<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>October 2023</strong></td>
<td><strong>Pahokee</strong></td>
<td><strong>Pahokee</strong></td>
<td><strong>Pahokee</strong></td>
<td><strong>Pahokee</strong></td>
</tr>
<tr>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
</tr>
<tr>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
</tr>
<tr>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
</tr>
<tr>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
</tr>
<tr>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
</tr>
<tr>
<td>12:00pm Word Puzzle Contest (CS)</td>
<td>12:00pm Word Puzzle Contest (CS)</td>
<td>12:00pm Word Puzzle Contest (CS)</td>
<td>12:00pm Word Puzzle Contest (CS)</td>
<td>12:00pm Word Puzzle Contest (CS)</td>
</tr>
<tr>
<td>10:00pm Bingo (CS)</td>
<td>10:00pm Bingo (CS)</td>
<td>10:00pm Bingo (CS)</td>
<td>10:00pm Bingo (CS)</td>
<td>10:00pm Bingo (CS)</td>
</tr>
<tr>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
</tr>
<tr>
<td>2:30pm Group Discussion (CS)</td>
<td>2:30pm Group Discussion (CS)</td>
<td>2:30pm Group Discussion (CS)</td>
<td>2:30pm Group Discussion (CS)</td>
<td>2:30pm Group Discussion (CS)</td>
</tr>
<tr>
<td>3-4pm Tabletop Activities (CS)</td>
<td>3-4pm Tabletop Activities (CS)</td>
<td>3-4pm Tabletop Activities (CS)</td>
<td>3-4pm Tabletop Activities (CS)</td>
<td>3-4pm Tabletop Activities (CS)</td>
</tr>
<tr>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
</tr>
<tr>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
</tr>
<tr>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
</tr>
<tr>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
</tr>
<tr>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
</tr>
<tr>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
</tr>
<tr>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
</tr>
<tr>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
</tr>
<tr>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
</tr>
<tr>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
</tr>
<tr>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
</tr>
<tr>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
</tr>
<tr>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
<td>7:30am Tabletop Activities (SC)</td>
</tr>
<tr>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
<td>8:30am Breakfast (S)</td>
</tr>
<tr>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
<td>9:30am Prayer/Devotion (E)</td>
</tr>
<tr>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
<td>10:30am Exercise (P)</td>
</tr>
<tr>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
<td>11:30am Lunch (S)</td>
</tr>
<tr>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
<td>12:00pm Gues Game (S)</td>
</tr>
<tr>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
<td>12:00pm Magazine Reading (C/S)</td>
</tr>
<tr>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
<td>11:00pm Social (S)</td>
</tr>
<tr>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
<td>2:00pm Afternoon Snack (S)</td>
</tr>
<tr>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
<td>2:30pm Group Discussion (C/S)</td>
</tr>
<tr>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
<td>3:30pm Freestyle (C)</td>
</tr>
<tr>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
<td>4:00pm Tabletop Activities (SC)</td>
</tr>
</tbody>
</table>

Happy Birthday
Specialized Alzheimer’s Day Care Program Pahokee
470 Barack Obama Blvd.
Pahokee, FL 33476
Mon-Fri: 7:30am – 4:00pm
(561) 924-7283
www.alzcare.org
Karen Lawson, LPN Program Manager
TBD-Program Nurse

October 2023

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. | 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

24 Hour Crisis Line
1-800-394-1772
Music-patient’s choice, Recognizing unique culture and
faiths in discussions and in song, positive reinforcement of
all endeavors

| 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 |