



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



NOVEMBER BIRTHDAY'S
12/10- Elizabeth Meyer

Events
Dec 8- National Brownie Day
Dec 9- Christmas Card Day
Dec 12- Gingerbread House Day
Dec 13- National Cocoa Day
Dec 15- National Cupcake Day
Dec 16- National Ugly Sweater Day
Dec 18- Hanukkah
Dec 24- Christmas Eve
Dec 25- Christmas Day
Dec 28-Pledge of Allegiance Day

	Monday	Tuesday	Wednesday	Thursday	Friday	
				1	2	
				8:00am Socialize with Friends (S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (C/S) 12:00pm Board Word Search (C/S) 12:30 Lunch (S) 1:30pm Chair Exercises (P) 2:00pm Bingo (C/S) 2:30pm Who is that Person? (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)		8:00am Word Search (C) 9:00am Breakfast (S) 10:00am Open Activity(C/S) 11:00am National Smile Day (C/S) 12:00pm Egg Trivia (C/S) 12:30pm Lunch (S) 1:30pm Chair Exercise (P) 2:00pm Noodle Ball (P/S) 2:30pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)
	5	6	7	8	9	
	8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (S) 11:30am Board Trivia (C/S) 12:00pm Sing-along (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Noodle Ball (C/P/S) 2:30pm Adult Coloring or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (S/C/P)	8:00am In the News (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (C/S) 11:30am Music Therapy (C/S) 12:00pm Word Ending (C/S) 12:30pm Lunch (S) 1:30pm Chair Zumba (P) 2:00pm Ring Toss (P/S) 2:30pm Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Nuts and Bolts (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Discussion (C/S) 11:30am Chair Dancing (P) 12:00pm Opposite Words (C/S) 12:30pm Lunch (S) 1:30pm Chair Exercises (P) 2:00pm Bowling (C/P/S) 2:30pm Short Stories (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Clipping Coupons (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (C/S) 11:30am Fill in the Blank (C/S) 12:00pm Brain Quest (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Bingo (C/S) 2:30pm Family Feud (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Connect the Dots (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Cancer Awareness Day(S) 11:30am The Making of Iced Tea (C/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Chair Zumba (P) 2:00pm Noodle Ball (P/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	
	12	13	14	15	16	
	8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion(C/S) 11:30am Board Trivia (C/S) 12:00pm Sing -A- Long (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Noodle Ball (C/P/S) 2:30pm Adult Coloring or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Coupon Clipping (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Chocolate Cupcake Day (C/S) 11:30am Name the Flag (C/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Chair Zumba (P) 2:00pm Bean Bag Toss (C/P/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Card Matching (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussions (C/S) 11:30am Rhyming Words (C/S) 12:00pm Board Crossword (C/S) 12:30pm Lunch (S) 1:30pm Follow the Leader Exercise (P) 2:00pm Ring Toss (C/P/S) 2:30pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Magazine Cutout (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Chicken & Waffle Day (C/S) 11:30am Fill in the Blank (C/S) 12:00pm Brain Quest (C/S) 12:30pm Lunch (S) 1:30pm Chair Exercise (P) 2:00pm Card Games (C/S) 2:30pm Adult Coloring or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Rice, Beads, and Beans (C/S) 9:00am Breakfast (S) 10:00am Open Activity (C/S) 11:00am National Day Discussion (C/S) 12:00pm Name that Tune (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Noodle Ball (P/S) 2:30pm Sing-along (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	
	19	20	21	22	23	
	8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (C/S) 11:30am Board Trivia (C/S) 12:00pm Sing-along (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Noodle Ball (C/P/S) 2:30pm Adult Coloring or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Nuts and Bolts (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussions (C/S) 11:30am Rhyming Words (C/S) 12:00pm Brain Quest (C/S) 12:30pm Lunch (S) 1:30pm Follow the Leader Yoga Exercise (P) 2:00pm Bowling (C/P/S) 2:30pm Sing-along (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussions (C/S) 11:30am Music Therapy (C/S) 12:00pm Word Ending (C/S) 12:30pm Lunch (S) 1:30pm Chair Exercise (P) 2:00pm Family Feud (C/S) 2:30pm Adult Coloring (C/S) 3:30pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Socialize with Friends (S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (C/S) 12:00pm Board Word Search (C/S) 12:30 Lunch (S) 1:30pm Chair Exercises (P) 2:00pm Bingo (C/S) 2:30pm Who is that, Person? (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	8:00am Word Search (C) 9:00am Breakfast (S) 10:00am Open Activity(C/S) 11:00am National Smile Day (C/S) 12:00pm Egg Trivia (C/S) 12:30pm Lunch (S) 1:30pm Chair Exercise (P) 2:00pm Noodle Ball (P/S) 2:30pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	



December 2022

Delray Beach

Closed	26	8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Halloween (S) 11:30am Board Trivia (C/S) 12:00pm Sing-along (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Noodle Ball (C/P/S) 2:30pm Adult Coloring or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities(S/C/P)	27	8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Halloween (S) 11:30am Board Trivia (C/S) 12:00pm Sing-along (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Noodle Ball (C/P/S) 2:30pm Adult Coloring or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (S/C/P)	28	8:00am Clipping Coupons (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Day Discussion (C/S) 11:30am Fill in the Blank (C/S) 12:00pm Brain Quest (C/S) 12:30pm Lunch (S) 1:30pm Chair Yoga (P) 2:00pm Bingo (C/S) 2:30pm Family Feud (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	29	8:00am Connect the Dots (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am National Cancer Awareness Day(S) 11:30am The Making of Iced Tea (C/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Chair Zumba (P) 2:00pm Noodle Ball (P/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)	30
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**Specialized Alzheimer's
 Day Care Program Delray Beach**
 Seacrest Presbyterian Church
 2703 N. Seacrest Blvd.
 Delray Beach, FL 33444
 Mon-Fri: 8:00 – 5:00pm
 561-330-3541
 www.alzcare.org

Leonja Sims, LPN Program Manager
 Saindeline Jean Pierre, 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



December 2022



Delray Beach

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 always . 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 always : 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