







	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p><u>Happy Birthday</u></p> <p> 5/16 Carmen</p> <p><u>Special Events</u></p> <p>Monday 5/6 National Nurses Day</p> <p></p> <p>Friday 5/10 Mother's Day Picnic</p> <p></p> <p>Monday 5/13 National Apple Pie Day</p> <p></p> <p>Monday 5/20 National Bee Day</p> <p></p>			¹ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	² 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Things found on a Car (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bean Bag Slide (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities	³ 8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)
	⁶ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	⁷ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	⁸ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	⁹ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Things found on a Car (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bean Bag Slide (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	¹⁰ 8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)
	¹³ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Connect the Words (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S) 2:00pm Coffee Social (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	¹⁴ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am State Trivia (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Darts (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	¹⁵ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Magazine Social (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	¹⁶ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Music Therapy (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	¹⁷ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Morning Scripture & Praise (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)
	²⁰ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	²¹ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Word from a Word (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Heart Toss (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	²² 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Grocery Game (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Name that Flower (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	²³ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Music Therapy (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	²⁴ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Morning Scripture & Praise (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)
	²⁷ 	²⁸ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	²⁹ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	³⁰ 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Things found on a Car (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bean Bag Slide (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities	³¹ 8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)



May 2024



West Palm Beach

Specialized Alzheimer’s
Day Care Program West Palm Beach
2924 North Australian Ave.
West palm Beach, FL 33407
Mon-Fri: 8:00am – 5:00pm
561-331-6573
www.alzcare.org

Catrina Calix, LPN Program Manager
Arlethea Bentley, LPN Program Nurse



24 Hour Crisis Line

1-800-394-1772

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 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	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	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	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	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