



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p> 	<p>1</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Would you rather (S/C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Ball Toss (P) 2:00pm lets tell a joke (C/S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>2</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Phrase Scrambler (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Arts and Crafts (C) 2:00pm Ball Toss (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>3</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Word Connect (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Mrs. Evans' Cram Class (C) 2:00pm 4th of July facts (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>4</p> 	<p>5</p> <p>CLOSED</p>
<p>Katelyn 7/21</p> <p>Special Events</p>	<p>8</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Would you rather (S/C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm summer bingo (S/C) 2:00pm Unscrambles (C/S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>9</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Price is Right (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Bowling (P) 2:00pm Grammar School (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>10</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Hangman (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Would You Rather? (C/S) 2:00pm Lucky Dog (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>11</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Chicken for the soul (S/C) 2:00pm Grammar School (C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>12</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am This was the Year (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm (C) 2:00pm history of Barbershop music (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>
<p>National joke day 7/01</p>	<p>15</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Nursery Rhymes & Riddles (S/C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Mrs. Evans' Cram Class (S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>16</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Wheel of Fortune (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (C) 1:30pm Arts and Crafts (C) 2:00pm Bowling (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>17</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Pictionary (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Lucky Dog (P/C/S) 2:00pm Summer Bingo (S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>18</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Lets make a deal (S/C) 2:00pm Basketball (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>19</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Amazing Animals (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Football Trivia (S) 2:45pm Snack (tailgate picnic) (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>
<p>4th of July party 7/03</p>	<p>22</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Arts & Crafts - Earth Day (P/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Guess the animal (C) 2:00pm Movie Day: Mrs. Doubtfire (S) 2:45pm Snack (Bomb pops) (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>23</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Wheel of Fortune (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (C) 1:30pm Hangman (C/S) 2:00pm Ball Toss (C/S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>24</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Pictionary (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Grammar School (C) 2:00pm Person of the month: Amelia Earhart (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>25</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Jammin' with John (C/S) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Jeopardy (C/S) 2:00pm Basketball (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>26</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Penguin Polar Facts (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Mrs. Evans' Cram Class (S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>
<p>5th of July closed for the day</p>	<p>29</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Would you rather (S/C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Ball Toss (P) 2:00pm Chicken Soup for the soul (C/S) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>30</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Phrase Scrambler (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Summer Bingo (C) 2:00pm Ball Toss (P) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>	<p>31</p> <p>8:00am Morning Greetings (S) 9:00am Breakfast (S) 10:00am Seated Exercise (P) 11:00am Word Connect (C) 12:00pm Lunch (S) 1:00pm Chair Exercise (P) 1:30pm Mrs. Evans' Cram Class (C) 2:00pm Bucket o' Questions (S/C) 2:45pm Snack (S) 3:00pm Creative Coloring (C/S) 4:00pm-5:00pm Sing-a-Longs (S)</p>		
<p>Barbershop music appreciation day 7/12</p>					
<p>Football Day 7/19</p>					
<p>National zookeeper week 7/21</p>					
<p>Ice Cream Day 7/22</p>					



July 2024



Palm Beach Gardens

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

4075 Holly Drive
Palm Beach Gardens, FL 33410
Mon-Fri: 8:00 – 5:00pm
(561) 630-4724
www.alzcare.org

Talitha Moore, LPN Program Manager
Katelyn Zehnder, RN Program Nurse

**1-800-394-1772
24 Hour Crisis Line**

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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