


| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|---|
| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Leslie G 3/18 Jeannette W 3/29</p> <p>Special Events</p> <p>3/3 Dress in Blue Day Colorectal Cancer Awareness</p> <p>3/6 National Oreo Cookie Day Social</p> <p>3/10 Health Focus with Lynda</p> <p>3/16 Music Therapy (PBM)</p> <p>3/17 Happy St Patrick's Day Social</p> <p>3/20 March Monthly Craft</p> <p>3/29 Vietnam War Veteran's Day Discussion</p> | | | <p>1</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Brilliant Brush Time, (C/S/E) 11:30am Getting Groovy (P/S) 12:30pm Lunch (S) 1:30pm Gray Vs Silver (C/S/E) 2:00pm Feed Your Mind (S/C/E) 2:30pm Walk This Way (P/S) 3:00pm Mind Over Matter (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Feeling Fit (P/C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>2</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:00pm Relaxation and Restoration (S/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>3</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm Good Vibrations (P/S) 2:00pm No Spring Chicken (P/S/E) 2:30pm The Craft Cottage (C/S) 3:00pm Strength in Stretching (P/S) 3:30pm Early Bird Snack Special (S) 4:00pm Food for Thought (C/S) 4:30pm Tabletop Activities (C/S)</p> |
| | <p>6</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm National Oreo Cookie Day Social (S/E) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>8</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Listen to Your Heart, (P/C/S/E) 11:30am Jukebox Jams (C/S) 12:30pm Lunch (S) 1:30pm Relaxation and Restoration (C/S/E) 2:00pm Fitness is Golden (P/S/E) 2:30pm Love, Laugh & BINGO (C/S/E) 3:00pm This or That (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Feeling Fabulous (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>9</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm Good Vibrations (P/S) 2:00pm Tactile Time (C/P/S) 2:30pm Still Groovy (C/S) 3:00pm Devine Drawings (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Hands On (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>10</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm Fuel for the Soul (S/C/E) 2:00pm Guess the ... (C/S/E) 2:30pm Monthly Health Focus (C/S/E) 3:00pm Peace of Mind (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Fab, Fit n' Fun (P/S) 4:30pm Tabletop Activities (C/S)</p> |
| | <p>13</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Pep in Your Step (P/S) 11:30am Deep Breaths (P/C/S/E) 12:30pm Lunch (S) 1:30pm Been Around the World (C/S) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Tabletop Activities</p> | <p>14</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm Strength in Stretching (P/S) 2:00pm Guess the ... (C/S/E) 2:30pm Monthly Health Focus (C/S/E) 3:00pm Peace of Mind (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Fab, Fit n' Fun (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>15</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm, Keep It Moving' (P/S) 2:00pm Tactile Time (C/P/S) 2:30pm Still Groovy (C/S) 3:00pm Devine Drawings (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Hands On (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>16</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:00pm Lunch (S) 1:00pm Music Therapy (PBM) (E/S) 2:00pm Love, Laugh & BINGO (C/S/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>17</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Happy St Patrick's Day Social(S/E) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Tabletop Activities (C/S)</p> |
| | <p>20</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm March Craft Project (S/C/E) 2:00pm No Spring Chicken (P/S/E) 2:30pm The Craft Cottage (C/S) 3:00pm Strength in Stretching (P/S) 3:30pm Early Bird Snack Special (S) 4:00pm Food for Thought (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>21</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:00pm Tactile Tile (C/P/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>22</p> <p>7:30am Tabletop Time (C) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Imagination Nation (C/S) 12:30pm Lunch (S) 1:30pm Gray Vs Silver (C/S/E) 2:00pm Wheels of Change (S/C/E) 2:30pm Silver Sneaker Society (P/S) 3:00pm Reminisce Reunion (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Get with The Flow (P/S) 4:30pm Easy Does It (C/S/E)</p> | <p>23</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:00pm Relaxation and Restoration (C/S/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>24</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm Good Vibrations (P/S) 2:00pm No Spring Chicken (P/S/E) 2:30pm The Craft Cottage (C/S) 3:00pm Strength in Stretching (P/S) 3:30pm Early Bird Snack Special (S) 4:00pm Food for Thought (C/S) 4:30pm Tabletop Activities (C/S)</p> |

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| 27 | 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Tabletop Activities (C/S) | 28 | 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Creation Station (P/C/S/E) 11:30am Making Memories (C/S) 12:30pm Lunch (S) 1:30pm Not Our First Rodeo (C/S/E) 2:00pm Feed Your Mind (S/C/E) 2:30pm Wishful Shrinking (P/S) 3:00pm Magical Mantras (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Spokes for Folks (P/C/S) 4:30pm Tabletop Activities (C/S) | 29 | 7:30am Tabletop Time (C) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Imagination Nation (C/S) 12:30pm Lunch (S) 1:30pm Vietnam War Veterans Day Discussion (S/E/C) 2:00pm Wheels of Change (S/C/E) 2:30pm Silver Sneaker Society (P/S) 3:00pm Reminisce Reunion (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Get with The Flow (P/S) 4:30pm Easy Does It (C/S/E) | 30 | 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:00pm Relaxation and Restoration (C/S/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Tabletop Activities (C/S) | 31 | 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm Good Vibrations (P/S) 2:00pm No Spring Chicken (P/S/E) 2:30pm The Craft Cottage (C/S) 3:00pm Strength in Stretching (P/S) 3:30pm Early Bird Snack Special (S) 4:00pm Food for Thought (C/S) 4:30pm Tabletop Activities (C/S) |
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Courtney Davis, LPN Program Manager
 Lynda Cappello, LPN Program Nurse



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Definitions

Therapeutic Activities Examples of Therapeutic Activities

| 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 |