





December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Schedule subject to change based on program discretion/patient needs. <u>Happy Birthday</u>				1 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:30am Ispy (C/S) 12:00pm Lunch (S) 10:00pm Magzine cut out (C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Luck For # (C) 4:30 Exercise (P)	2 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Humor Time (C/S) 12:00pm Lunch (S) 10:00pm Puzzle/Table Time (C/S) 2:00pm Lec ream Social (S) 3:00pm Hang Man (C/S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
Ana B 12/17. Egla S 12/17 <u>Special Events</u> Ice Cream Social 12/02 Birthday Party 12/16 Christmas Party 12/22	5 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Noodle Ball (P) 11:00am Exercises (P) 11:30am Trivia (C/S) 12:00pm Lunch (S) 1:00pm Magazine Cut-Out (C/S) 2:00pm Magazine Cut-Out (C/S) 3:00pm Board Games (C/S) 4:00pm Name that Place (C) 4:30pm Exercises (P)	6 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercise (P) 11:30am Short Story (C) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)	7 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Target Toss (P/S) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Puzzles (C) 2:00pm Afternoon Snack (S) 3:00pm Occupation Game (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	8 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Volleyball (P/S) 11:00am Exercises (P) 11:30am Card Game (C/S) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Manicure (S) 4:30pm Noodle Exercise (P)	9 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Kick Ball (P/S) 11:00am Exercises (P) 11:30am Trivia Geography (C/S) 12:00pm Lonth (S) 1:00pm Domine (C/S) 2:00pm Afternoon Snack (S) 3:00pm Animals A-Z (C/S) 4:00pm Play with Ball (P) 4:30 Yoga (P)
Christmas Party 12/22 <u>Holidays</u> Christmas Day 12/25.	12 800am Breakfast (S) 10:00am News (S/C) 10:30 Basketball (P/S) 11:00am Exercises (P) 11:30am Math (C) 12:00pm Lunch (S) 1:00pm Dominoes (S/C) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Hot Potato (P/S) 4:30pm Exercise with Tennis Ball (P)	13 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercises (P) 11:30am Proverb (C/S) 12:00pm Lunch (S) 1:00pm Puzzles (C/S) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Word Ending ON (C/S) 4:30pm Yoga (P)	14 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Darts (P/S) 11:00am Exercises (P) 11:30am USA Capitals (C/S) 12:00pm Folding (C/S/P) 2:00pm Afternoon Snack (S) 3:00pm Building the City (C/S) 4:00pm Circle Ball (P) 4:30pm Stretching (P)	15 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bucket Toss (P/S) 11:00am Exercises (P) 11:30am Sing-along (S/C) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	16 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am Name USA States (C/S) 12:00pm Lunch (S) 1:00pm Sing-a-long (S) 2:00pm Birthday Party(S) 3:00pm Movie time (C/S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
	19 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Band Practice (P/S) 11:00am Exercises (P) 11:30am Card Game (C/S) 12:00 pm Lunch (S) 1:00pm Puzzle (C/S) 2:00pm Atternoon Snack (S) 3:00pm Boar Games (C/S) 4:00pm Charades (C/S) 5:00pm Exercises (P)	20 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bowling (P/S) 11:00am Exercises (P) 11:30am Fruits A-Z (C/S) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Kickball (P/S) 4:30pm Yoga (P)	21 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Atternoon Snack (S) 3:00pm Bible Read (S) 4:00pm Frisbee (P/S) 4:30pm Stretching (P)	22 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Push Ball (P/S) 11:00am Exercise (P) 11:30am Card Game (C/S) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Christmas Party (S) 3:00pm Lottery (C/S) 4:00pm Stretching (P) 4:30pm Yoga (P)	23 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Darts (P/S) 11:00am Exercises (P) 11:30am Name A-Z (C/S) 12:00pm Coloring (c) 2:00pm Coloring (c) 2:00pm Afternoon Snack (S) 3:00pm Hang Man (C/S) 4:00pm Play with the Ball (P) 4:30pm Stretching (P)
	CLOSED	27 8:00am Breakfast (S) 10:00 News (S/C) 10:30am Bowling (P/S) 11:30 Trivia (C/S) 12:00pm Lunch (S) 12:00pm Puzzles (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C) 4:30pm yoga (P)	28 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Target Toss (P/S) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Puzzles (C) 2:00pm Atternoon Snack (S) 3:00pm Occupation Game (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	29 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am, I spy (C/S) 12:00pm Lunch (S) 10:00pm Puzzle(C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Look For # (C) 4:30 Exercise (P)	30 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Humor Time (C/S) 12:00pm Lunch (S) 1:00pm Puzzle/Table Time (C/S) 2:00pm Afternoon Snack (S) 3:00pm Hang Man (C/S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
		Createlized			

Specialized Alzheimer's



December 2022



Day Care Program West Lake Worth 3680 Lake Worth Rd Lake Worth FL 33461 Mon-Fri: 8:00 – 5:00pm 561-432-0668 www.alzcare.org

Jacqueline Rodriguez, LPN Program Manager

West Lake Worth

		1-800-394-1772
Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive	Word Games, Math Games, Trivia Games, Reminiscence,	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term me
	Board Games, "Current" Events, Morning Announcements,	activities; acknowledging and accepting the patient's perception of his/her "work
	Tabletop Activities-coloring, bean sorting, puzzles, patient specific individual tasks	environment; encouraging and rewarding cr
Physical	Chair Exercise, Dancing, Arts and Crafts, Noodle	Exercising both gross motor and fine motor skills; facilitating movement and maxin
	Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss,	safety
	Bowling	
Social	Building a Story, Trivia "Competition", Music Therapy, Sing-	Honoring the human condition and need for relationships and social contact; enco
	along, Group craft building, Group discussion, Group	peers based on shared interests and abilities; acknowledging the patient's succ
	Games	1
Spiritual	Non-judgmental safe environment at all times.	Promoting balance between the patient's inner and outer worlds; honoring the
	Music-patient's choice, Recognizing unique culture and	atmosphere of calm, harmony, and safety where the patient can be him/herself wit
	faiths in discussions and in song, positive reinforcement of	system
	all endeavors	1
Emotional	Positive Communication at all times:	Understanding and compassionately caring for the patient's emotional needs by pro
	Validation, Therapeutic Touch, Praise/Encouragement,	with the patient in a supportive, validating manner, with understanding of, and er
	Positive Behavioral Interventions	disease or a related neurocognitive disorder; communicating positively both verbally