



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

Happy Birthday



12/14 Bruce
12/17 Tally
12/18 Marie
12/19 Elizabeth
12/23 Frank
12/29 Eric

Special Events

12/01 Decorate a Christmas Tree
12/02 Popping Corn Day
12/05 National Cookie Day
12/06 Walt Disney Day
12/09 Christmas Card Day
12/13 Hot Cocoa Day
12/16 Wear Your Ugly Christmas Sweaters
12/19 Bake Christmas Cookies
12/20 Wear Crazy Socks
12/22 Christmas Exchange Party
12/22 Pajama Party
12/23 Christmas Movie marathon
12/30 New Year's Eve Party

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|---|
| | | | | 1 | 2 |
| | | | | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Brain Quest (C/S) 1:30pm Noodle Ball (P) 2:00pm Decorate Our Christmas Tree (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 10:30am Friday Musical (S/C) 12:00pm Lunch (S) 1:00pm Spelling Bee (C/S) 1:30pm Bingo (C/S) 2:00pm Board Games - (S/C) 2:30pm Afternoon Snack (Popcorn) (S) 3:30pm Sing-along (S/C) 4:00pm-5:00pm Tabletop Activities (S/C) |
| | 5 | 6 | 7 | 8 | 9 |
| | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (CP) 11:00am Board Games (C/S) 12:00pm Lunch (S) 1:00pm Christmas Stories (C/S) 1:30pm Trivia (S/C) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (Christmas cookies) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C/S) 12:00pm Lunch (S) 1:00pm Who is Walt Disney (C/S) 1:30pm Noodle Ball (P) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C/S) 12:00pm Lunch (S) 1:00pm Christmas Crossword Puzzle (C/S) 1:30pm Afternoon exercise (P) 2:00pm Board Games (C) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C/S) 12:00pm Lunch (S) 1:00pm Guess the Christmas Carol (C/S) 1:30pm Basketball (P) 2:00pm Bird Watching with the Gents (C) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 10:30am Name That Tune (S) 12:00pm Lunch (S) 1:00pm Chicken for the soul (C/S) 1:30pm Make a Christmas Card (C/S) 2:00pm Board Games (C) 2:30pm Afternoon Snack (pizza) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C/S) |
| | 12 | 13 | 14 | 15 | 16 |
| | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C/S) 12:00pm Lunch (S) 1:00pm Mathapalooza (S/C) 1:30pm Christmas Unscrambles (S/C) 2:00pm Ball toss(C) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C/S) 12:00pm Lunch (S) 1:00pm Christmas Stories (S) 1:30pm Frisbee Toss (P) 2:00pm Christmas Trivia (S/C) 2:30pm Afternoon Snack (Hot Cocoa) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C/S) 12:00pm Lunch (S) 1:00pm Christmas Crossword Puzzle (C/S) 1:30pm Christmas Unscrambles (C/S) 2:00pm Mini Golf (P) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Brain quest (C/S) 1:30pm Christmas Unscrambles (P) 2:00pm Bingo (C/S) 2:30pm Afternoon Snack ((S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 10:30am Name That Tune (S/C) 12:00pm Lunch (S) 1:00pm Guess that Carol (C/S) 1:30pm Christmas Facts (C/S) 2:00pm Ball Toss (P) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C) |
| | 19 | 20 | 21 | 22 | 23 |
| | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (S) 12:00pm Lunch (S) 1:00pm Christmas Arts and Crafts (C/S) 1:30pm Bake Christmas Cookies (C/S) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (Christmas Cookies) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities © | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C) 12:00pm Lunch (S) 1:00pm Guess the Carol (C/S) 1:30pm Mini Golf (P) 2:00pm Bird Watching with the Gents (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C) 12:00pm Lunch (S) 1:00pm Christmas Jeopardy (C/S) 1:30pm Basketball (C/S) 2:00pm Board Games (S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Christmas Traditions (C/S) 1:30pm Noodle Ball (P) 2:00pm Christmas Exchange (C/S) 2:30pm Afternoon Snack (Cookie Exchange) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C) | 8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 10:30am Friday Musical (S/C) 12:00pm Lunch (S) 1:00pm Christmas Movie: Home Alone (C/S) 1:30pm Bingo (C/S) 2:00pm Board Games - (S/C) 2:30pm Afternoon Snack (S) 3:30pm Sing-along (S/C) 4:00pm-5:00pm Tabletop Activities (S/C) |



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|---------------|---|---|---|--|----|
| CLOSED | 26 | 27 | 28 | 29 | 30 |
| | <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C) 12:00pm Lunch (S) 1:00pm unscrambles (C/S) 1:30pm Jeopardy (C/S) 2:00pm Board Games(C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C)</p> | <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C) 12:00pm Lunch (S) 1:00pm The History of New Year's Eve (S/C) 1:30pm Brain Quest (C/S) 2:00pm Bingo (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along (S) 4:00pm-5:00pm Tabletop Activities (S/C)</p> | <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C/S) 12:00pm Lunch (S) 1:00pm Interesting Facts (C/S) 1:30pm Noodle Ball (P) 2:00pm Board Games (C) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p> | <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 10:30am Name That Tune (S) 11:30am NYE Countdown (S/C) 12:00pm Lunch (S) 1:00pm NYE Facts (C/S) 1:30pm Afternoon Exercise (C/S) 2:00pm Board Games (C) 2:30pm Afternoon Snack (NYE Party) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p> | |



December 2022



Palm Beach Gardens

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| 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. 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 |