


	Monday	Tuesday	Wednesday	Thursday	Friday
<div>Monthly Schedule subject to change based on program discretion/patient needs.</div> <div>Happy Birthday</div> <div></div> <div>06-01 Judy D. 06-15 Vadin Z. 06-16 Aida C.</div> <div>Special Events 06-06 Bring a yoyo day/movie</div>	<div>2</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Presidents (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bing0 Was His Name(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>3</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am 50 States (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Dance Time(P) 2:00pm Group discussion(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>4</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Name that Tune (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>5</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Time to Ryme (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>6</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am The Price is Right (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm. National Yoyo Day/Movie. (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) "National YoYo Day"</div>
	<div>9</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am People, Place or Thing (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm 5 de Mayo Celebration. (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</div>	<div>10</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Name the city (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Basketball (P) 2:00pm Trivia (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) "National Iced Tea Day"</div>	<div>11</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Name that Tune (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Nachos Day Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>12</div> <div>8:000am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Words ending in. (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art/craft. 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>13</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am The Price is Right (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Father's Day party/Movie Day(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>
	<div>16</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Presidents (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bing0 Was His Name(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>17</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Party Planning (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Noodle Time (P) 2:00pm Trivia(C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>18</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Unscramble (City) (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Wear blue Day(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) "Autistic Day"</div>	<div>19</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>20</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Build a City (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Egg Hunt Day (S) 2:00pm ice cream float / Choco Eclair Day(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) "National Ice Cream Soda Day"</div>
	<div>23</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Words Ending in.... (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</div>	<div>24</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Unscramble (fruits) (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Bowling (P) 2:00pm Jokes: Laughing Hour (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>25</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Who am I? (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Trivia(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>26</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>	<div>27</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Reminiscence (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Birthday movie party (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>
	<div>30</div> <div>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Presidents (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bing0 Was His Name(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</div>				



June 2025



Wellington

Specialized Alzheimer's
Day Care Program Wellington
1925 Birkdale Dr.
Wellington, FL 334144

Mon-Fri: 8:00am – 5:00pm
(561) 331-6576

www.alzcare.org
Meyling Pastrana, LPN Program Manager
Anamaria Echeverri, LPN Program Nurse



24 Hour Crisis Line

1-800-394-1772

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive (C)	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 (P)	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 (S)	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 (S)	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 (E)	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