


Monthly Schedule subject to change based on program discretion/patient needs.



BIRTHDAY'S

SPECIAL EVENTS

- 11/4-NAT'I CANDY DAY
- 11/8- NAT'I HARVEY WALLBANGER DAY
- 11/11 NAT'I SUNDAY DAY
- 11/11-VETERANS DAY
- 11/12-NAT'I CHICKEN SOUP FOR THE SOUL DAY
- 11/21-NAT'I GINGRTBREAD COOKIE DAY
- 11/25-NAT'I PARFAIT DAY
- 11/28-HAPPY THAMKSGIVING

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|---|
| | | | | | 1 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) |
| | 4 8:00amColoring((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) | 5 8:00am Socialize with Friends (S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS /NATIONAL DAYS 11:30amParachute Game (C/S) 12:00pm Trivia 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pmc Arts and Crafts 3:00pm Afternoon Snack/COLORING (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 6 8:00am Coloring 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS 11:30am T.V. Triva (C/S) 12:00pm EXERCISE 12:30pm Lunch (S) 1:45pmMeditation (P) 2:00pm Bingo 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 7 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 T.V. Trivia/S 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 8 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) |
| | 11 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) | 12 8:00am Socialize (C/S) 9:30am Breakfast (S) 10:00am Opening Activity 11:00am PATRIOTIC SONGSP) 11:30am Exercise (C/S) 12:00pm Bing Bag Toss 12:30pm Lunch (S) 1:45pm Meditation 2:00pm ART & CRATS 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 13 8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS / 11:30am T.V. Triva (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) | 14 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 BINGO(C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 15 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) |
| | 18 8:00amColoring((S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS/NATIONAL DAYS 11:30am 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) | 19 8:00am Socialize with Friends (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS//WOULD YOU RATHER BEE 11:30am EXERCISE(C/S) 12:00pm RHYMING WORDS 12:30pm Lunch (S) 1:45pm Meditation 2:00pm ARTS&CRAFTS 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 20 8:00am Open Discussion (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am PATRIOTIC SONGS 11:30am EXERCISE (C/S) 12:00pm Trivia(C/S) 12:30pm Lunch (S) 1:45pm (Meditation) 2:00pm Table Games 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 21 8:00am open Discussion (C/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 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) | 22 8:00am Coloring (C/S) 9:30am Breakfast (S) 10:00am Open Activity (C/S) 11:00am Patriotic Songs 11:30pmMOVIE DAY Trivia (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) |
| | 25 8:00amColoring((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) | 26 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 BINGO (P/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 27 8:00am Open Discussion (/S) 9:30am Breakfast (S) 10:00am Opening Activity (C/S) 11:00am Patriotic song/HISTORY OF THANKSGIVING 11:30am Exercise 12:00pm THANKSGIVING BOARD GAME 12:30pm Lunch (S) 1:45pm Meditation (P) 2:00pm TV TRIVA 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (C/S) | 28  | 29 CLOSED |



November 2024

November

Delray Beach

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 |