



Sunshine

**S.W. FOCAL POINT
ADULT DAY CARE
301 NW 103rd AVENUE
PEMBROKE PINES, FLORIDA 33026
Adult Day Care (954) 450 6855
Business Office (305) 325-0470
Fax # 954-743-2315**

OBSERVANCE DATES



Monday January 16th
Martin Luther King Jr. Day
CENTER CLOSED

Lunes 16 de enero
Día de Martin Luther King
CENTRO CERRADO



ADULT DAY CARE SOUTHWEST FOCAL POINT

Center Director :Anselma Moody
Nurse: Antonina Gaynor, LPN
Activity Director: Emilia Mas
Receptionist: Yenesi H.

The Easter Seals mission is to provide exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities. Easter Seals provides services to over 3,000 individuals and families throughout South Florida serving children and adults with disabilities such as autism, Alzheimer's disease, Down syndrome, spine bifida, mental retardation, learning disabilities and more.

January 22 to 29
Activity professionals Week
Begins

Inicio de la Semana de los
Profesionales de Actividades
22 de enero al 29



Nursing Assistants

Alicia Barrera
Adela Rahmanizadeh
Berneva Joy Sadler
Brunilda Flores
Mary Luz Hernández
Nicole Sawyer
Rosa Candelario
Porscha Williams
Rosalia Diaz

UPCOMING EVENTS



Friday January 6th
Fruitcake Party

Viernes 6 de enero
Fiesta del Cake de Frutas

Friday January 13
Afternoon Tea Party
Celebrating Tea Day



Viernes 13 de enero
Tarde de Te
Celebrando el Dia del Té

Friday January 20
Chinese New Year



Viernes 20 de enero
Primer Dia del Nuevo Año
Chino

Friday January 27
Birthday of the Month with a
Hot Chocolate and
Marshmallow Party



Viernes 27 de enero
Cumpleaños del mes con una
Fiesta de Chocolate Caliente
y Malvavisco



DAILY SCHEDULE

7:00 am-10:00 am

WELCOME TO
DAYCARE!

(Breakfast & Morning Chat)

10:00 am

Morning

Announcements

10:15 am

Daily Exercise

10:30-12:00 Noon

Morning Activities

CLOSES AT 6 p.m.



PARTICIPANTS

Rita P. 1/1

Warren H. 1/3

Imiko F. 1/10

Wilfrid P. 1/22

Delores H. 1/25

Diego B. 1/28

Antonio N. 1/28

STAFF

Anselma M. 1/29



SOUTHWEST FOCAL POINT EASTERSEALS SOUTH FLORIDA JANUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7:00- AM WELCOME & BREAKFAST</p> <p>9:00– Reality Orientation/ Observance.</p> <p>10:00 - AM- REFRESH/ Laughter Yoga</p> <p>10:45--Music/ Sing Along/ Dancing/</p> <p>11:30-LUNCH </p> <p>12:30- Sensory and Memory Stimulation</p> <p>1:15 PM- YOU BE THE JUDGE</p> <p>BINGO</p> <p>2:00 PM- SNACKS</p> <p>2:30-Pm: Get up and March (replacing Walking Club)</p> <p>3:00 Reminiscence Through Music/Word Search</p> <p>3:45 PM-Reading Short Story</p> <p>4:30PM- DINNER</p> <p>5:30 PM Music by Request</p> <p>6:00- PM -DEPARTURE</p> 	<p>7:00- AM WELCOME & BREAKFAST</p> <p>9:00– Reality Orientation/ Observance.</p> <p>10:00--Exercises with Music Laughter Yoga </p> <p>10:45-Sensory Stimulation & Memory Stimulation</p> <p>11:30-LUNCH</p> <p>12:30- Train Your Brain/Sensory Stimulation</p> <p>1:15 PM—Trivia</p> <p>BINGO</p> <p>2:00- SNACKS</p> <p>2:30-Pm: Get up and march (replacing Walking Club)</p> <p>3:00 -PM Arts& Crafts</p> <p>3:45 PM Puzzle categories</p> <p>4:30PM- DINNER</p> <p>5:00 PM Word Game</p> <p>6:00- PM -DEPARTURE</p>  	<p>7:00- AM WELCOME & BREAKFAST</p> <p>9:00– Reality Orientation/ Observance</p> <p>10:00- REFRESH /Laughter Yoga</p> <p>10:45- Music /Sing Along </p> <p>11:30-LUNCH</p> <p>12:30- Sensory Stimulation/ Verbal Skills</p> <p>1:15 – Challenging your memory</p> <p>BINGO</p> <p>2:00- SNACKS</p> <p>2:30-Pm: Get up and march (replacing Walking Club)</p> <p>3:00 -PM Word Search, / Painting/ Reading Short Stories/ Arts& Crafts / Birds Watching</p> <p>3:45 PM -Reminiscences with the sense</p> <p>4:30PM- DINNER</p> <p>5:00PM Music by Request</p> <p>6:00- PM -DEPARTURE</p>  	<p>7:00– AM WELCOME & BREAKFAST</p> <p>9:00– Reality Orientation/ Observance</p> <p>10:00--Exercises with Music Laughter Yoga</p> <p>10:45- Socialization and Conversation through Reminiscence</p> <p>11:30-LUNCH </p> <p>12:30- Activities of Daily Living/ Book Club (reading short Stories)</p> <p>1:15 PM- Making Decisions What Would You Do?</p> <p>BINGO</p> <p>2:00- SNACKS</p> <p>2:30-Pm: Get up and march (replacing Walking Club)</p> <p>3:00 -PM Word Search, Painting/ Arts& Crafts/ Birds Watching</p> <p>3:45PM- Sensory and Memory Stimulation</p> <p>4:30PM- DINNER</p> <p>5:00PM Music by Request</p> <p>6:00- PM -DEPARTURE </p>	<p>7:00- AM WELCOME & BREAKFAST</p> <p>9:30– Reality Orientation/ Observance</p> <p>10:00- REFRESH /Laughter Yoga</p> <p>10:45- Music /Sing Along </p> <p>11:30-LUNCH</p> <p>12:30- Sensory and Memory Stimulation</p> <p>1:15 PM - Social Hours /Music and Dancing</p> <p>BINGO</p> <p>2:00- SNACKS</p> <p>2:30-Pm: Get up and march (replacing Walking Club)</p> <p>3:00 -PM Word Search, Painting/ Reading Short Stories/ Arts& Crafts/Birds Watching</p> <p>3:45 PM –Communication Verbal Skills</p> <p>4:30PM- DINNER</p> <p>5:00PM Music by Request</p> <p>6:00- PM -DEPARTURE</p>  