





	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p><b>5-9 Annette</b></p> <p><b>Special Events</b></p> <p><b>5-5 Cinco De Mayo Party</b></p> <p><b>5-8 Have a coke Day.</b></p> <p><b>5-12 Mother's Day Party</b></p> <p><b>5-16 Paint and Sip</b></p> <p><b>5-19 Pizza Party</b></p> <p><b>5-26 Memorial Day Party</b></p>	<p>1</p> <p>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 Mad Libs (S/C) 1:30pm <b>Arts &amp; Crafts (S/C)</b> 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm-5:00 Tabletop Activities (C)</p>	<p>2</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 Mathapaloozaa (C/S) 1:30pm Spring 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)</p>	<p>3</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 Random facts that sound fake but aren't (S/C) 1:30pm Afternoon Exercise (P) 2:00pm Board Games (C/S) 2:30pm Afternoon Snack (pizza) (S) 3:30pm Sing-along (S) 4:00pm-5:00pm Tabletop Activities (S/C)</p>	<p>4</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Easter Egg Hunt (P) 11:00am Basketball (P) 12:00pm Lunch (S) 1:00pm Spelling Bee (C/S) 1:30pm Crossword Puzzle (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>5</p> <p>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 Space Facts (C/S) 1:30pm <b>Cinco De Mayo Trivia (C/S)</b> 2:00pm Board Games - (S/C) 2:30pm <b>Afternoon Snack (Cinco De Mayo Party) (S)</b> 3:30pm Sing-along (S/C) 4:00pm-5:00pm Tabletop Activities (S/C)</p>
	<p>8</p> <p>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 Readers Digest (C/S) 1:30pm Coke Facts (C/S) 2:00pm Board Games (C/S) 2:30pm <b>Afternoon Snack (Coke Floats) (S)</b> 3:30pm Sing-along songs (S) 4:00pm-5:00 Tabletop Activities (C)</p>	<p>9</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 Brain Quest (C/S) 1:30pm Unscrambles (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>10</p> <p>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 Chicken for the Soul (C/S) 1:30pm Mini Golf (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>11</p> <p>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 Number Toss (C/S) 1:30pm <b>Arts and Crafts (C/S)</b> 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)</p>	<p>12</p> <p>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 Lets Limerick (C/S) 1:30pm Spring Easter (C/S) 2:00pm Board Games (C) 2:30pm <b>Afternoon Snack (Mother's Day Tea Party) (S)</b> 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>
	<p>15</p> <p>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 Mad Libs (C/S) 1:30pm Basketball (S/C) 2:00pm Board Games (C) 2:30pm Afternoon Snack (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C)</p>	<p>16</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 Spelling Bee (C/S) 1:30pm <b>Paint and Sip (C/S)</b> 2:00pm Board Games (S/C) 2:30pm Afternoon (S) 3:30pm Sing-along songs (S) 4:00pm-5:00pm Tabletop Activities (C)</p>	<p>17</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 Fascinating Facts (C/S) 1:30pm Lets get physical (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)</p>	<p>18</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am <b>Music Therapy (S)</b> 12:00pm Lunch (S) 1:00pm Brain quest (C/S) 1:30pm Spring 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)</p>	<p>19</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Earth Day Q&amp;A (S/C) 10:30am Name That Tune (S/C) 12:00pm Lunch (S) 1:00pm Readers Digest (C/S) 1:30pm Family Feud (C/S) 2:00pm Noodle Ball (P) 2:30pm <b>Afternoon Snack (Pizza Party) (S)</b> 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C)</p>
	<p>22</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Board Games (S) 12:00pm Lunch (S) 1:00pm Facts that seem fake but aren't (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 ©</p>	<p>23</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C) 12:00pm Lunch (S) 1:00pm Readers Digest (C/S) 1:30pm Crossword Puzzle (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>24</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 Chicken for the Soul (C/S) 1:30pm Spring Bingo (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)</p>	<p>25</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Spelling Bee (C/S) 1:30pm Family Feud (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>26</p> <p>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 <b>History of Memorial Day (C/S)</b> 1:30pm Noodle Ball (P) 2:00pm Board Games - (S/C) 2:30pm <b>Afternoon Snack (Memorial Day Picnic) (S)</b> 3:30pm Sing-along (S/C) 4:00pm-5:00pm Tabletop Activities (S/C)</p>
	<p>29</p> 	<p>30</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Exercise (P) 11:00am Fascinating Facts (C) 12:00pm Lunch (S) 1:00pm Readers Digest (C/S) 1:30pm Crossword Puzzle (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>31</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 Chicken for the Soul (C/S) 1:30pm Basketball (P) 2:00pm Board Games (S) 2:30pm Afternoon Snack (S) 3:30pm Sing-along Songs (S) 4:00pm-5:00pm Tabletop Activities (C)</p>		



May 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](http://www.alzcare.org)

Talitha Moore, LPN Program Manager

Katelyn Zehnder, RN Program Nurse

1-800-394-1772

**24 Hour Crisis Line**



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 <b>at all times.</b> 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 <b>at all times:</b> 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