

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p>  <p>BIRTHDAY'S 1/2--ATSUKO SPINGER</p> <p>SPECIAL EVENTS</p> <p>HAPPY NEW YEAR</p> <p>1/1-NAT'I DRINKING STRAW DAY 1/6-NAT'I CUDDLE UP DAY 1/8-NAT'I BUBBLE BATH DAY 1/10-SAVE THE EAGLES DAY 1/13- NAT'I RUBBER DUCKY DAY 1/15-NAT'I HAT DAY 1/15-NAT'I STRAWBERRY ICE CREAM DAY 1/16-NAT'I FIG NEWTON DAY 1/31-NAT'I HOT CHOCOLATE DAY</p>			<p>1</p> <p><i>Happy New Years!</i></p> <p><i>Closed</i></p>	2	3	
		6	7	8	9	10
		13	14	15	16	17
		20	21	22	23	24
	27	28	29	30	31	



January 2025

January

Delray Beach

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**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



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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