


	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p>Happy Birthday</p>  <p>Annette 5/09</p> <p>Terry 5/22</p> <p>Robert 5/27</p> <p>Special Events</p> <p>Cinco de mayo 5/5</p> <p>Nurses' week 5/6</p> <p>Mother's Day celebration 5/10</p> <p>National pizza party day 5/17</p> <p>National donut week 5/20</p> <p>Memorial Day 5/27</p> <p>Senior Health and fitness Day 5/29</p>	<p>8:00am Morning Greetings (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Seated Exercise (P)</p> <p>11:00am Would you rather (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Chair Exercise (P)</p> <p>1:30pm amazing nurses in history (C)</p> <p>2:00pm Chicken for the soul (C/S)</p> <p>2:45pm Snack (S)</p> <p>3:00pm Creative Coloring (C/S)</p> <p>4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>8:00am Morning Greetings (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Seated Exercise (P)</p> <p>11:00am Price is Right (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Chair Exercise (P)</p> <p>1:30pm Arts & crafts (C)</p> <p>2:00pm Grammar School (C)</p> <p>2:45pm Snack (S)</p> <p>3:00pm Creative Coloring (C/S)</p> <p>4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>8:00am Morning Greetings (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Seated Exercise (P)</p> <p>11:00am Hangman (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Chair Exercise (P)</p> <p>1:30pm Would You Rather? (C/S)</p> <p>2:00pm Amazing mothers in history (C)</p> <p>2:45pm Snack (S)</p> <p>3:00pm Creative Coloring (C/S)</p> <p>4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>8:00am Morning Greetings (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Seated Exercise (P)</p> <p>11:00am Jammin' with John (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Chair Exercise (P)</p> <p>1:30pm Spa Day (C/S)</p> <p>2:00pm Grammar School (C)</p> <p>2:45pm Snack (S)</p> <p>3:00pm Creative Coloring (C/S)</p> <p>4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>8:00am Morning Greetings (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Seated Exercise (P)</p> <p>11:00am This was the Year (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Chair Exercise (P)</p> <p>1:30pm Mrs. Evans' Cram School (C)</p> <p>2:00pm Movie Day: Steel magnolias (C)</p> <p>2:45pm Snack milk and cookies (S)</p> <p>3:00pm Creative Coloring (C/S)</p> <p>4:00pm-5:00pm Sing-a-Longs (S)</p>
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	31



May 2024

MAY

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, 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