




	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p><b>Special Events</b></p> <p><b>Thursday Jan. 2<sup>nd</sup> Sip and Paint Day</b> <i>Paint it up!</i></p> <p><b>Friday Jan. 17<sup>th</sup> Popeye Day</b> <i>POPEYE</i></p> <p><b>Monday Jan. 20<sup>th</sup> Martin Luther King Jr. Day</b> </p> <p><b>Tuesday Jan. 28<sup>th</sup> National Kazoo Day</b> </p>			<p>1</p> <p><i>Happy New Years!</i></p> <p><i>Closed</i></p>	<p>2</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Music Therapy (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>3</p> <p>8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>
	<p>6</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>7</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>8</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>9</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Things found on a Car (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bean Bag Slide (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>10</p> <p>8:00am-9:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S/C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>
	<p>13</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Connect the Words (C/S) 12:00pm Lunch (S) 1:00pm Bingo (S) 2:00pm Coffee Social (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>14</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am State Trivia (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Darts (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>15</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Magazine Social (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>16</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Music Therapy (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>17</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Morning Scripture &amp; Praise (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>
	<p>20</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>21</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Word from a Word (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Heart Toss (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>22</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Fill in the Blank (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Floor Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>23</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C/S) 12:00pm Lunch (S) 1:00pm Coffee Social (S) 2:00pm Music Therapy (C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>	<p>24</p> <p>8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Morning Scripture &amp; Praise (S) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)</p>
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January 2025

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West Palm Beach

**Specialized Alzheimer's  
Day Care Program West Palm Beach**

2924 North Australian Ave.  
West palm Beach, FL 33407  
Mon-Fri: 8:00am – 5:00pm  
561-331-6573  
www.alzcare.org

Catrina Calix, LPN Program Manager  
Arlethea Bentley, 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