


	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b><u>Happy Birthday</u></b></p>  <p><b><u>Special Events</u></b></p>			<p>1</p> <p><i>Happy New Years!</i></p> <p><i>Closing</i></p>	<p>2</p>	<p>3</p>
				<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bucket Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Sing-along (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Outdoor Activities (P/C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bingo (C/S)</p> <p>4:00pm Exercises (P)</p> <p>4:30am Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Soccer (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Trivia (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Coloring (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Name 5 types of. Games (C)</p> <p>4:00pm Bible Read (S)</p> <p>4:30pm Yoga (P)</p>
	6	7	8	9	10
	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Noodle Ball (P)</p> <p>11:00am Exercises (P)</p> <p>11:30am Trivia (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Manicure (S)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Board Games (C/S)</p> <p>4:00pm Name that Place (C)</p> <p>4:30pm Exercises (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Ring Toss (P/S)</p> <p>11:00am Exercise (P)</p> <p>11:30am Short Story (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Table Games (C/S)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bingo (C/S)</p> <p>4:00pm Remember When! (C/S)</p> <p>4:30pm Afternoon Stretching (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bean Bag Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Target Toss (P/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Puzzles (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Occupation Game (C)</p> <p>4:00pm Parachute (P/S)</p> <p>4:30pm Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Volleyball (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Card Game (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Outdoor activities (P/C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Lottery (C/S)</p> <p>4:00pm Bible Read (C)</p> <p>4:30pm Noodle Exercise (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Soccer (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Trivia (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Coloring (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Name 5 types of. Games (C)</p> <p>4:00pm Bible Read (S)</p> <p>4:30pm Yoga (P)</p>
	13	14	15	16	17
	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30 Basketball (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Trivia (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Dominoes (S/C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Board Games (C/S)</p> <p>4:00pm Hot Potato (P/S)</p> <p>4:30pm Exercise with Tennis Ball (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Ring Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Proverb (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Dominoes (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Lottery (C/S)</p> <p>4:00pm Word Ending ON (C/S)</p> <p>4:30pm Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am Music Therapy (S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Trivia (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Coloring (S)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Building the City (C/S)</p> <p>4:00pm Circle Ball (P)</p> <p>4:30pm Stretching (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bucket Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Sing-along (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Outdoor Activities (P/C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bingo (C/S)</p> <p>4:00pm Exercises (P)</p> <p>4:30am Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Horseshoes (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Sing Along (S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Ice Cream Social</p> <p>2:00pm Coloring (C)</p> <p>3:00pm Movie time (C/S)</p> <p>4:00pm Bible Read (S)</p> <p>4:30pm Yoga (P)</p>
20	21	22	23	24	
<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Sing Along (S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Card Game (C/S)</p> <p>12:00 pm Lunch (S)</p> <p>1:00pm Craft (S)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Board Games (C/S)</p> <p>4:00pm Charades (C/S)</p> <p>5:00pm Exercises (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bowling (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Fruits A-Z (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Dominoes (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Lottery (C/S)</p> <p>4:00pm Word Ending ON (C/S)</p> <p>4:30pm Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bean Bag Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Create the City (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Coloring (C/S)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bible Read (S)</p> <p>4:00pm Basketball (P/S)</p> <p>4:30pm Stretching (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bucket Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Sing-along (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Outdoor Activities (P/C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bingo (C/S)</p> <p>4:00pm Exercises (P)</p> <p>4:30am Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Horseshoes (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Proverb (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Dominoes (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Movie time (C/S)</p> <p>4:00pm Bible Read (S)</p> <p>4:30pm Yoga (P)</p>	
27	28	29	30	31	
<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Band Practice (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Card Game (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Craft (S)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Board Games (C/S)</p> <p>4:00pm Charades (C/S)</p> <p>5:00pm Exercises (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Ring Toss (P/S)</p> <p>11:00am Exercise (P)</p> <p>11:30am Short Story (C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Table Games (S/P)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bingo (C/S)</p> <p>4:00pm Remember When! (C/S)</p> <p>4:30pm Afternoon Stretching (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bean Bag Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Target Toss (P/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Puzzles (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Occupation Game (C)</p> <p>4:00pm Parachute (P/S)</p> <p>4:30pm Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Bucket Toss (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Sing-along (S/C)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Outdoor Activities (P/C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Bingo (C/S)</p> <p>4:00pm Exercises (P)</p> <p>4:30am Yoga (P)</p>	<p>8:00am Breakfast (S)</p> <p>10:00am News (S/C)</p> <p>10:30am Soccer (P/S)</p> <p>11:00am Exercises (P)</p> <p>11:30am Trivia (C/S)</p> <p>12:00pm Lunch (S)</p> <p>1:00pm Coloring (C)</p> <p>2:00pm Afternoon Snack (S)</p> <p>3:00pm Name 5 types of. Games (C)</p> <p>4:00pm Bible Read (S)</p> <p>4:30pm Yoga (P)</p>	



January 2025

# January

West Lake Worth

**West Lake Worth  
Specialized Alzheimer's  
Day Care Program**  
3680 Lake Worth Rd  
Palm Springs, FL 33461  
Mon-Fri: 8:00 – 5:00pm  
561-432-0668  
www.alzcare.org

Talia Bridgman, LPN Program Manager  
TBD, 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 activities; acknowledging and accepting the patient's perception of his/her "world" in a 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 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 peers based on shared interests and abilities; acknowledging the patient's successes, m
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 atmosphere of calm, harmony, and safety where the patient can be him/herself with pr 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 providi with the patient in a supportive, validating manner, with understanding of, and empath disease or a related neurocognitive disorder; communicating positively both verbally an