


Valentine's Day

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p>  <p>BIRTHDAY'S 2/8-RAYA APETROAIE 2/8-MIKHAEL BOSSOLO SPECIAL EVENTS</p> <p>2/3- NAT'I THE DAY THE MUSIC DIED 2/4- NAT'I HOMEMASE SOUP DAY 2/6-NAT'I CHOPSTICKS DAY 2/7-BUBBLE GUM DAY 2/10-NAT'I UMBRELLA DAY 2/11-NAT'I INVENTOR'S DAY 2/11-NAT'I PEPPERMINT PATTY DAY 2/14-VALENTINE'S DAY 2/17-PRESIDENTS DAY 2/20-NAT'I MUFFIN DAY 2/20-NAT'I LOVE YOUR PET DAY 2/21-NAT'I CAREGIVERS DAY 2/25-NAT'I CHOCOLATE COVERD NUT DAY 2/27-NAT'I STRAWBERRY DAY</p>	<p>3</p> <p>8:00am Coloring (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS/NATIONAL DAYS 11:30am Trivia (C/S) 12:00pm EXERCISE 12:30pm Lunch (S) 1:45pm Meditation 2:00pm Table Games C/P/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>4</p> <p>8:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic Songs /NATIONAL DAYS(P) 11:30am EXERCISE (C/S/ 12:00pm Noodle Ball (C/S) 12:30pm Lunch (S) 1:45pm Meditation) 2:00pm PARACHUTE GAME) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>5</p> <p>8:00am Coloring 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS 11:30am EXERCISE 12:00pm) BING BAG TOSS 12:30pm Lunch (S) 1:45pmMeditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>6</p> <p>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGSs//NATIONAL DAYS 11:30am Fill in the Blanks (C/S) 12:00pm TRIVA 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm VALENTINES ARTA AND CRAFT (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>7</p> <p>8:00am Socialize with Friends(C) 9:30am Breakfast (S) 10:00am Open Activity(C/S) 11:00am patriotic songs 11:30amMOVIE DAY (C/S) 12:00pmMOVIE! 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm Movie 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	
	<p>10</p> <p>8:00am Coloring((S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONG/ NATIONAL DAYS (CS) 11:30 am Exercise 12:00pm Occupations (p) 12:30pm Lunch (S) 1:45pm MEDITATIION (P) 2:00pm BINGO 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>11</p> <p>8:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS /NATIONAL DAYS 11:30am FILL IN THE BLANKS (C/S) 12:00pm Trivia 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pmc Valentines ART@ CRAFTS 3:00pm Afternoon Snack/COLORING (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>12</p> <p>8:00am Coloring 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS 11:30am EXERCISE 12:00pm) BING BAG TOSS 12:30pm Lunch (S) 1:45pmMeditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>13</p> <p>8:00am Coloring/Puzzles (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC Songs/NATIONAL DAYS (S P) 11:30am Exercise (C/S) 12:00pm Word Train 12:30pm Lunch (S) 1:45pm (MEDEDITATION) 2:00pm PARACHUTE 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>14</p> <p>8:00am Socialize with Friends(C) 9:30am Breakfast (S) 10:00am Open Activity(C/S) 11:00am PATRIOTIC SONGS 11:30amMOVIE DAY (C/S) 12:00pmMOVIE! 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm Movie 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	
	<p>17</p> <p>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONG, / WOULD YOU RATHER 11:30am Exercise 12:00pm Noodle Ball 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>18</p> <p>8:00am Socialize (C/S) 9:30am Breakfast (S) 10:00am Opening Activity 11:00am PATRIOTIC SONGSP) 11:30am Exercise (C/S) 12:00pm FILL I N THE BLANKS 12:30pm Lunch (S) 1:45pm Meditation 2:00pm) BINGO 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>19</p> <p>8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS / 11:30am EXERCISE (C/S) 12:00pm Ring Toss (C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm Bingo /P/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>20</p> <p>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS//NATIONAL DAYS 11:30am Exercise (C/S) 12:00pm Bing Bag Toss ((C/S) 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm PARACHUTE GAME) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>21</p> <p>8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Open Activity (C/S) 11:00am PATRIOTIC SONGS (CS) 11:30pm MOVIE DAY (C/S) 12:00pm MOVIE 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm MOVIE DAY (P/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	
	<p>24</p> <p>8:00am Coloring(S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS//NATIONAL DAYS 11:30amBOARD GAMES EXERCISE (C/S) 12:00pm NOODLE BALL 12:30pm Lunch (S) 1:45pm Meditation 2:00pm BINGO (C//S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>25</p> <p>8:00am Socialize with Friends (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SON/ 11:30am EXERCISE(C/S) 12:00pm FILL IN THE BLANKS 12:30pm Lunch (S) 1:45pm Meditation 2:00pm PARACHUTE GAME 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>26</p> <p>8:00am Open Discussion (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic song 11:30am Exercise 12:00pm NOODLEBALL 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm BINGO 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>27</p> <p>8:00am open Discussion (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGSs//NATIONAL DAYS 11:30am Fill in the Blanks (C/S) 12:00pm TRIVA 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	<p>28</p> <p>8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Open Activity (C/S) 11:00am Patriotic Songs 11:30pmMOVIE DAY (C/S) 12:00pm MOVIE DAY 12:30pm Lunch (S) 1:45pm Movie (P) 2:00pm MOVIE Day (P/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S)</p>	



February 2025

Valentine's Day

Delray Beach

**Specialized Alzheimer's
Day Care Program Delray Beach**

Seacrest Presbyterian Church
2703 N. Seacrest Blvd.
Delray Beach, FL 33444
Mon-Fri: 8:00 – 5:00pm
561-330-3541
www.alzcare.org

Leonja Sims, LPN Program Manager
TBD, 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 always . 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 always : 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