





	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>5/5 Loridine 5/10 Betty 5/16 Carmen</p> <p>Special Events</p> <p>5/5 Cinco De Mayo</p> <p>5/12 Mother's Day Tea Party</p> <p>International Nurses Day</p>	<p>1</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 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 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>3</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>4</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 Bingo (C/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>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 Bingo (C/S) 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 Bingo (C/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 Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name that Item (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Frisbee Toss (P/C/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 Bingo (S) 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 Music Therapy (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 Morning Scripture & Praise (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>22</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 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 Grocery Game (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Name that Flower (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 Things found on a Car (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/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>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 Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>
	<p>29</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>	<p>31</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Grocery Game (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Name that Flower (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>		



May 2023



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

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

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