



April 2025

West Palm Beach

	Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Schedule subject to change based on program discretion/patient needs. <u>Happy Birthday</u>		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)	1 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)	3 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)	4 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)
Special Events Wed. April 2 nd National Peanut Butter & Jelly Day	7 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Dear Abby (C) 12:00pm Bingo (C/S) 2:00pm Family Feud (C) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Name the Presidents (C/S) 12:00pm Bingo (C/S) 2:00pm Bingo (C/S) 2:00pm Bulls Eye (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	8 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)	10 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)	11 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)
Thur. April 3 rd Fan Dance Day Fri. April 18 th Spring Craft Day Wed. April 29 th International Jazz	14 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 Coffee Social (S) 3:00pm Coffee Social (S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)	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)	15 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)	17 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)	18 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Spring Craft (P) 12:00pm Lunch (S) 1:00pm Bulls Eye (P/C/S) 3:00pm Atternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S)
Day	21 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)	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)	22 23 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 Floro Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S	24 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)	25 8:00am Tabletop Activities (P/C/S) 9:00am Breakfast (S) 10:30am Exercise (P) 11:00am Morning Scripture & 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)
	28 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)	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)	29 30 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 Lonch (S) 1:00pm Coffee Social (S) 2:00pm Floro Games (P/C/S) 3:00pm Afternoon Snack (S) 4:00pm-5:00pm Tabletop Activities (P/C/S		





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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,	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories and integrating those memories into		
	Board Games, "Current" Events, Morning Announcements,	activities; acknowledging and accepting the patient's perception of his/her "world" in a supportive, engaging, nonjudgmental		
	Tabletop Activities-coloring, bean sorting, puzzles, patient	environment; encouraging and rewarding creativity		
	specific individual tasks			
Physical	Chair Exercise, Dancing, Arts and Crafts, Noodle	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing		
	Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss,	safety		
	Bowling			
Social	Building a Story, Trivia "Competition", Music Therapy, Sing-	Honoring the human condition and need for relationships and social contact; encouraging social interaction and connection with		
	along, Group craft building, Group discussion, Group	peers based on shared interests and abilities; acknowledging the patient's successes, maximizing dignity and self-esteem		
	Games			
Spiritual	Non-judgmental safe environment at all times.	Promoting balance between the patient's inner and outer worlds; honoring the family's heritage and culture, providing an		
	Music-patient's choice, Recognizing unique culture and	atmosphere of calm, harmony, and safety where the patient can be him/herself with pride; respecting each person's unique belief		
	faiths in discussions and in song, positive reinforcement of	system		
	all endeavors			
Emotional	Positive Communication at all times:	Understanding and compassionately caring for the patient's emotional needs by providing a nurturing environment; communicating		
	Validation, Therapeutic Touch, Praise/Encouragement,	with the patient in a supportive, validating manner, with understanding of, and empathy for, limitations imposed by Alzheimer's		
	Positive Behavioral Interventions	disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient's abilities		