





	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p>  <p>MARCH BIRTHDAY'S</p> <p>May 22- Leonja</p> <p>EVENTS</p> <p>May 5- Cinco de Mayo May 6- National Nurses Day May 9- National Teacher's Day May 11- Eat What You Want Day May 15- National Chocolate Chip Day May 16- Wear Purple for Peace Day May 23- Lucky Penny Day May 25- Tap Dance Day</p>	<p>1</p> <p>8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am word Ending. (S, C) 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)</p>	<p>2</p> <p>8:00am In the News (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Ball Toss (P) 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)</p>	<p>3</p> <p>8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Ring Toss (P) 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)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>8:00am Word Search (C) 9:00am Breakfast (S) 10:00am Open Activity(C/S) 11:00am Sing -a -long (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)</p>
	<p>8</p> <p>8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am word Ending (S, C) 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)</p>	<p>9</p> <p>8:00am In the News (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Ball Toss (P) 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 Short Stories (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>10</p> <p>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)</p>	<p>11</p> <p>8:00am Clipping Coupons (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Noodle Ball (S, P) 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)</p>	<p>12</p> <p>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)</p>
	<p>15</p> <p>8:00am Photo Sort (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Word Ending (S, C) 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)</p>	<p>16</p> <p>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)</p>	<p>17</p> <p>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)</p>	<p>18</p> <p>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)</p>	<p>19</p> <p>8:00am Rice, Beans, and Beans (C/S) 9:00am Breakfast (S) 10:00am Open Activity (C/S) 11:00am Saint Patrick's Day talk (S, C) 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)</p>
	<p>22</p> <p>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)</p>	<p>23</p> <p>8:00am Nuts and Bolts (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Sing-along (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)</p>	<p>24</p> <p>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)</p>	<p>25</p> <p>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)</p>	<p>26</p> <p>8:00am Word Search (C) 9:00am Breakfast (S) 10:00am Open Activity(C/S) 11:00am Bing- Bag (S, P) 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)</p>
	<p>29</p> 	<p>30</p> <p>8:00am Nuts and Bolts (C/S) 9:00am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Sing-along (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)</p>	<p>31</p> <p>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)</p>		



May 2023



Delray Beach

**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
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



May 2023



Delray Beach

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
-----------	--	---