ALZHEIMER'S COMMUNITY CARE

NOVEMBER

November 2026 — **Wellington**

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

Birthday's

11-02 Mery K.
11-20 Kathleen R.

Special Events

- **11-02 Dia de los Muertos (Day of the Dead) wear Black**
- **11-06 Nachos and dip day.**
- **11-13 Hot Coco/movie day.**
- **11-18 Wear something about (MICKEY)**
- **11-20 Monthly Birthday /Movie Day.**
- **11-25 Thanks given Party/ Movie Day.**

HOLIDAYS

- **11-02 Dia de los Muertos. (Day of the Dead).**
- **11-11 Veteran's Day Celebrations.**
- **11-18 Mickey mouse Birthday.**
- **11-26 Thanks given.**
- **11-27 Black Friday.**

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 Dia de los muertos/Movie -(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S) o	3 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	4 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)	5 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 art and craft day'(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C	6 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 Nachos and dip/ /Movie Day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)
9 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 Bing0 Was His Name(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C	**10** 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 Time to Rhyme S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	**11** 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)	**12** 8:000am 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)	**13** 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) 2:00pmHot coco//Movie Day(S) 3:00pm afternoon Snack (S) 4:00pm Tabletop Activities (S/C)
16 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 Bing0 Was His Name(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	**17** 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 unscramble words(C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	**18** 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)	**19** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am 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)	**20** 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 Mickey mouse birthday/Movie (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)
23 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/day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	**24** 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)	**25** 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 Thanks given party/movie(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)	**26** 	**27** **CLOSED**
30 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)				

ALZHEIMER'S COMMUNITY CARE

November 2026

Wellington

Alzheimer's Specialized Adult Day Care
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 **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