fitness Day	5/29	MEMORIAL DAY THANK YOU FOR YOUR SERVICE	9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Phrase Scrambler (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Jazz Appreciation (C) 2:00pm Ball Toss (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Word Connect (C) 12:00pm Lunch (S) 1:00pm Lets get Physical (P) 1:30pm Mrs. Evans' Cram Class (C) 2:00pm Bucket o' Questions (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Unscrambles (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)	9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Name 5! (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm What am I? (C) 2:00pm Mrs. Evans' Cram Class (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)



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Palm Beach Gardens

Specialized Alzheimer's Day Care Program Palm Beach Gardens

4075 Holly Drive Palm Beach Gardens, FL 33410 Mon-Fri: 8:00 – 5:00pm (561) 630-4724 www.alzcare.org

Talitha Moore, LPN Program Manager Katelyn Zehnder, RN Program Nurse

1-800-394-1772 24 Hour Crisis Line

Cognitive	Word Games, Math Games, Trivia Games,	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories and integrating
	Reminiscence, Board Games, "Current"	those memories into activities; acknowledging and accepting the patient's perception of his/her "world" in a
	Events, Morning Announcements, Tabletop	supportive, engaging, nonjudgmental environment; encouraging and rewarding creativity
	Activities-coloring, bean sorting, puzzles,	
	patient specific individual tasks	
Physical	Chair Exercise, Dancing, Arts and Crafts,	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical
	Noodle Ball/Volleyball, Dancing, Magnetic	independence while optimizing safety
	Darts, Bean Bag Toss, Bowling	
Social	Building a Story, Trivia "Competition", Music	Honoring the human condition and need for relationships and social contact; encouraging social interaction
	Therapy, Sing-along, Group craft building,	and connection with peers based on shared interests and abilities; acknowledging the patient's successes,
	Group discussion, Group Games	maximizing dignity and self-esteem
Spiritual	Non-judgmental safe environment at all	Promoting balance between the patient's inner and outer worlds; honoring the family's heritage and culture,
	times.	providing an atmosphere of calm, harmony, and safety where the patient can be him/herself with pride;
	Music-patient's choice, Recognizing unique	respecting each person's unique belief system
	culture and faiths in discussions and in song,	
	positive reinforcement of all endeavors	
Emotional	Positive Communication at all times:	Understanding and compassionately caring for the patient's emotional needs by providing a nurturing
	Validation, Therapeutic Touch,	environment; communicating with the patient in a supportive, validating manner, with understanding of,
	Praise/Encouragement, Positive Behavioral	and empathy for, limitations imposed by Alzheimer's disease or a related neurocognitive disorder;
	Interventions	communicating positively both verbally and nonverbally guided by the patient's abilities