




	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>6/6 William 6/20 Luisa</p> <p>Special Events</p> <p>6/3 Ice Cream Social 6/9 Manicure 6/17 Father's Day Party</p> <p>Holidays</p> <p>6/14 Flag Day 6/20 American Eagle Day</p>			1 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Darts (P/S) 11:00am Exercises (P) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Afternoon Snack (S) 3:00pm Building A City (C/S) 4:00pm Noodle Exercise (P) 4:30pm Yoga (P)	2 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am, I spy (C/S) 12:00pm Lunch (S) 1:00pm Cinco de Mayo Party(S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Luck For # (C) 4:30 Exercise (P)	3 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Soccer (P/S) 11:00am Exercises (P) 11:30am Humor Time (C/S) 12:00pm Lunch (S) 1:00pm Puzzle/Table Time (C/S) 2:00pm Afternoon Snack (S) 3:00pm Ice Cream Social (S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
	6 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Noodle Ball (P) 11:00am Exercises (P) 11:30am Trivia (C/S) 12:00pm Lunch (S) 1:00pm Magazine Cut-Out (C/S) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Name that Place (C) 4:30pm Exercises (P)	7 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercise (P) 11:30am Short Story (C) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C/S) 4:30pm Afternoon Stretching (P)	8 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Target Toss (P/S) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Puzzles (C) 2:00pm Afternoon Snack (S) 3:00pm Occupation Game (C) 4:00pm Parachute (P/S) 4:30pm Yoga (P)	9 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Volleyball (P/S) 11:00am Exercises (P) 11:30am Card Game (C/S) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Manicure (S) 4:30pm Noodle Exercise (P)	10 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Kick Ball (P/S) 11:00am Exercises (P) 11:30am Trivia Geography (C/S) 12:00pm Lunch (S) 1:00pm Mother's Day Party (S) 2:00pm Afternoon Snack (S) 3:00pm Animals A-Z (C/S) 4:00pm Play with Ball (P) 4:30 Yoga (P)
	13 8:00am Breakfast (S) 10:00am News (S/C) 10:30 Basketball (P/S) 11:00am Exercises (P) 11:30am Math (C) 12:00pm Lunch (S) 1:00pm Dominoes (S/C) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Hot Potato (P/S) 4:30pm Exercise with Tennis Ball (P)	14 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Ring Toss (P/S) 11:00am Exercises (P) 11:30am Proverb (C/S) 12:00pm Lunch (S) 1:00pm Puzzles (C/S) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Word Ending ON (C/S) 4:30pm Yoga (P)	15 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Darts (P/S) 11:00am Exercises (P) 11:30am USA Capitals (C/S) 12:00pm Lunch (S) 1:00pm Folding (C/S/P) 2:00pm Afternoon Snack (S) 3:00pm Building the City (C/S) 4:00pm Circle Ball (P) 4:30pm Stretching (P)	16 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bucket Toss (P/S) 11:00am Exercises (P) 11:30am Sing-along (S/C) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	17 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Horseshoes (P/S) 11:00am Exercises (P) 11:30am Name USA States (C/S) 12:00pm Lunch (S) 1:00pm Father's Day Party (S) 2:00pm Afternoon Snack (S) 3:00pm Movie time (C/S) 4:00pm Bible Read (S) 4:30pm Yoga (P)
	20 Closed All Staff Retreat	21 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bowling (P/S) 11:00am Exercises (P) 11:30am Fruits A-Z (C/S) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Kickball (P/S) 4:30pm Yoga (P)	22 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bean Bag Toss (P/S) 11:00am Music Therapy (S) 12:00pm Lunch (S) 1:00pm Coloring (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bible Read (S) 4:00pm Frisbee (P/S) 4:30pm Stretching (P)	23 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Push Ball (P/S) 11:00am Exercise (P) 11:30am Card Game (C/S) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Lottery (C/S) 4:00pm Stretching (P) 4:30pm Yoga (P)	24 8:00am Breakfast (S) 10:00am News (S/C) 10:30am Darts (P/S) 11:00am Exercises (P) 11:30am Name A-Z (C/S) 12:00pm Lunch (S) 1:00pm Birthday Party (S) 2:00pm Afternoon Snack (S) 3:00pm Hang Man (C/S) 4:00pm Play with the Ball (P) 4:30pm Stretching (P)



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West Lake Worth

	27	28	29	30	
	8:00am Breakfast (S) 10:00am News (S/C) 10:30 Basketball (P/S) 11:00am Exercises (P) 11:30am Math (C) 12:00pm Lunch (S) 1:00pm Dominoes (S/C) 2:00pm Afternoon Snack (S) 3:00pm Board Games (C/S) 4:00pm Hot Potato (P/S) 4:30pm Exercise with Tennis Ball (P)	8:00am Breakfast (S) 10:00 News (S/C) 10:30am Bowling (P/S) 11:00am Exercises (P) 11:30 Trivia (C/S) 12:00pm Lunch (S) 1:00pm Puzzles (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Remember When! (C) 4:30pm yoga (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Darts (P/S) 11:00am Exercises (P) 11:30am USA Capitals (C/S) 12:00pm Lunch (S) 1:00pm Folding (C/S/P) 2:00pm Afternoon Snack (S) 3:00pm Building the City (C/S) 4:00pm Circle Ball (P) 4:30pm Stretching (P)	8:00am Breakfast (S) 10:00am News (S/C) 10:30am Bucket Toss (P/S) 11:00am Exercises (P) 11:30am Sing-along (S/C) 12:00pm Lunch (S) 1:00pm Dominoes (C/S) 2:00pm Afternoon Snack (S) 3:00pm Bingo (C/S) 4:00pm Exercises (P) 4:30am Yoga (P)	

**Specialized Alzheimer's
Day Care Program West Lake Worth**

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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; acknowledging and accepting the patient's perception of his/her "world" environment; encouraging and rewarding creative
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 safety



June 2022

West Lake Worth

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 peers based on shared interests and abilities; acknowledging the patient’s success
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 atmosphere of calm, harmony, and safety where the patient can be him/herself with the support 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 support with the patient in a supportive, validating manner, with understanding of, and empathy for the disease or a related neurocognitive disorder; communicating positively both verbally and non-verbally