

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

**Birthdays**



**Harry – 3/20**

**Special Events**

- 3/3 – Employee Appreciation Day/ Natl Dress in Blue Day**
- 3/6 – Oreo Cookie Day**
- 3/14 – Natl Potato Chip Day**
- 3/17 – St. Patrick's Day Party**
- 3/23 – Natl Chip and Dip Day**
- 3/24 – Natl Chocolate Covered Raisin Day**

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00am 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) <b>"National Peanut Butter Lover's Day"</b>	2 8:00am 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) 3:00 Afternoon Snack (S) 4:00 Puzzles/Coloring/Sorting (C/S) <b>"National Banana Cream Pie Day"</b>	3 8:00am-9:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Mini 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) <b>"National Dress in Blue Day"</b>
	6 8:00am 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) <b>"National White Chocolate Cheesecake Day"</b>	7 8:00am 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) <b>"National Cereal Day"</b>	8 8:00am 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)	9 8:00am 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)	10 8:00am 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)
	13 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Corn Hole (P/S/C) 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)	14 8:00am 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)	15 8:00am 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)	16 8:00am 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) *	17 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Mini 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) <b>"St Patrick's Day Party"</b>
	20 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Corn Hole (P/S/C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Balloon Games (P/S) 3:00 Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)	21 8:00am 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)	22 8:00am 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)	23 8:00am 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) <b>"National Puppy Day"</b>	24 8:00am-9:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Mini 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)
	27 8:00am 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)	28 8:00am 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)	29 8:00am 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)	30 8:00am 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) <b>"National Pencil Day"</b>	31 8:00am-9:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Mini 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) <b>"National Crayon Day"</b>

**Specialized Alzheimer's  
Day Care Program Boca Raton**

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(561) 391-6955  
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Veronica Kowlessar, RN Program Manager  
Samantha Francis, LPN Program Nurse



**24 Hour Crisis  
Line**

**1-800-394-1772**

**Therapeutic Activities**

**Examples of Therapeutic Activities**

**Definitions**

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
Spiritual	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	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	Positive Communication <b>at all times:</b> 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