





May 2026

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Wellington

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p><u>Happy Birthday</u></p>  <p><b>05-07 Barbara C.</b> <b>05-21 Marlon M.</b></p> <p><b>HOLIDAYS</b></p> <p>05-05 5 de Mayo 05-10 Mother's Day 05-28 Memorial Day</p> <p><b>Special Events</b></p> <p><b>05-01 05 de Mayo Movie Day</b> <b>05-05 05 de Mayo party</b> <b>05-08 Mother Day /Movie</b> <b>05-15 Birthday party/movie</b> <b>05-22 Ice cream float/ movie</b> <b>05-29 Frozen lemonade/movie</b></p>					<p>1</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am New Year Trivia (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm 05 de Mayo Movie Day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	
		<p>4</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am People, Place or Thing © 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo Day. (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>5</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Name the city (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm 05 de Mayo party(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>6</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Word from a Word(S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S)(S) 2:00pm Spelling bee (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>7</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Words ending in. (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm art and Craft/Coloring (S). 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>8</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am Things find in a classroom (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm. Mother's day party/ movie(S) 3:00pm afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>
		<p>11</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Proverbs (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was His Name(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>12</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Party Planning (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm St. Patrick day party(C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>13</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Unscramble (City) (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Connect the word (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>14</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am MLK Trivia (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art Therapy or Coloring (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>15</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Build a City (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm birthday party <b>Movie (S)</b> 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>
		<p>18</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Missing Letter.... (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>19</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am True or False (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm outdoor Therapy(P) 2:00pm Jokes: Laughing Hour (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>20</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Who am I? (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Opposite Words (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>21</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am This was the Year! (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>22</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am Name the Occupation Day (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm ice cream float/ movie Day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>
		<p>25</p> 	<p>26</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am 50 States (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Group discussion(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>27</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Who am I? (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Hangman(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>28</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Words beginning in '-(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>29</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am New Year Trivia (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Frozen lemonade/ Movie Day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>



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Wellington

**Specialized Alzheimer's  
Day Care Program Wellington  
1925 Birkdale Dr.  
Wellington, FL 334144**

Mon-Fri: 8:00am – 5:00pm  
(561) 331-6576

www.alzcare.org  
Meyling Pastrana, LPN Program Manager  
Anamaria Echeverri, LPN Program Nurse



24 Hour Crisis Line

1-800-394-1772

**Therapeutic Activities**

**Examples of Therapeutic Activities**

**Definitions**

Cognitive (C)	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 (P)	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 (S)	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 (S)	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