





May 2024

Wellington

		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>Nicole 5/06</div> <div>John 5/13</div> <div>Linda 5/17</div> <div>Marlon 5/21</div> <div>Special Events</div> <div>Cinco de Mayo 5/03</div> <div>Mother’s Day Celebration 5/10</div> <div>Monthly Birthday Party 5/17</div> <div>Memorial Day Movie 5/24</div> <div>Superhero T-Shirt Day 5/31</div> <div>Holidays</div> <div>Cinco de Mayo 5/5</div> <div>Mother’s Day 5/12</div> <div>Center Closed</div> <div>Memorial Day 5/27</div>				1	2	3	
				8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Math Quiz (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 (S/C)		8:000am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Music Therapy (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)	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 Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) **** Cinco De Mayo ****
		6	7	8	9	10	
		8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Sing Along (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 (C/S)	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 Basketball (P) 2:00pm Time to Rhyme (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	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)	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 Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	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 Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) ****Mother’s Day Celebration ****	
		13	14	15	16	17	
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 Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	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)	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 Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	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)	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 Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) **** Birthday Celebration ****			
20	21	22	23	24			
8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Sing Along (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 (C/S)	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)	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... (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)	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)	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 Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) **** Memorial Day Movie Popcorn ****			
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May 2024



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
Jeffrey Monegro, LPN Program Manager
Nancy Mansfield-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