



February 2025

# Valentine's Day

Boca Raton

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Birthdays</b> Arthur 2/5</p> <p><b>Special Events</b> 2/03 - Carrot Cake Day 2/06 - Nat'l Frozen Yogurt Day 2/07 - Nat'l Wear Red Day 2/07 - Music by Elevar Foundation 2/11 - Nat'l White Shirt Day 2/14 - Valentine's Day Party 2/20 - Music by Elevar Foundation 2/20 - President's Day/Nat'l Muffin Day 2/26 - Music by Elevar Foundation 2/27 - Nat'l Strawberry Day</p>	<p>3</p> <p>8:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Corn Hole (P/S/C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Balloon Games (P/S) 2:30 Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)</p>	<p>4</p> <p>8:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Bowling (P/C/S) 12:00pm Lunch (S) 1:00pm Noodle Ball (P/S) 2:00pm Sing-along (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)</p>	<p>5</p> <p>8:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Basketball (P/S/C) 12:00pm Lunch (S) 1:00pm Horseracing (C/P/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)</p>	<p>6</p> <p>8:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Horseshoe or Darts (C/P/S) 12:00pm Lunch (S) 1:00pm Art Project (C/S) 2:00pm Lucky Dog (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)</p>	<p>7</p> <p>8:00am-9:00am Tabletop Activities (C/S) 9:15am Breakfast (S) 10:30am Morning Flag Songs (C/S) 11:00am Exercise/Mini Golf (C/P/S) 12:00pm Lunch (S) 1:00pm Music by Elevar Foundation (C/S) 2:00pm Sing-along (C/S) 2:30pm Afternoon Snack (S) 4:00pm Puzzles/Coloring/Sorting (C/S)</p>
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Boca Raton

**Specialized Alzheimer's  
Day Care Program Boca Raton**

4680 N. Dixie Hwy.  
Boca Raton, FL 33431  
Mon-Fri: 8:00 – 5:00pm  
(561) 391-6955  
www.alzcare.org

Veronica Kowlessar, RN Program Manager  
Samantha Francis, 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 <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	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