ALZHEIMER'S COMMUNITY CARE

# October 2026

## WEST LAKE WORTH

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

### Special Events

10/6 National Noodle Day
10/7 World Cotton Day
10/12 Columbus Day
10/13 Breast Cancer Awareness Day
10/14 National I Love You Day
10/27 National Black Cat Day
10/30 Halloween Party

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | 1<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bucket Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Card Game(S/C)<br>12:00pm Lunch (S)<br>1:00pm Coloring (S)<br>2:00pm Afternoon Snack<br>3:00pm Trivia (C/S)<br>4:00pm Exercises (P)<br>4:30am Yoga (P) | 2<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Money Game<br>11:00am Exercises (P)<br>11:30am Create the City (C/S)<br>12:00pm Lunch (S)<br>1:00pm- Table games (S/C)<br>2:00pm Afternoon Snack<br>3:00pm Noodle Ball (P)<br>4:00pm Basketball (P/S)<br>4:30pm Stretching (P) |
| 5<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bucket Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm Arts and Craft (S/C)<br>2:00pm Afternoon Snack (S)<br>3:00pm Bingo (C/S)<br>4:00pm Exercises (P)<br>4:30am Yoga (P) | 6<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Money game (P/S)<br>11:00am Exercise (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm National Noodle Day<br>2:00pm Dominoes<br>3:00pm Bingo (C/S)<br>4:00pm Remember When! (C/S)<br>4:30pm Afternoon Stretching (P) | 7<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bean Bag Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Darts<br>12:00pm Lunch (S)<br>1:00pm World Cotton Day<br>2:00pm Afternoon Snack (S)<br>3:00pm Color Bingo (C)<br>4:00pm Parachute (P/S)<br>4:30pm Yoga (P) | 8<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Volleyball (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C/S)<br>12:00pm Lunch (S)<br>1:00pm Dominoes<br>2:00pm Afternoon snack<br>3:00pm Lottery (C/S)<br>4:00pm Bible Read (C)<br>4:30pm Relaxation | 9<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Soccer (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C/S)<br>12:00pm Lunch (S)<br>1:00pm Table games (C/S)<br>2:00pm Coloring (S)<br>3:00pm Movie (C/S)<br>4:00pm Hot Potatoes (S)<br>4:30 Yoga (P) |
| 12<br>800am Breakfast (S)<br>10:00am News (S/C)<br>10:30 Basketball (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm Columbus Day<br>2:00pm Afternoon Snack (S)<br>3:00pm Board Games (C/S)<br>4:00pm Building a City(P/S)<br>4:30pm Relaxation) | 13<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Ring Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Proverb (C/S)<br>12:00pm Lunch (S)<br>1:00pm Breast Cancer Awareness Day<br>2:00pm Afternoon Snack (S)<br>3:00pm Hot Potato (C/S)<br>4:00pm Word Ending ON (C/S)<br>4:30pm Yoga (P) | 14<br>8:00am Breakfast (S)<br>10:00am Bean Bag Toss (P/S)<br>10:30am News (S/C)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm National I Love You Day<br>2:00pm Afternoon Snack<br>3:00pm Lottery (C/S)<br>4:00pm Circle Ball (P)<br>4:30pm Stretching (P) | 15<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bucket Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Occupation Game (S/C)<br>12:00pm Lunch (S)<br>1:00pm Table games (S/C)<br>2:00pm Afternoon snack<br>3:00pm Bingo (C/S)<br>4:00pm Exercises (P)<br>4:30am Yoga (P) | 16<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Horseshoes (P/S)<br>11:00am Exercises (P)<br>11:30am Sing Along (S)<br>12:00pm Lunch (S)<br>1:00pm Table games (C/S)<br>2:00pm Afternoon Snack (S)<br>3:00pm Movie Time (C/S)<br>4:30pm Yoga (P) |
| 19<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Soccer (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00 pm Lunch (S)<br>1:00pm Table games (C/S)<br>2:00pm Afternoon Snack (S)<br>3:00pm Board Games (C/S)<br>4:30pm Relaxation | 20<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bowling (P/S)<br>11:00am Exercises (P)<br>11:30am Fruits A-Z (C/S)<br>12:00pm Lunch (S)<br>1:00pm Dominoes (C)<br>2:00pm Afternoon snack<br>3:00pm Lottery (C/S)<br>4:00pm Word Ending ON (C/S)<br>4:30pm Yoga (P) | 21<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bean Bag Toss (P/S)<br>11:00am Exercises<br>11:30am Target Toss (P/S)<br>12:00pm Lunch (S)<br>1:00pm Table games (S/C)<br>2:00pm Afternoon Snack<br>3:00pm Occupation Game (C)<br>4:00pm Parachute (P/S)<br>4:30pm Yoga (P) | 22<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bucket Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm Arts and Craft (S/C)<br>2:00pm Afternoon Snack (S)<br>3:00pm Bingo (C/S)<br>4:00pm Exercises (P)<br>4:30am Yoga (P) | 23<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Horseshoes (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm Table games(C/S)<br>2:00pm Afternoon Snack<br>3:00pm Proverb (C/S)<br>4:30pm Yoga (P) |
| 26<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Soccer (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00 pm Lunch (S)<br>1:00pm Table games (S/C) (C/S)<br>2:00pm Afternoon Snack (S)<br>3:00pm Board Games (C/S)<br>4:30pm Relaxation | 27<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Ring Toss (P/S)<br>11:00am Exercise (P)<br>11:30am Short Story (C)<br>12:00pm Lunch (S)<br>1:00pm National Black Cat Day<br>2:00pm Afternoon Snack (S)<br>3:00pm Bingo (C/S)<br>4:00pm Remember When! (C/S)<br>4:30pm Relaxation | 28<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Money Game<br>11:00am Exercises (P)<br>11:30am Create the City (C/S)<br>12:00pm Lunch (S)<br>1:00pm- Table games (C,S)<br>2:00pm Afternoon Snack<br>3:00pm Noodle Ball (P)<br>4:00pm Basketball (P/S)<br>4:30pm Stretching (P) | 29<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bucket Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm Arts and Craft (S/C)<br>2:00pm Afternoon Snack (S)<br>3:00pm Bingo (C/S)<br>4:00pm Exercises (P)<br>4:30am Yoga (P) | 30<br>8:00am Breakfast (S)<br>10:00am News (S/C)<br>10:30am Bucket Toss (P/S)<br>11:00am Exercises (P)<br>11:30am Trivia (C)<br>12:00pm Lunch (S)<br>1:00pm Halloween Party<br>2:00pm Afternoon Snack (S)<br>3:00pm Bingo (C/S)<br>4:00pm Exercises (P)<br>4:30am Yoga (P) |

# October 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 | 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 |

ALZHEIMER'S COMMUNITY CARE

# October 2026

**WEST LAKE WORTH**

| | | |
|---|---|---|
| | Behavioral Interventions | disease or a related neurocognitive disorder; communicating positively both verbally an |