


	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>6/30 June</p> <p>Special Events</p> <p>6/1 Run around the world workout</p> <p>6/7 Ice Cream social</p> <p>6/10 Iced Tea and cookies</p> <p>6/14 Flag Day</p> <p>6/15 Father's Day</p> <p>6/21 Ice Cream Soda</p> <p>6/22 Yoga Workout</p> <p>6/24 Beatles Mania</p> <p>6/27 Bingo!</p>			<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts - C</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Famous Athletes - S</p> <p>1:30pm Run around the world workout (P)</p> <p>2:00pm Healthy Trivia (C/S)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along (S)</p> <p>4:00pm Simon Says (P)</p> <p>5:00pm Tabletop Activities (S/C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:00am Music Therapy (S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Who wants to be a millionaire (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Random Trivia (C)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along (S)</p> <p>4:00pm Bead Sorting (C/S)</p> <p>5:00pm Tabletop Activities (S/C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C)</p> <p>10:45am Exercise (P)</p> <p>11:30am Name That Tune (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Name that price (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games - (S/C)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along (S/C)</p> <p>4:00pm Family Feud (S/C)</p> <p>5:00pm Tabletop Activities (S/C)</p>	
		<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Bingo (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (C/S)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along Songs (S/C)</p> <p>4:00pm What If? (C)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm What the Topping (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Delicious Ice Cream Facts (C/S)</p> <p>2:30pm Afternoon Snack (Chocolate Ice Cream) (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Bead Sorting (C/S)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm What Year Was It? (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (C)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Lucky Dog (S)</p> <p>5:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Unscrambles (C)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (C)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Finish the Saying (C/S)</p> <p>5:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Name That Tune (S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Finish the Phrase (C/P)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Refreshing Facts (C)</p> <p>2:30pm Afternoon Snack (Iced Tea and Cookies) (S)</p> <p>3:30pm Sing-along songs (S)</p> <p>4:00pm Fruity Facts (C/S)</p> <p>5:00pm Tabletop Activities (C/S)</p>
		<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Things in a Store (S/C)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Crossword (C)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along songs (S)</p> <p>4:00pm Coloring (C)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Flag Day Facts (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Flags Around the World (C)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along songs (S)</p> <p>4:00pm What If? (S/C)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Father's Day Crafts (S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Famous Fathers (C/S)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along songs (S)</p> <p>4:00pm Bead Sorting (C/S)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:30am Exercise (P)</p> <p>11:00am Music Therapy (S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm CNA Facts (C/S)</p> <p>1:30pm Noodle Ball (P)</p> <p>2:00pm Board Games (C/S)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along songs (S)</p> <p>4:00pm Delicious Facts (S/C)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Name That Tune (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Guess the Topping (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (P)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Beauty Therapy (S)</p> <p>5:00pm Tabletop Activities (C)</p>
		<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm You Scream I Scream Facts (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (C/S)</p> <p>2:30pm Afternoon Snack (Ice Cream Soda) (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Animal Facts (C)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm You Scream I Scream Facts (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (C/S)</p> <p>2:30pm Afternoon Snack (Ice Cream Soda) (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Animal Facts (C)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Health Focus with Nurse Katelyn (C/S)</p> <p>1:30pm Yoga Workout (P)</p> <p>2:00pm Dancing with The Stars (S)</p> <p>2:30pm Afternoon Snack (Smoothies) (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Bead Sorting (C/S)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Fascinating Facts (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Person of the Month: John Wayne (C)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Board Games (C/S)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Lucky Dog (S)</p> <p>5:00pm Tabletop Activities (C)</p>	<p>7:30am Tabletop Activities (C)</p> <p>9:00am Breakfast (S)</p> <p>10:00am Current Events (C/S)</p> <p>10:45am Exercise (P)</p> <p>11:30am Name That Tune (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Person of the Month: The Beatles (C/S)</p> <p>1:30pm Afternoon Exercise (P)</p> <p>2:00pm Guess the Beatles song (C/S)</p> <p>2:30pm Afternoon Snack (S)</p> <p>3:30pm Sing-along Songs (S)</p> <p>4:00pm Family Feud (C/S)</p> <p>5:00pm Tabletop Activities (C)</p>
		<p>Closed All Staff Retreat</p>	<p>Closed All Staff Retreat</p>	<p>Closed All Staff Retreat</p>	<p>Closed All Staff Retreat</p>	<p>Closed All Staff Retreat</p>



	<p style="text-align: right;">27</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Current Events (C/S) 10:45am Exercise (P) 11:30am Fascinating Facts (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 1:30pm Afternoon Exercise (P) 2:00pm Bingo Facts (P/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm Coloring (C) 5:00pm Tabletop Activities (C)</p>	<p style="text-align: right;">28</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Current Events (C/S) 10:45am Exercise (P) 11:30am Fascinating Facts (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 1:30pm Afternoon Exercise (P) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm Finish the Saying (C) 5:00pm Tabletop Activities (C)</p>	<p style="text-align: right;">29</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Current Events (C/S) 10:45am Exercise (P) 11:30am Fascinating Facts - C 12:00pm Lunch (S) 1:00pm Arts and Crafts (Mother's Day Craft) (P/S/C) 1:30pm Afternoon Exercise (P) 2:00pm Cake Trivia (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along (S) 4:00pm Simon Says (P) 5:00pm Tabletop Activities (S/C)</p>	<p style="text-align: right;">30</p> <p>7:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Current Events (C/S) 10:30am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Food Around the World (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 Delicious Facts (S/C) 5:00pm Tabletop Activities (C)</p>	
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June 2022



Palm Beach Gardens

Day Care Program 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