

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

Happy Birthday



Special Events
March Madness Month

- 3/1 Peanut Butter Lover's Day
- 3/6 Natl Oreo Cookie Day
- 3/9 Natl Popcorn Lover's Day
- 3/10 Johnny Appleseed Day
- 3/13 Daylight Savings
- 3/14 Natl Pi Day
- 3/17 St. Patrick's Day-Wear Green!
- 3/20 Spring Equinox
- Won't you be my Neighbor?
- 3/23 Natl Chips & Dips Day
- 3/27 Natl Wear a Hat Day

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C) 12:00pm Lunch (S) 1:00pm Tell Me a Story (C/S) 1:30pm Basketball (P) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (S) "Peanut Butter Sandwiches" 3:30pm Sing-along (S) 4:00pm-5:00pm Tabletop Activities (S/C)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Basketball (P) 12:00pm Lunch (S) 1:00pm Spelling Bee (C/S) 1:30pm Spring Trivia (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)	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 National Anthem Facts (C/S) 1:30pm Name that Cake (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)
	6	7	8	9	10
	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 Amazing Name Facts? (C/S) 1:30pm Cookie Trivia (S/C) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (Oreo Cookies) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00 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 Mathapalooza (C/S) 1:30pm Bingo (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)	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 What does my name mean? (C/S) 1:30pm Girl Scout Facts (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 Arts and Crofts(C/S) 1:30pm Crossword Puzzles (C/S) 2:00pm Bird Watching with the Gents (C) 2:30pm Afternoon Snack (S) "Popcorn" 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 Let's learn about Johnny Applesseed (C/S) 1:30pm Apple Me This (C/S) 2:00pm Board Games (C) 2:30pm Afternoon Snack (Strawberry Applesauce) (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C/S)
	13	14	15	16	17
	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 Daylight Savings Facts (S/C) "Spring Forward" 1:30pm St. Patty Day Craft (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 Butterfly Facts (C/S) 1:30pm Frisbee Toss (P) 2:00pm Pi Trivia (S/C) 2:30pm Afternoon (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 Ides of March Facts (C/S) 1:30pm The price is right (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)	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 Afternoon Exercise (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) 10:30am Name That Tune (S/C) 12:00pm Lunch (S) 1:00pm St. Patrick's Day Facts (C/S) 1:30pm Irish Bingo (C/S) 2:00pm Ball Toss (P) 2:30pm St. Patty's Day Celebration (Pizza Party) (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C)
	20	21	22	23	24
	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (S) 12:00pm Lunch (S) 1:00pm Spring Equinox Facts/What is Your Flower (C/S) 1:30pm Person of the month: Fred Rogers (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 ©	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C) 12:00pm Lunch (S) 1:00pm What is your astrology(C/S) 1:30pm Mini Golf (P) 2:00pm Easter Crafts (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 Brain Quest (C/S) 1:30pm Basketball (C/S) 2:00pm Easter Crafts (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 Music Therapy (S) 12:00pm Lunch (S) 1:00pm Unscramble (C/S) 1:30pm Noodle Ball (P) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (Chips and Dips) (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 Facts that sound fake but aren't (C/S) 1:30pm Irish 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)
	27	28	29	30	31
	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 Spelling Bee (C/S) 1:30pm Hat Facts (S/C) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm-5:00 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 Brain Quest (C/S) 1:30pm Crossword Puzzles (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (C) 12:00pm Lunch (S) 1:00pm Chicken for the Soul (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 Board Games (S) 12:00pm Lunch (S) 1:00pm Random Facts that sound fake but aren't (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) 10:30am Friday Musical (S/C) 12:00pm Lunch (S) 1:00pm Crayola Facts(C/S) 1:30pm Who is Caesar Chavez (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)



March 2023

Palm Beach Gardens

**Specialized Alzheimer's
Day Care Program Palm Beach Gardens**

4075 Holly Drive
Palm Beach Gardens, FL 33410
Mon-Fri: 8:00 – 5:00pm
(561) 630-4724
www.alzcare.org

Talitha Moore, LPN Program Manager
Katelyn Zehnder, RN Program Nurse
1-800-394-1772

24 Hour Crisis Line

Therapeutic Activities	Examples of Therapeutic Activities	Definition
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:	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



MARCH

March 2023

Palm Beach Gardens

	Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions	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
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