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May 2026

Boca Raton

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p>  <p>Birthdays 5/3- Teresa P. 5/21-Laurie B. 5/22- Leonja W. 5/30- Vidhya G.</p> <p>Special Events 5/4- Nat'l Orange Juice Day 5/5- Cinco de Mayo 5/6- Nat'l Nurses Day 5/12- Nat'l Nutty Fudge Day 5/13- Nat'l Apple Pie Day 5/15- Nat'l Chocolate Chip Day 5/25- Memorial Day 5/28- Nat'l Hamburger Day 5/29- Nat'l Biscuit Day</p>					<p>1</p> <p>8:00am-9:00am Tabletop Activities (C/S) 9:15am 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) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)</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

Leonja Williams, LPN Program Manager



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
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 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 at all times: 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