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May 2026

WEST LAKE WORTH

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

Birthdays:



5/6 Nicole Roy  
5/27 Madelin Herrera

**Special Events**

5/1 Labor Day  
5/5 Cinco de Mayo  
5/8 Word Red Cross Day  
5/10 Mother's Day  
5/20 World Bee Day  
5/25 Memorial Day

	Monday	Tuesday	Wednesday	Thursday	Friday
					1 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 Labor Day Event 2:00pm Afternoon Snack 3:00pm Movie time (C/S) 4:30pm Yoga (P)
	4 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	5 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 Cinco de Mayo Celebration 2:00pm Dominoes 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)	6 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 Birthday Party 2:00pm Afternoon Snack (S) 3:00pm Color Bingo (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	7 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	8 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Trivia (C/S) 12:00pm Lunch (S) 1:00pm Table games 2:00pm Mother's Day Celebration 3:00pm Read Bible (SP) 4:00pm Hot Potatoes (S) 4:30 Yoga (P)
	11 8:00am 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)	12 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)	13 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)	14 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 Outdoor Activities (P/C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	15 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 Craft (C/S) 2:00pm Table games (C/S) 3:00pm Movie Time (C/S) 4:30pm Yoga (P)
	18 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	19 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)	20 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 Table Games 2:00pm World Bee Day 3:00pm Occupation Game (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	21 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 Outdoor Activities (P/C) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	22 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)
	25 	26 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	27 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)	28 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)	29 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 Table games 2:00pm Afternoon Snack 3:00pm Movie time (C/S) 4:30pm Yoga (P)



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WEST LAKE WORTH

**Specialized Alzheimer's Day Care Program**

3680 Lake Worth Rd  
 Palm Springs, FL 33461  
 Mon-Fri : 8:00am – 5:00pm  
 561-432-0668  
 www.alzcare.org

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 <b>always.</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 atmosphere of calm, harmony, and safety where the patient can be him/herself with pr system
Emotional	Positive Communication <b>always:</b> 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 empath disease or a related neurocognitive disorder; communicating positively both verbally an