







April 2025

West Palm Beach

	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>Wed. April 2<sup>nd</sup> National Peanut Butter &amp; Jelly Day</b>  </p> <p><b>Thur. April 3<sup>rd</sup> Fan Dance Day</b>  </p> <p><b>Fri. April 18<sup>th</sup> Spring Craft Day</b>  </p> <p><b>Wed. April 29<sup>th</sup> International Jazz Day</b>  </p>		1	2	3	4	
		7	8	9	10	11
		14	15	16	17	18
		21	22	23	24	25
		28	29	30		



April 2025

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