





	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Elmer 5/8 Mikhael 5/19 Samantha 5/15 Joanne 5/25</p> <p>Special Events</p> <p>5/14 – Happy Mother's Day</p>	<p>1</p> <p>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)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>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)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>8:00am-9:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Music Therapy w/Camille (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) "Cinco De Mayo"</p>
	<p>8</p> <p>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)</p>	<p>9</p> <p>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) "Butterscotch Brownie Day"</p>	<p>10</p> <p>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)</p>	<p>11</p> <p>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)</p>	<p>12</p> <p>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)</p>
	<p>15</p> <p>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) "National Chocolate Chip Day"</p>	<p>16</p> <p>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)</p>	<p>17</p> <p>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) "National Cherry Cobbler Day"</p>	<p>18</p> <p>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)</p>	<p>19</p> <p>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) "Pizza Party Day"</p>
	<p>22</p> <p>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)</p>	<p>23</p> <p>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)</p>	<p>24</p> <p>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)</p>	<p>25</p> <p>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)</p>	<p>26</p> <p>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) "Paper Airplane Day"</p>



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	<p>29</p> <p>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)</p>	<p>30</p> <p>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)</p>	<p>31</p>	
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Specialized Alzheimer's Day Care Program Boca Raton

4680 N. Dixie Hwy.
 Boca Raton, FL 33431
 Mon-Fri: 8:00 – 5:00pm
 (561) 391-6955
 www.alzcare.org

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

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	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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	Games	
Spiritual	<p>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</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>
Emotional	<p>Positive Communication at all times: 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>