


| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|---|
| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Special Event 06/04-National Cheese Day 06/06-National Donut Day 06/10-National Iced Tea Day 06/13-Father's Day Sip & Paint 06/17-National Apple Strudel Day 06/19-Juneteenth 06/20-National Ice Cream Soda Day 06/26-National Bomb Pop Day 06/30-National Ice Cream Cake Day</p> | <p>2</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>3</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bowling (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>4</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:30am National Cheese Day 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p> | <p>5</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Bingo (C) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>6</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30 National Donut Day 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> |
| | <p>9</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>10</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Iced Tea Day 12:00pm Lunch (S) 1:00pm Bowling (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>11</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:15am Hangman (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p> | <p>12</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>13</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Father's Day Sip & Paint 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Movie Day 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> |
| | <p>16</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>17</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Apple Strudel Day 12:00pm Lunch (S) 1:00pm Ring Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>18</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p> | <p>19</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Juneteenth 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>20</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Ice Cream Soda Day 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> |
| | <p>23</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>24</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bowling (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>25</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p> | <p>26</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Bomb Pop Day 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | <p>27</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 12:00pm Lunch (S) 1:00pm Movie Day 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> |
| | <p>30</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Ice Cream Cake Day 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p> | | | | |



June 2025



Port St. Lucie (Grace)

**Specialized Alzheimer's
Day Care Program Port St. Lucie**

555 SW Cashmere Blvd.
Port St. Lucie, FL 34983
Mon-Fri: 8:00 – 5:00pm
(772) 732-9200
www.alzcare.org

Phyllis Rich, LPN Program Manager
Kennethia Johnson, 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 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 | 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 |