


|  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|---|--|---|---|
| <p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p>  <p><b>MARCH BIRTHDAY'S</b></p> <p><b>3/6- CHARLES FRAUMERI</b><br/><b>3/11- BARBARA MARTINES</b></p> <p><b>EVENTS</b></p> <p><b>3/1-Women's History Month</b></p> <p><b>3/1-World Music Therapy Day</b></p> <p><b>3/3-National Anthem Day</b></p> <p><b>3/6-National Oreo Cookie Day</b></p> <p><b>3/9- National Popcorn Lover's Day</b></p> <p><b>3/12-Daylight Saving Time</b></p> <p><b>3/14-National Potato Chip Day</b></p> <p><b>3/17-Saint Patrick's Day</b></p> <p><b>3/24-National Cheesesteak Day</b></p> |   |   |  |   |   |
|  | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am word Ending</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing-along (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (S/C/P)</p>                 | <p>8:00am In the News (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Ball Toss</p> <p>11:30am Music Therapy (C/S)</p> <p>12:00pm Word Ending (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Zumba (P)</p> <p>2:00pm Ring Toss (P/S)</p> <p>2:30pm Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Ring Toss</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing-along (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (S/C/P)</p>                    | <p>8:00am Socialize with Friends (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussion (C/S)</p> <p>12:00pm Board Word Search (C/S)</p> <p>12:30 Lunch (S)</p> <p>1:30pm Chair Exercises (P)</p> <p>2:00pm Bingo (C/S)</p> <p>2:30pm Who is that, Person? (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   | <p>8:00am Word Search (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Open Activity(C/S)</p> <p>11:00am Sing -a -long</p> <p>12:00pm Egg Trivia (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercise (P)</p> <p>2:00pm Noodle Ball (P/S)</p> <p>2:30pm Bingo (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   |
|  | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am word Ending</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing-along (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (S/C/P)</p>                 | <p>8:00am In the News (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Ball Toss</p> <p>11:30am Music Therapy (C/S)</p> <p>12:00pm Word Ending (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Zumba (P)</p> <p>2:00pm Ring Toss (P/S)</p> <p>2:30pm Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   | <p>8:00am Nuts and Bolts (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Discussion (C/S)</p> <p>11:30am Chair Dancing (P)</p> <p>12:00pm Opposite Words (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercises (P)</p> <p>2:00pm Bowling (C/P/S)</p> <p>2:30pm Short Stories (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>             | <p>8:00am Clipping Coupons (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Noodle Ball</p> <p>11:30am Fill in the Blank (C/S)</p> <p>12:00pm Brain Quest (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Bingo (C/S)</p> <p>2:30pm Family Feud (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>  | <p>8:00am Connect the Dots (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Cancer Awareness Day(S)</p> <p>11:30am The Making of Iced Tea (C/S)</p> <p>12:00pm Trivia (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Zumba (P)</p> <p>2:00pm Noodle Ball (P/S)</p> <p>2:30pm Sing-along or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p> |
|  | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Word Ending</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing -A- Long (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>                | <p>8:00am Coupon Clipping (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Chocolate Cupcake Day (C/S)</p> <p>11:30am Name the Flag (C/S)</p> <p>12:00pm Trivia (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Zumba (P)</p> <p>2:00pm Bean Bag Toss (C/P/S)</p> <p>2:30pm Sing-along or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p> | <p>8:00am Card Matching (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussions (C/S)</p> <p>11:30am Rhyming Words (C/S)</p> <p>12:00pm Board Crossword (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Follow the Leader Exercise (P)</p> <p>2:00pm Ring Toss (C/P/S)</p> <p>2:30pm Bingo (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p> | <p>8:00am Magazine Cutout (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Chicken &amp; Waffle Day (C/S)</p> <p>11:30am Fill in the Blank (C/S)</p> <p>12:00pm Brain Quest (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercise (P)</p> <p>2:00pm Card Games (C/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p> | <p>8:00am Rice, Beans, and Beans (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Open Activity (C/S)</p> <p>11:00am Saint Patrick's Day talk</p> <p>12:00pm Name that Tune (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (P/S)</p> <p>2:30pm Sing-along (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   |
|  | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussion (C/S)</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing-along (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p> | <p>8:00am Nuts and Bolts (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Sing-along</p> <p>11:30am Rhyming Words (C/S)</p> <p>12:00pm Brain Quest (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Follow the Leader Yoga Exercise (P)</p> <p>2:00pm Bowling (C/P/S)</p> <p>2:30pm Sing-along (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>                       | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussions (C/S)</p> <p>11:30am Music Therapy (C/S)</p> <p>12:00pm Word Ending (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercise (P)</p> <p>2:00pm Family Feud (C/S)</p> <p>2:30pm Adult Coloring (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>           | <p>8:00am Socialize with Friends (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussion (C/S)</p> <p>12:00pm Board Word Search (C/S)</p> <p>12:30 Lunch (S)</p> <p>1:30pm Chair Exercises (P)</p> <p>2:00pm Bingo (C/S)</p> <p>2:30pm Who is that, Person? (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   | <p>8:00am Word Search (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Open Activity(C/S)</p> <p>11:00am Bing- Bag</p> <p>12:00pm Egg Trivia (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercise (P)</p> <p>2:00pm Noodle Ball (P/S)</p> <p>2:30pm Bingo (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   |
|  | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussion (C/S)</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing-along (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p> | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am Sing-along</p> <p>11:30am Board Trivia (C/S)</p> <p>12:00pm Sing-along (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Yoga (P)</p> <p>2:00pm Noodle Ball (C/P/S)</p> <p>2:30pm Adult Coloring or Craft Time (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>                            | <p>8:00am Photo Sort (C/S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussions (C/S)</p> <p>11:30am Music Therapy (C/S)</p> <p>12:00pm Word Ending (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercise (P)</p> <p>2:00pm Family Feud (C/S)</p> <p>2:30pm Adult Coloring (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>           | <p>8:00am Socialize with Friends (S)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Opening Activity (C/S)</p> <p>11:00am National Day Discussion (C/S)</p> <p>12:00pm Board Word Search (C/S)</p> <p>12:30 Lunch (S)</p> <p>1:30pm Chair Exercises (P)</p> <p>2:00pm Bingo (C/S)</p> <p>2:30pm Who is that Person? (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>  | <p>8:00am Word Search (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Open Activity(C/S)</p> <p>11:00am Bing- Bag</p> <p>12:00pm Egg Trivia (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Chair Exercise (P)</p> <p>2:00pm Noodle Ball (P/S)</p> <p>2:30pm Bingo (C/S)</p> <p>3:00pm Afternoon Snack (S)</p> <p>4:00pm-5:00pm Tabletop Activities (C/S)</p>   |

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

**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  
TBD, 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  |



# MARCH

March 2023

Delray Beach

|           |   |   |
|-----------|---|---|
| Spiritual | Non-judgmental safe environment <b>always.</b><br>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>always:</b><br>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 |