


	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p><b>Special Events/ Holidays</b>            March 2- NATIONAL BANANA CREAM PIE DAY            March 3- Dress in Blue/Anthem Day            March 6-Oreo cookie/white chocolate cheesecake            March 17- St. Patrick's Day            March 23- Chip and Dip            March 29-Ice Cream Float</p>			1 8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) <b>11:00am Music Therapy (S/C)</b> 12:00pm Lunch 1:15pm Meditation (C) 1:30pm Group Discussion (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	2 8:00am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Trivia (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C/P) 1:30pm Group Discussion (S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	3 <b>**DRESS IN BLUE**</b> 8:00am Tabletop Activities (S/C) 8:30 Breakfast (S) 10:00 Opening Day/National Day(S/C) 10:30am Exercise (P) 11:15am Guess the sound (C/S) 12:00pm Lunch(S) 1:15pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm <b>Social Time/ (S)</b> 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	
		6	7	8	9	10
		8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/ National Day (S) 10:30am Exercise (P) 11:15am Family Feud(C) 12:00pm Lunch(S) 1:15pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00 Opening Day/ National Day (S/C) 10:30am Exercise (P) 11:15am Missing Letter (C/S) 12:00pm Lunch(S) 1:15pm Meditation (C/P) 1:30pm Parachute (P/S) 2:00pm Words Beginning in (C) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Rhyming Words (S) 12:00pm Lunch 1:15pm Meditation (C) 1:30pm Group Discussion (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day(S/C) 10:30am Exercise (P) 11:15am Who am I(C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Group Discussion (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S))	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Short Story (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm <b>Social Time/ (S)</b> 3:30pm-4:30pm Sing-along songs (S)
		13	14	15	16	17
		8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/ National Day(S/C) 10:30am Exercise (P) 11:15am Family Feud (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/ National Day S/C) 10:30am Exercise (P) 11:15am Fruits A-Z (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Parachute (P/S) 2:00pm Guess the Price (C) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Name the Flag (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Group Discussion (P/S)) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Word Ending (C/S) 12:00pm Lunch (S) 1:15pm Meditation (P/S) 1:30pm Group Discussion (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Dear Abby/ (C) 12:00pm Lunch (S) 1:15pm Meditation (P/S) 1:30pm Beach Ball (P) 2:00pm <b>Social Time/ St. Patrick Celeb(S)</b> 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)
		20	21	22	23	24
	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00am Opening Day/ National Day (S/C) 10:30 am Exercise (P) 11:15am Trivia (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/ National Day (S) 10:30am Exercise (P) 11:15am Name 10 12:00pm Lunch(S) 1:15pm Meditation (C) 1:30pm Parachute (S/P) 2:00pm Person, Place, or Thing (C/S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S))	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S) 10:30am Exercise (P) 11:15am Opposite Words (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Group Discussion (P/S) 2:00pm Bingo! 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/national Day (S/C) 10:30am Exercise (P) 11:15am Countries A-Z (S) 12:00pm Lunch (S) 1:15pm Meditation (C/P) 1:30pm Group Discussion (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 8:30 Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Who Am I (C/S) 12:00pm Lunch(S) 1:15pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm <b>Social Time(S)</b> 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	
	27	28	29	30	31	
	8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/ National Day (S/C) 10:30am Exercise (P) 11:15am Name A-Z(C) 12:00pm Lunch(S) 1:15pm Meditation (C) 1:30pm Beach Ball (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/ National Day (S) 10:30am Exercise (P) 11:15am Things found in a C/S) 12:00pm Lunch(S) 1:15pm Meditation (C) 1:30pm Parachute (P/S) 2:00pm Hangman (C) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 9:00am Breakfast (S) 10:00 Opening Day/National Day (S) 10:30am Exercise (P) 11:15am Opposite Words (C/S) 12:00pm Lunch (S) 1:15pm Meditation (C) 1:30pm Group Discussion (P/S) 2:00pm Bingo! 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (C/S) 8:30am Breakfast (S) 10:00am Opening Day/National day (S/C) 10:30am Exercise (P) 11:15am Countries A-Z (S) 12:00pm Lunch (S) 1:15pm Meditation (C/P) 1:30pm Group Discussion (P/S) 2:00pm Bingo (S) 3:00pm Afternoon Snack (S) 3:30pm-4:30pm Sing-along songs (S)	8:00am Tabletop Activities (S/C) 8:30 Breakfast (S) 10:00 Opening Day/National Day (S/C) 10:30am Exercise (P) 11:15am Name a US State! (C/S) 12:00pm Lunch(S) 1:15pm Meditation (C/P) 1:30pm Beach Ball (P/S) 2:00pm <b>Social Time(S)</b> 3:00pm Afternoon Snack 3:30pm-4:30pm Sing-along songs (S)	



# MARCH

March 2023

Lake Worth

**Specialized Alzheimer's  
Day Care Program Lake Worth**

1615 Lake Ave.  
Lake Worth, FL 33460  
Mon-Fri: 8:00 – 5:00pm  
(561) 585-7781  
www.alzcare.org

Meyling Pastrana, LPN Program Manager



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 <b>at all times.</b> 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



# MARCH

March 2023

Lake Worth

Emotional	Positive Communication <b>at all times:</b> 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
-----------	--	---