ALZHEIMER'S COMMUNITY CARE

November 2026

NOVEMBER

Pahokee

	Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Schedule subject to change based on program discretion/patient needs. **Happy Birthday** **Special Events**	2 7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Lucky Dog (p/c)** 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Emoji Game (c)** 2-230pm Snack 230-4pm Tabletop Activities / music(S/C)	3 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **UNO(s)** 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm **Movie (p/c)** 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	4 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Picture game (c)** 1115-12 free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Bing bag Toss (p/s)** 2-230pm Afternoon snack 230-4pm Tabletop Activities (s/c)	5 730-9am Music, puzzles/coloring (c/p/s) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Scramble (S/C)** 1115-12pm music or TV show (s) 12-1pm Lunch (P/S) 1-145pm **Bingo (C)** 2-230pm Cake and Ice cream 230-4pm Tabletop Activities (S/C)	6 7:30-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10-1030am Exercise and singalongs(P) 1030-1115am **Lucky dog(S/p)** 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1230-145-pm **Movie Day (S/C)** 2- 230pm Afternoon snack 230-4 Free time/ table activities (S/C)
	9 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Bingo** (S/C) 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S **1-145 Noodle ball indoors**(p/s) 2-23pm afternoon snack 230-4pm Tabletop Activities/music (S/C)	10 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Trivia (c)** 1130-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Bingo (c)** 2-230pm Afternoon snack 230-4pm Tabletop Activities/ music (S/C)	11 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Golf game (s/p)** 1115-12 Music/TV (s) 12-1pm Lunch (P/S) 1-145pm **Finish the phrase** (c/s) 2-230 pm Afternoon snack 230-4pm Tabletop Activities/Music (S/C)	12 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Guess the career**(C/S) 1115-12 music/TV (s) 12-1pm Lunch (P/S) 1230-2pm **Ball toss** (s/p) 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	13 730-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10- 1030am Exercise and singing (P) 1030-1115am **emoji game (C/S)** 1130-12pm music/TV (s) 12-1pm Lunch (P/S) **1-145pm Movie Day (S/C)** 2-230 Afternoon snack 230-4pm Family Feud (S/C)
	16 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Bingo** (S/C) 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S **1-145 Darts** (p/s) 2-23pm afternoon snack 230-4pm Tabletop Activities/music (S/C)	17 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **golf game(S/C)** 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm **Movie (s/c)** 2-230pm Afternoon snack 230-4pm Tabletop Activities/ music (S/C)	18 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Patio chat (s)** 1115-12 free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Fall craft (s/c)** 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	19 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing(P) 1030-1115am **Riddles (s/c)** 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm **Uno (S/C)** 2-230pm Snack 230-4pm Tabletop Activities/music (S/C)	20 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing(P) 1030-1115am **Bean bag toss (c/s)** 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1245-215pm **Movie Day (S/C)** 2-230pm Snack 230-4pm Free time/ table activities (S/C)
	23 7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Pass-the-ball (p/s)** 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Darts/ Mini golf (s/c)** 2-230pm Snack 230-4pm Tabletop Activities / music(S/C)	24 7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Spin the Wheel (S/C)** 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Bingo (c)** 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	25 7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise, singing (P) 1030-1115am **Trivia (c)** 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-45pm **Spin the Wheel (s/c)** 2-230pm Afternoon snack 230-4pm Let's Dance/Tabletop activities (S/C)	26 	27 **CLOSED**
	30 7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Lucky Dog (p/c)** 1115-12pm free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Emoji Game (c)** 2-230pm Snack 230-4pm Tabletop Activities / music(S/C)				

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November 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

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 **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