




	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p>Natalie S – 06/07</p> <p><b>Special Events</b>  <b>6/3-Natl Doughnut Day</b>  <b>6/10- Natl Iced Tea Day</b>  <b>6/14- Natl Flag Day/ Strawberry Shortcake Day</b>  <b>6/16-Nurse Assistant Day</b>  <b>6/17 – Wear Blue Day</b>  <b>6/20 – Vanilla Milk Shake Day</b>  <b>6/23 –Natl Pink Day</b></p> <p><b>Holidays</b>  <b>6/19 -HAPPY FATHERS DAY!</b></p> <p><b>6/10 &amp; 6/24 – MUSIC THERAPY WITH CAMILLE</b></p>		)	<p>1</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Basketball (P/S/C)            12:00pm Lunch (S)            1:00pm Horseracing (C/P/S)            2:00pm Money Game (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>2</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Horseshoe or Darts (S/P/C)            12:00pm Lunch (S)            1:00pm Art Project (C/S)            2:00pm Lucky Dog (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>3</p> <p>7:30am-9:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Golf (C/P/S)            12:00pm Lunch (S)            1:00pm Bingo (C/S)            2:00pm Sing-along (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>
	<p>6</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Corn Hole (C/P/S)            12:00pm Lunch (S)            1:00pm Bingo (C/S)            2:00pm Balloon Games (P/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>7</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Bowling (P/S/C)            12:00pm Lunch (S)            1:00pm Noodle Ball (P/S)            2:00pm Sing-along (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>8</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Basketball (P/S/C)            12:00pm Lunch (S)            1:00pm Horseracing (P/C/S)            2:00pm Money Game (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>9</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Horseshoe or Darts (P/S/C)            12:00pm Lunch (S)            1:00pm Art Project (C/S)            2:00pm Lucky Dog (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>10</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Music Therapy w/Camille (C/S)            12:00pm Lunch (S)            1:00pm Bingo (C/S)            2:00pm Sing-along (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>
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	<p>20</p> <p><b>Closed</b> <b>All Staff Retreat</b></p>	<p>21</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Bowling (P/C/S)            12:00pm Lunch (S)            1:00pm Noodle Ball (P/S)            2:00pm Sing-along (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>22</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Basketball (P/C/S)            12:00pm Lunch (S)            1:00pm Horseracing (C/P/S)            2:00pm Money Game (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>23</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Exercise/Horseshoe or Darts (C/P/S)            12:00pm Lunch (S)            1:00pm Art Project (C/S)            2:00pm Lucky Dog (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>	<p>24</p> <p>7:30am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Morning Flag Songs (C/S)            11:00am Music Therapy w/Camille (C/S)            12:00pm Lunch (S)            1:00pm Bingo (C/S)            2:00pm Sing-along (C/S)            3:00pm Afternoon Snack (S)            4:00pm Puzzles/Coloring/Sorting (C/S)            5:00pm Tabletop Activities (C/S)</p>



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27	7:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Corn Hole (P/S/C) 12:00 Lunch (S) 1:00pm Bingo (C/S) 2:00pm Balloon Games (P/S) 3:00pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S) 5:00pm Tabletop Activities (C/S)	28	7:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Bowling (P/S/C) 12:00pm Lunch (S) 1:00pm Noodle Ball (P/S) 2:00pm Sing-along (C/S) 3:00pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S) 5:00pm Tabletop Activities (C/S)	29	7:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Basketball (P/S/C) 12:00pm Lunch (S) 1:00pm Horseracing (C/P/S) 2:00pm Money Game (S/C) 3:00pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S) 5:00pm Tabletop Activities (C/S)	30	7:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Horseshoe or Darts (C/P/S) 12:00 Lunch (S) 1:00pm Art Project (C/S) 2:00pm Lucky Dog (C/S) 3:00pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S) 5:00 Tabletop Activities (C/S)
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**Specialized Alzheimer's Day Care Program Boca Raton**

4680 N. Dixie Hwy.  
 Boca Raton, FL 33431  
 Mon-Fri: 7:30 – 5:30pm  
 (561) 391-6955  
 www.alzcare.org

Veronica Knowlessar, RN Program Manager  
 Tenika James, LPN 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 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



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<p>Spiritual</p>	<p>Non-judgmental safe environment <b>at all times.</b>          Music-patient's choice, Recognizing unique culture and faiths in discussions and in song, positive reinforcement of all endeavors</p>	<p>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</p>
<p>Emotional</p>	<p>Positive Communication <b>at all times:</b>          Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions</p>	<p>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</p>