ALZHEIMER'S COMMUNITY CARE

November 2026

WEST LAKE WORTH

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

11/3 Silvia Garcia
11/14 Juana Roman
11/15 Eugenio L.

Special Events
11/4 National Stress Awareness Day
11/11 Veterans Day
11/12 National Happy Hour Day
11/25 Thanksgiving Celebration

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 (S/C) (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:30pm Relaxation	3 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 (C,S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Relaxation	4 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- National Stress Awareness Day (C,S) 2:00pm Afternoon Snack 3:00pm Noodle Ball (P) 4:00pm Basketball (P/S) 4:30pm Stretching (P)	5 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 Trivia (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	6 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- Table games (S/C) 2:00pm Afternoon Snack 3:00pm Noodle Ball (P) 4:00pm Basketball (P/S) 4:30pm Stretching (P)
9 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)	10 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Money game (P/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Table games (C,S) 2:00pm Dominoes 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)	11 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 Veterans Day 2:00pm Afternoon Snack (S) 3:00pm Color Bingo (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	12 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 National Happy Hour Day 3:00pm Lottery (C/S) 4:00pm Bible Read (C) 4:30pm Relaxation	13 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 Birthday Party (C/S) 2:00pm Coloring (S) 3:00pm Movie (C/S) 4:00pm Hot Potatoes (S) 4:30 Yoga (P)
16 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)	17 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,S) 2:00pm Afternoon Snack (S) 3:00pm Hot Potato (C/S) 4:00pm Word Ending ON (C/S) 4:30pm Yoga (P)	18 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 Table games (C,S) 2:00pm Afternoon Snack 3:00pm Lottery (C/S) 4:00pm Circle Ball (P) 4:30pm Stretching (P)	19 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 Table games (S/C) 2:00pm Afternoon snack 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	20 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 Table games (C/S) 2:00pm Afternoon Snack (S) 3:00pm Movie Time (C/S) 4:30pm Yoga (P)
23 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	24 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)	25 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 Thanksgiving Day Celebration (S/C) 2:00pm Afternoon Snack 3:00pm Occupation Game (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	26 	27 **CLOSED**
30 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 (S/C) (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:30pm Relaxation				

November 2026

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; encouragi 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 empath disease or a related neurocognitive disorder; communicating positively both verbally an