




	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>Lucille's B-Day 4/7</b></p> <p><b>Special Events</b></p> <p><b>April fool's day 1st</b> <b>Good Friday 3rd</b> <b>Easter 5th</b> <b>Earth Day 22nd</b></p>			<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Spin the wheel trivia</b> 1115-12 free time- music or tv show 12-1pm Lunch (P/S) 1-145pm <b>UNO (c) April fool's Day</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p/s) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Pictionary (c)</b> 1115-12pm 70s dance music or TV show 12-1pm Lunch (P/S) 1-145pm <b>Bingo (S/C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities (S/C)</p>	<p>7:30-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10-1030am Exercise and singalongs(P) 1030-1115am <b>Scramble (S/C)</b> 1115-12pm 70s dance music 12-1pm Lunch (P/S) <b>GOOD FRIDAY</b> 12-130-pm <b>Movie Day (S/C)</b> <b>130-2pm Easter egg hunt</b> 2- 230pm Afternoon snack 230-4 Free time/ table activities (S/C) Find a rainbow day!</p>
	<p>730-9am Music, puzzles/coloring (c/p/s) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Darts(c)</b> 1115-12pm 70s dance music or TV show 12-1pm Lunch (P/S) 1-145pm <b>Bean bag toss(c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Trivia (c)</b> 1130-12pm free time- music or tv show 12-1pm Lunch (P/S) 1-145pm <b>Lucille's B-Day</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/ music (S/C) <b>World heath day</b></p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Hangman (S/C)</b> 1115-12 free time- music or tv show 12-1pm Lunch (P/S) 1-145pm <b>Alphabet game (c/s)</b> 2-230 pm Afternoon snack 230-4pm Tabletop Activities/Music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Guess the career(C/S)</b> 1115-12 70s dance music 12-1pm Lunch (P/S) 1-145pm <b>Golf (S/C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10- 1030am Exercise and Caroling(P/E) 1030-1115am <b>emoji game (C/S)</b> 1130-12pm 70s dance music 12-1pm Lunch (P/S) 1-3pm <b>Bingo (s/c)</b> 2-230pm Afternoon snack 230-4pm Free time/ table activities (S/C) <b>Hug your dog day!</b></p>
	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Dice throw (S/C)</b> 1115-12pm free time- music or tv show 12-1pm Lunch (P/S) <b>1-145 Noodle ball indoors(p)</b> 2-23pm afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>any activity(S/C)</b> 1115-12pm 70s dance music/tv 12-1pm Lunch (P/S) 1-145pm <b>Spring collage garden</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/ music (S/C) Look up in the sky day!</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Spin the Wheel (s/c)</b> 1115-12 free time- music or tv show 12-1pm Lunch (P/S) 1-145pm <b>Porch time convo (if weather permits)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise (P/E) 1030-1115am <b>Would you rather (s/c)</b> 1115-12 70s dance music/ tv show 12-1pm Lunch (P/S) 1-145pm <b>Uno (S/C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing(P/E) 1030-1115am <b>Beanbag toss outside c/s</b> 1115-12pm 70s dance music 12-1pm Lunch (P/S) 1-3pm <b>Movie Day (S/C)</b> 2-230pm Afternoon snack 230-4pm Free time/ table activities (S/C)</p>
	<p>7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Lucky Dog (c)</b> 1115-12pm free time- music or tv show 12-1pm Lunch (P/S) 1-145pm <b>Darts (c)</b> 2-230pm Snack 230-4pm Tabletop Activities / music(S/C)</p>	<p>7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Spin the Wheel (S/C)</b> 1115-12pm free time- music or tv show 12-1pm Lunch (P/S) 1-145pm <b>Call and Response with Tamika(c)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) <b>Earth Day</b> 10- 1045am Exercise, (P) 1045-1130am <b>Hangman (c/s)</b> 1115-12pm free time- music or tv show 12-1pm Lunch (P/S) 1-45pm <b>Bingo</b> 2-230pm Afternoon snack 230-4pm Tabletop activities (S/C) Jelly bean day!</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am <b>Pictionary</b> 1115-12 70s dance music 12-1pm Lunch (P/S) 1-145pm <b>UNO (S/C)</b> 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)</p>	<p>730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and Caroling(P/E) 1030-1115am <b>Dice throw (p/c)</b> 1115-12pm 70s dance music 12-1pm Lunch (P/S) 1-3pm <b>Lucky dog (S/C)</b> 2-230pm Afternoon snack 230-4pm Free time/ table activities (S/C)</p>
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April 2026



Pahokee

**Alzheimer's Specialized Day Care Program**  
**Pahokee**  
**470 Barak Obama Blvd**  
**Pahokee, FL 33476**  
**Mon-Fri: 7:30am-4:00pm**  
**(561) 924-7283**  
[www.alzcare.org](http://www.alzcare.org)

**Tamika Jones, LPN- Program Manager**  
**TBD-Program Nurse**

**Therapeutic Activities**

**Examples of Therapeutic**

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
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