


	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Marianne 03/20 Erik 03/28</p> <p>Special Events</p> <p>Employee Appreciation 03/02 Crazy Hat Day 03/10 St. Patrick's Party 03/17 Monthly Birthday Party 03/24 Movie Popcorn Social 03/31</p> <p>Holidays</p> <p>Employee Appreciation 03/02 St. Patrick's Day 03/17</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 Darts (P) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Group Discussion (S) 2:00pm Bingo! Was his name-o (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/C) 10:30am Chair Exercise (P) 11:00am Planning a Party (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Occupation (C) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) Employee Appreciation Day (S)</p>	<p>3</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 Punchball (P) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Activities (S) 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 Names (A-Z) 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 (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 Basketball (P) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Sing-a-long (S) 2:00pm Time to Rhyme (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 Name that Tune (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Noodle Ball (P) 2:00pm Bingo! Was his name-o (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 Music Therapy (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Group Discussion (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>10</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 Let's Build a City (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Crazy Hat Day!!! (S) 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 Connecting Letters (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 (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 Capital and States (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Dear Abby (S) 2:00pm Trivia (C) 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 Family Feud (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Punchball (P) 2:00pm Bingo! Was his name-o (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 Connecting Words (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Beach Ball and some fun! (P) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>17</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 (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm St. Patrick's Day Party (S) 2:00pm Bingo! Was his name-o (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 50 States (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>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 Abbreviation (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Picture Charades (P) 2:00pm Jokes: Laughing Hour (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 Opposite (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Picture Charades (S) 2:00pm Bingo! Was his name-o (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/C) 10:30am Chair Exercise (P) 11:00am U.S. Presidents (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm News!! (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>24</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 Health Topic (Fruits and Vegetables (S)) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C) Birthday Party Celebration</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 Basketball (P) 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 (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 Build a City (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Yoga (P) 2:00pm Ripley's Believe it or not (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 Hangman (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Beach Ball and Fun (P) 2:00pm Bingo! Was his name-o (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/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 Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>	<p>31</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 Sing-along (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Movie & Popcorn Social (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p>



March 2023



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 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 (E)	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