


Monthly Schedule subject to change based on program discretion/patient needs.

Happy Birthday



Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Exercises (P) 11:30am Create the City (C/S) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bible Read (S) 4:00pm Basketball (P/S) 4:30pm Stretching (P)	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 Outdoor Activities (P/C) 2:00pm Afternoon snack (S) 3:00pm Lottery (C/S) 4:00pm Stretching (P) 4:30pm Yoga (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (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)
6	7	8	9	10
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 Manicure (S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Name that Place (C) 4:30pm Exercises (P)	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 Table Games (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)	8:00am Breakfast (S) 10:00am Music Therapy (S) 11:00am Exercises 11:30am Target Toss (P/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)	8:00am 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 Outdoor activities (P/C) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Bible Read (C) 4:30pm Noodle Exercise (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (C/S) 12:00pm Lunch (S) 1:00pm Puzzle/Table Time (C/S) 2:00pm Afternoon Snack (S) 3:00pm Name 5 types of Games (C) 4:00pm Bible Read (S) 4:30pm Yoga (P)
13	14	15	16	17
8:00am Breakfast (S) 10:00am News (S/C) 10:30am Basketball (P/S) 11:00am Exercises (P) 11:30am Trivia (S/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)	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 Dominoes (C) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Word Ending ON (C/S) 4:30pm Yoga (P)	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 Coloring (S) 2:00pm Afternoon Snack (S) 3:00pm Building the City (C/S) 4:00pm Circle Ball (P) 4:30pm Stretching (P)	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 Outdoor Activities (P/C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	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 Ice Cream Social 2:00pm Coloring (C) 3:00pm Movie time (C/S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
20	21	22	23	24
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 Craft (S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Charades (C/S) 5:00pm Exercises (P)	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)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Exercises (P) 11:30am Name that Place (C/S) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bible Read (S) 4:00pm Frisbee (P/S) 4:30pm Stretching (P)	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 Outdoor Activities (P/C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am Proverb (C/S) 12:00pm Lunch (S) 1:00pm Coloring (S) 2:00pm Afternoon Snack (S) 3:00pm Movie time (C/S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
27	28	29	30	31
	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 Table Games (S/P) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Exercises (P) 11:30am Create the City (C/S) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bible Read (S) 4:00pm Basketball (P/S) 4:30pm Stretching (P)	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 Outdoor Activities (P/C) 2:00pm Afternoon snack (S) 3:00pm Lottery (C/S) 4:00pm Stretching (P) 4:30pm Yoga (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (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)



May 2024



West Lake Worth

**West Lake Worth
Specialized Alzheimer's
Day Care Program**

3680 Lake Worth Rd
Palm Springs, FL 33461
Mon-Fri: 8:00 – 5:00pm
561-432-0668
www.alzcare.org

Talia Bridgman, LPN Program Manager
TBD Program Nurse



**24 Hour Crisis
Line**

1-800-394-1772

Therapeutic Activities

Examples of Therapeutic Activities

Definitions

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 activities; acknowledging and accepting the patient’s perception of his/her “world” in a 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 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 peers based on shared interests and abilities; acknowledging the patient’s successes, m
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 atmosphere of calm, harmony, and safety where the patient can be him/herself with pr 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 providi with the patient in a supportive, validating manner, with understanding of, and empath disease or a related neurocognitive disorder; communicating positively both verbally an