


Valentine's Day

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|--|--|---|--|---|---|
| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>02 – 04 Margaret</p> <p>Special Events</p> <p>02- 07 Birthday party/movie 02- 14 Valentine's Day party 02- 21 Crazy Socks Day 02 -28 Popcorn/Movie Day</p> <p>Holidays</p> <p>02 – 09 Super Bowl (Sunday) 02 – 14 Valentine's Day 02 -- 17 President's Day</p> | <p>3</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Sing Along (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p> | <p>4</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am 50 States (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Basketball (P) 2:00pm Group discussion(S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>5</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Name that Tune (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Nachos Day Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>6</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Christmas card day 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>7</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am The Price is Right (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Birthday Party / Movie 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | |
| | | <p>10</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am People, Place or Thing (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Wreath of King Day. With hot cocoa (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p> | <p>11</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Jokes (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Basketball (P) 2:00pm Name the city (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>12</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Name that Tune (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Nachos Day Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>13</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Words ending in... (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art/craft. 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>14</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day / News (S) 10:30am Chair Exercise (P) 11:00am The Price is Right (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Valentine's Day party (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> |
| | | <p>17</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Presidents (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>18</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Party Planning (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Noodle Time (P) 2:00pm Trivia (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>19</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Unscramble (City) (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>20</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>21</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Build a City (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Crazy socks Day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> |
| | | <p>24</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Words Ending in.... (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Bingo! Was his name-o (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p> | <p>25</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Unscramble (fruits) (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Bowling (P) 2:00pm Jokes: Laughing Hour (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>26</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Who am I? (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Write a letter to Santa day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>27</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Time to Rhyme (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Art Therapy (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> | <p>28</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Opening Day/News (S/C) 10:30am Chair Exercise (P) 11:00am Reminiscence (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Outdoor Therapy (S) 2:00pm Popcorn/Movie Day (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (S/C)</p> |
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February 2025

Valentine's Day

Wellington

**Specialized Alzheimer's
Day Care Program Wellington
1925 Birkdale Dr.
Wellington, FL 334144**

Mon-Fri: 8:00am – 5:00pm
(561) 331-6576

www.alzcare.org
Meyling Pastrana, LPN Program Manager
TBD-Program Nurse



**24 Hour Crisis
Line**

1-800-394-1772

Therapeutic Activities

Examples of Therapeutic Activities

Definitions

| Therapeutic Activities | Examples of Therapeutic Activities | Definitions |
|------------------------|--|---|
| Cognitive (C) | 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 (P) | 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 (S) | 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 (S) | 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 (E) | 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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