


| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|--|
| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p><u>Birthdays:</u></p>  | <p>1</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (C) 12:00 pm Lunch (S) 1:00pm Table games (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:30pm Relaxation</p> | <p>2</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercise (P) 11:30am Short Story (C) 12:00pm Lunch (S) 1:00pm Table Games (S/P) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Relaxation</p> | <p>3</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Money Game 11:00am Exercises (P) 11:30am Create the City (C/S) 12:00pm Lunch (S) 1:00pm- Birthday Party 2:00pm Afternoon Snack 3:00pm Noodle Ball (P) 4:00pm Basketball (P/S) 4:30pm Stretching (P)</p> | <p>4</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bucket Toss (P/S) 11:00am Exercises (P) 11:30am Card Game(S/C) 12:00pm Lunch (S) 1:00pm Coloring (S) 2:00pm Afternoon Snack 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)</p> | <p>5</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am Trivia 12:00pm Lunch (S) 1:00pm National Donut Day 2:00pm Afternoon Snack 3:00pm Movie time (C/S) 4:30pm Yoga (P)</p> |
| | <p>6/3- Martha Bonilla</p> <p>Special Events</p> | <p>8</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Noodle Ball (P) 11:00am Exercises (P) 11:30am Short Stories (C/S) 12:00pm Lunch (S) 1:00pm Table games (C/S) 3:00pm Board Games (C/S) 4:00pm Name that Place (C) 4:30pm Relaxation</p> | <p>9</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bowling (P/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Coloring 2:00pm Dominoes 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)</p> | <p>10</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Exercises (P) 11:30am Darts 12:00pm Lunch (S) 1:00pm Arts and Craft 2:00pm Afternoon Snack (S) 3:00pm Color Bingo (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)</p> | <p>11</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Volleyball (P/S) 11:00am Exercises (P) 11:30am Trivia (C/S) 12:00pm Lunch (S) 1:00pm Dominoes 2:00pm Afternoon snack 3:00pm Lottery (C/S) 4:00pm Bible Read (C) 4:30pm Relaxation</p> |
| <p>6/5-National Donut Day</p> | <p>15</p> <p>800am Breakfast (S) 10:00am News (S/C) 10:30 Basketball (P/S) 11:00am Exercises (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Table games (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Building a City(P/S) 4:30pm Relaxation)</p> | <p>16</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercises (P) 11:30am Proverb (C/S) 12:00pm Lunch (S) 1:00pm Table games (C) 2:00pm Afternoon Snack (S) 3:00pm Hot Potato (C/S) 4:00pm Word Ending ON (C/S) 4:30pm Yoga (P)</p> | <p>17</p> <p>8:00am Breakfast (S) 10:00am Bean Bag Toss (P/S) 10:30am News (S/C) 11:00am Exercises (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Coloring (S) 2:00pm Afternoon Snack 3:00pm Lottery (C/S) 4:00pm Circle Ball (P) 4:30pm Stretching (P)</p> | <p>18</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bucket Toss (P/S) 11:00am Exercises (P) 11:30am Occupation Game (S/C) 12:00pm Lunch (S) 1:00pm International Picnic Day (P/C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)</p> | <p>19</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am Sing Along (S) 12:00pm Lunch (S) 1:00pm Father's Day Celebration 2:00pm Table games (C/S) 3:00pm Movie Time (C/S) 4:30pm Yoga (P)</p> |
| <p>6/18- International Picnic Day</p> | <p>22</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (C) 12:00 pm Lunch (S) 1:00pm Table games (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:30pm Relaxation</p> | <p>23</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bowling (P/S) 11:00am Exercises (P) 11:30am Fruits A-Z (C/S) 12:00pm Lunch (S) 1:00pm Dominoes (C) 2:00pm Afternoon snack 3:00pm Lottery (C/S) 4:00pm Word Ending ON (C/S) 4:30pm Yoga (P)</p> | <p>24</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Exercises 11:30am Target Toss (P/S) 12:00pm Lunch (S) 1:00pm Outdoor Activities 2:00pm Table games 3:00pm Occupation Game (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)</p> | <p>25</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bucket Toss (P/S) 11:00am Exercises (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Arts and Craft (S/C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)</p> | <p>26</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Table games (C/S) 2:00pm Afternoon Snack 3:00pm Proverb (C/S) 4:30pm Yoga (P)</p> |
| <p>6/21- Father's Day</p> | <p>29</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (C) 12:00 pm Lunch (S) 1:00pm Table games (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:30pm Relaxation</p> | <p>30</p> <p>8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercise (P) 11:30am Short Story (C) 12:00pm Lunch (S) 1:00pm Table Games (S/P) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Relaxation</p> | | | |
| <p>6/24- National Farmer Day</p> | | | | | |



June 2026



WEST LAKE WORTH

**Specialized Alzheimer's
Day Care Program**

3680 Lake Worth Rd

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Jackie Rodriguez, LPN Program Manager

TBD, Program Nurse



24 Hour Crisis Line

1-800-394-1772

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 activities; acknowledging and accepting the patient's perception of his/her "world" in a 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 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 peers based on shared interests and abilities; acknowledging the patient's successes, m |
| Spiritual | Non-judgmental safe environment always . 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 atmosphere of calm, harmony, and safety where the patient can be him/herself with pr system |
| Emotional | Positive Communication always : Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions | Understanding and compassionately caring for the patient's emotional needs by providi with the patient in a supportive, validating manner, with understanding of, and empathy disease or a related neurocognitive disorder; communicating positively both verbally an |