




		Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p><b>Happy Birthday</b></p>  <p>Donna Graciela 12/12 12/25</p> <p><b>Special Events</b></p> <p>Piña Colada Day 12/02 Christmas Tree Décor 12/02 Gingerbread House Day 12/09 Ugly Sweater Day 12/15 Christmas Pajamas 12/23 Christmas Cookies 12/23 Ice Cream Float Day 12/30</p> <p><b>Holidays</b></p> <p>Christmas Eve 12/24 Christmas Day 12/25 New Year's Eve 12/31</p>					<p>1</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 Trivia (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Punch Ball (P) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>2</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 Hangman (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Bean Bag Toss (P) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</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 Planning Christmas Party (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Stretching (P) 2:00pm Bingo! Was his name-o (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 Build a City (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Punch Ball (P) 2:00pm Family Feud (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 Missing Letter (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Sing-a- long (S) 2:00pm Bingo! Was his name-o (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/C) 10:30am Chair Exercise (P) 11:00am <b>Music Therapy (S)</b> 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Dart (P) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>9</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 States (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Chair Exercise (P) 2:00pm Bingo! Was his name-o (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 People, Place, Thing (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Bowling (P) 2:00pm Bingo! Was his name-o (S) 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 Who Am I? (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Basketball (P) 2:00pm Name 10 (C) 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 Connecting Letters (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Sing-a-Long (S) 2:00pm Bingo! Was his name-o (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 Price is Right (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Yoga (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>16</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 Capitals (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Dart (P) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</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 Animals A-Z (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Jokes Laughter Time (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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 Word Scramble (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Riddles (S) 2:00pm Remembering the 40s,50s,60s 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 Opposites (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Build a City (S) 2:00pm Bingo! Was his name-o (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/C) 10:30am Chair Exercise (P) 11:00am <b>Music Therapy (S)</b> 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Horseshoe (P) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>23</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 Word Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Stretching (P) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>
		<p>26</p> <p style="text-align: center;"><b>CLOSED</b></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 Board Games (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Stretching (P) 2:00pm Trivia (C) 3:00pm Afternoon Snack 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 Word Scramble (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Poems (S) 2:00pm Bingo! Was his name-o (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/C) 10:30am Chair Exercise (P) 11:00am Connecting Letter (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Basketball (P) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>30</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 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>



December 2022



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  
Jeffrey Monegro, LPN Program Manager  
Nancy Mansfield-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
Emotional (E)	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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