




December 2022



West Palm Beach

|   | 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>12/25 Mable</b></p> <p><b>Special Events</b></p> <p><b>Thu.12/1 Trim the Christmas Tree &amp; Eggnog Day</b></p> <p><b>Fr.12/9 Hot Cocoa and Cookie Day</b></p> <p><b>Fr.12/16 Holiday Craft Day</b></p> <p><b>Fri.12/23 Holiday Movie, Pajama Party &amp; Cookie exchange</b></p> |   |  |  | 1<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Things found on a Car (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Bean Bag Slide (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)  | 2<br>8:00am-9:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Dear Abby (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (S/C)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)   |
|   | 5<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Dear Abby (C)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Family Feud (C)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)            | 6<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Name the Presidents (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Bulls Eye (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S) | 7<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Fill in the Blank (C/S)<br>12:00pm Lunch (S)<br>1:00pm Coffee Social (S)<br>2:00pm Floor Games (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)           | 8<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Things found on a Car (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Bean Bag Slide (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)  | 9<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Name that Item (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Frisbee Toss (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)                          |
|   | 12<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Connect the Words (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (S)<br>2:00pm Coffee Social (S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S) | 13<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am State Trivia (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Darts (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)           | 14<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Name the Presidents (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Magazine Social (C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)            | 15<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Dear Abby (C/S)<br>12:00pm Lunch (S)<br>1:00pm Coffee Social (S)<br>2:00pm Music Therapy (C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)          | 16<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Morning Scripture & Praise (S)<br>12:00pm <b>Christmas Lunch (S)</b><br>1:00pm Bingo (C/S)<br>2:00pm Bulls Eye (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S) |
|   | 19<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Dear Abby (C)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Family Feud (C)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)           | 20<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Word from a Word (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Heart Toss (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)  | 21<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Grocery Game (C/S)<br>12:00pm <b>Christmas Lunch (S)</b><br>1:00pm Bingo (C/S)<br>2:00pm Name that Flower (C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S) | 22<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Things found on a Car (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Bean Bag Slide (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S) | 23<br>8:00am-9:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Dear Abby (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (S/C)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)  |
|   | 26<br><b>CLOSED</b>   | 27<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Bean Bag Slide (P/C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Hang Man (C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)      | 28<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Name the Presidents (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Magazine Social (C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)            | 29<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Things found on a Car (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Bean Bag Slide (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S) | 30<br>8:00am Tabletop Activities (P/C/S)<br>9:00am Breakfast (S)<br>10:30am Exercise (P)<br>11:00am Name that Item (C/S)<br>12:00pm Lunch (S)<br>1:00pm Bingo (C/S)<br>2:00pm Frisbee Toss (P/C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm-5:00pm Tabletop Activities (P/C/S)                         |



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**Specialized Alzheimer's  
Day Care Program West Palm Beach**  
2924 North Australian Ave.  
West palm Beach, FL 33407  
Mon-Fri: 8:00am – 5:00pm  
561-331-6573  
www.alzcare.org

Catrina Calix, LPN Program Manager  
Arlethea Bentley, LPN 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 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 |



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