





May 2024



Fort Pierce

	Monday	Tuesday	Wednesday	Thursday	Friday
<div>Monthly Schedule subject to change based on program discretion/patient needs.</div> <div>Happy Birthday</div> <div><div>Lee 5/12 Gilbert5/17</div></div> <div>Special Events</div> <div>5/15-Chocolate chip cookie day</div> <div>5/10-Mother's Day celebration</div>			1 <div>7:30am Tabletop Time (C) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Gray Vs Silver (C/S/E) 2:00pm Wheels of Change (S/C/E) 2:30pm Early Bird Snack Special (S) 3:00pm Remanesce Reunion (C/S/E) 3:30pm Silver Sneaker Society (P/S) 4:00pm Tabletop Activities (C,S)</div>	2 <div>7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am National Nail Polish Day Manicure (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:00pm Devine Drawings (C/S) 2:30pm, Early Bird Snack Special (S) 3:00pm National Trail mix Day (C/S) 3:30pm Relaxation and Restoration (C,S,E) 4:00pm Tabletop Activities (C/S)</div>	3 <div>7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh &amp; BINGO (C/S/E) 2:00pm No Spring Chicken (P/S/E) 2:30pm Early Bird Snack Special (S) 3:00pm Strength in Stretching (P/S) 4:00pm Tabletop Activities (C/S)</div>
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Specialized Alzheimer’s  
Day Center Program Fort Pierce  
2900 South Jenkins Rd  
Fort Pierce, FL 34981  
Mon-Fri: 7:30 – 4:30pm  
(772) 466-3261  
www.alzcare.org

Courtney Davis, LPN Program Manager  
Lynda Cappello, LPN Program Nurse



24 Hour Crisis  
Line

1-800-394-1772  
Definitions

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