




June 2026

West Palm Beach

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|---|
| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>6/22- Nurse Lily</p> | <p>1</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank(C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>2</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Word from a Word (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Heart Toss (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>3</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>4</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Family Feud (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>5</p> <p>8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> |
| | <p>8</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Lunch (S) 1:00pm Chair Yoga (P) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>9</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>10</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>11</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Things found on a Car (C/S) 12:00pm Lunch (S) 1:00pm Nail Care (S) 2:00pm Bean Bag Slide (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>12</p> <p>8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Trivia (C/S) 12:00pm Lunch (S) 1:00pm Cinema & popcorn (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> |
| | <p>15</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Connect the Words (C/S) 12:00pm Lunch (S) 1:00pm Chair Yoga (P) 2:00pm Coffee Social (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>16</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am State Trivia (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Darts (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>17</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Magazine Social (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>18</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Family Feud (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>19</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Craft (P) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Ice Cream Social (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> |
| | <p>22</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank(C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>23</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Word from a Word (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Heart Toss (P/C/S) 3:00pm Afternoon Snack (S)- 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>24</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>25</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Family Feud (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>26</p> <p>8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Cinema & popcorn (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> |
| | <p>29</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank(C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | <p>30</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Word from a Word (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Heart Toss (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p> | | | |



June 2026

West Palm Beach

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

Tally Moore, 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 at all times. 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 at all times: 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 |