# Monthly Schedule

**October 2023**

### Monday
- 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)

### Tuesday
- 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 Puzzle (S/C)
- 2:00pm Afternoon Snack (S)
- 3:00pm Bingo (C/S)
- 4:00pm Remember Who? (C/S)
- 4:30pm Afternoon Stretching (P)

### Wednesday
- 8:00am Breakfast (S)
- 10:00am News (S/C)
- 10:30am Bag Toss (P/S)
- 11:00am Exercises (P)
- 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)

### Thursday
- 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 outdoor Activities (P/C)
- 2:00pm Afternoon Snack (S)
- 3:00pm Lottery (C/S)
- 4:00pm Bible Read (S)
- 4:30pm Yoga (P)

### Friday
- 8:00am Breakfast (S)
- 10:00am News (S/C)
- 10:30am Soccer (P/S)
- 11:00am Exercises (P)
- 11:30am Columbus Day Trivia (C/S)
- 12:00pm Lunch (S)
- 1:00pm Puzzle/Table Time (C/S)
- 2:00pm Afternoon Snack (S)
- 3:00pm Hang Man (C)
- 4:00pm Bible Read (S)
- 4:30pm Yoga (P)

### Special Events
- **Monday 10/9** Manicure
- **Monday 10/30** Maria R
- **Friday 10/20** Ice Cream Social
- **Friday 10/27** Birthday Party
- **Tuesday 10/31** Halloween Party

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**Happy Birthday**

**Monday 10/30** Maria R

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**Program discretion/patient needs**

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**Monthly Schedule subject to change based on program discretion/patient needs**
**Therapeutic Activities** | **Examples of Therapeutic Activities** | **Definitions**
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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 activities; acknowledging and accepting the patient’s perception of his/her “world” in a safe environment; encouraging and rewarding creativity
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
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 successes, maximizing strengths
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 family's atmosphere of calm, harmony, and safety where the patient can be him/herself with pride in his/her 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 towards, the disease or a related neurocognitive disorder; communicating positively both verbally and non-verbally