ALZHEIMER'S COMMUNITY CARE

October 2026

Pahokee

Monthly Schedule subject to change based on program discretion/patient needs.

Happy Birthday

Tim 10/11

Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 730-9am 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)	2 7:30-9am Music, puzzles/coloring (cp) 9am-10am Breakfast (S) 10-1030am Exercise and singalongs(P) 1030-1115am **Hot potato(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)
5 730-9am 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)	6 730-9am 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)	7 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Pass-the-ball (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)	8 730-9am 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 **Noodle ball** (s/p) 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	9 730-9am 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)
12 730-9am 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)	13 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Lucky dog(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)	14 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Bingo (s)** 1115-12 free time- music or tv show (s) 12-1pm Lunch (P/S) 1-145pm **Fall Activity (s/c)** 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	15 730-9am 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)	16 730-9am 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)
19 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 **Dart (s/c)** 2-230pm Snack 230-4pm Tabletop Activities / music(S/C)	20 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)	21 7:30-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1045am Exercise, singing (P) 1045-1130am **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)	22 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singalongs(P) 1030-1115am **Emoji game (s/c)** 1115-12pm music/TV (s) 12-1pm Lunch (P/S) 1-145pm **UNO** (S/C) 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	23 730-9am 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 12-1pm Lunch (P/S) 1245-2pm **Movie Day (s/c)** 2-230pm Afternoon snack 230-4pm Free time/ table activities (S/C)
26 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)	27 730-9am 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)	28 730-9am 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 **Bingo (p/s)** 2-230pm Afternoon snack 230-4pm Tabletop Activities (s/c)	29 730-9am 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 **Noodle ball** (s/p) 2-230pm Afternoon snack 230-4pm Tabletop Activities/music (S/C)	30 730-9am Music, puzzles/coloring (c/p) 9am-10am Breakfast (S) 10- 1030am Exercise and singing(P) 1030-1115am **Bingo (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)

ALZHEIMER'S COMMUNITY CARE

October 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