


	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>02/14/2025-Valentine's Party!</p>	<p>3</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:00-10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Worksheet (C/S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 2:30pm Group Discussion (C/S) 3-4pm Tabletop Activities (S/C)</p>	<p>4</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Bingo (S) 1:00 Name That Tune 1:30pm Afternoon Snack(P) 2:00pm Let's Dance (S/P) 2:30pm Group discussion (C/S) 3-4:00pm Tabletop Activities (S/C)</p>	<p>5</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer /Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Hangman (C/S) 1:00pm Kickball (S/P) 1:30pm Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Group discussion (C/S) 3-4:00pm Tabletop Activities (S/C)</p>	<p>6</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion(P) 10:30am Exercise (S) 11:30am Lunch (S/P) 12:00pm Magazine Reading (S) 1:00pm Riddles(C/S) 2:00pm Afternoon Snack (S) 2:30pm Freestyle (C) 3-4pm Tabletop Activities (S/C)</p>	<p>7</p> <p>7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Social (S) 11:30pm Lunch (S) 12:00pm Valentine Cards (S/C) 1:00pm Trivia (C/S) 1:30 Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Magazine Reading (C) 3-4:00pm Tabletop Activities (S/C)</p>	
	<p>10</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:00-10:30am Exercise (P) 11:30am Lunch(S) 12:00pm Toss the Bean Bag (S/E) 1:00pm Bingo (C/S) 1:30pm Afternoon Snack (S) 2:30pm Afternoon Walk (C/S) 3-4pm Tabletop Activities (S/C)</p>	<p>11</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Bingo (P/S) 1:00pm Music Therapy (S) 1:30pm Afternoon Snack (S) 2:00pm Hangman(S) 2:30pm Patio Chat (S) 3-4:00pm Tabletop Activities (S/C)</p>	<p>12</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Hangman (C/S) 1:00pm Bingo (S/P) 1:30pm Afternoon Snack (S) 2:00pm Bird Watching (S) 2:30pm Group discussion (C/S) 3-4:00pm Tabletop Activities (S/C)</p>	<p>13</p> <p>7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch(C/S) 12:00pm Motown Trivia (C/S) 1:00pm Riddles (S) 1:30 Afternoon Snack 2:00pm Afternoon Snack (S) 2:30pm Group discussion (C/S) 3-4:00pm Tabletop Activities (S/C)</p>	<p>14</p> <p>7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Social (S) 11:30pm Luch (C/S) 12:00pm BINGO (S) 1:00pm Trivia (C/S) 1:30pm Snack/ Valentine's Party (S) 2:00pm Music Therapy (S) 2:30pm Magazine Reading (C) 3-4:00pm Tabletop Activities (S/C)</p>	
	<p>17</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:00-10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Uno Game (C/S) 1:00pm Afternoon Snack (C/S) 1:30pm Trivia (C/S) 2:30pm Arts & Craft (C/S) 3-4pm Tabletop Activities (S/C)</p>	<p>18</p> <p>7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (C/S) 12:00pm Bird Watching (S) 1:00pm Hot Potato (P/S) 1:30pm Afternoon Snack (S) 2:00pm Card Games (S) 2:30pm Trivia (C/S) 3-4pm Tabletop Activities (S/C)</p>	<p>19</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Family Feud (C/S) 1:00pm Bingo (S/C) 1:30pm Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Karaoke/ Finish the Lyric (C/S) 3-4pm Tabletop Activities (S/C)</p>	<p>20</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Story time (S) 1:00pm Bingo 1:30pm Afternoon Snack 2:00pm Music Therapy (S) 2:30pm Arts & Craft (C/S) 3-4pm Tabletop Activities (S/C)</p>	<p>21</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30pm Lunch (C/S) 12:00pm Bingo (S/C) 1:00pm Spa Day(C/S) 1:30pm Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Magazine reading (C) 3-4pm Tabletop Activities (S/C)</p>	
	<p>24</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion (E) 10:30am Exercise (P) 11:30am Lunch (S) 12:00pm Let's Dance(S/C) 1:00pm Bingo 1:30pm Afternoon Snack(S) 2:00pm Magazine Social (S) 2:30pm Arts & Crafts (C/S) 3-4pm Tabletop Activities (C/S)</p>	<p>25</p> <p>7:30am Tabletop Activities(S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Hangman (C/S) 11:30am Lunch (P/S) 12:00pm Kickball (P) 1:00pm Name That Fruit (C/S) 1:30pm Afternoon Snack 2:00pm Music Therapy (S) 2:30pm Freestyle (C) 3-4pm Tabletop Activities (S/C)</p>	<p>26</p> <p>7:30am Tabletop Activities (S/E) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Exercise(P/S) 11:30am Lunch (S) 12:00pm Noodle Stick Hockey (S/P) 1:00pm Bingo (C/S) 1:30pm Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Arts & Crafts (C/S) 3-4:00pm Tabletop Activities(S/C)</p>	<p>27</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/Devotion(P) 10:30am Exercise (S) 11:30am Lunch (S/P) 12:00pm Magazine Reading (S) 1:00pm Riddles(C/S) 1:30pm Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Freestyle (C) 3-4pm Tabletop Activities (S/C)</p>	<p>28</p> <p>7:30am Tabletop Activities (S/C) 8:30am Breakfast (S) 9:30am Prayer/ Devotion (E) 10:30am Hangman (C/S) 11:30pm Exercise(P) 12:00pm Lunch (S) 1:00pm Magazine clippings (C) 1:30pm Afternoon Snack (S) 2:00pm Music Therapy (S) 2:30pm Social Time (S) 3-4:00pm Tabletop Activities (S/C)</p>	



February 2025

Valentine's Day

Pahokee

Specialized Alzheimer's Day Care Program Pahokee

470 Barak Obama Blvd.
 Pahokee, FL 33476
 Mon-Fri: 7:30am – 4:00pm
 (561) 924-7283
 www.alzcare.org

Tamika Jones, LPN- Program Manager
 TBD-Program Nurse

1-800-394-1772



24 Hour Crisis Line

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 at all times. 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 at all times: 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



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