



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>BRADLEY 05/11 RAFAEL 05/17 LORNA 05/27</p>			1	2	3
			8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Word Game (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says/ Hangman (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 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)
	6	7	8	9	10
	8:00am 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)	8:00am Tabletop Activities (C/S) 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 Bowling/ Ring Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Word Game (C) 11:30am National Coconut Cream Pie 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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says/ Hangman (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Mother's 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)
	13	14	15	16	17
	8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Fruit Cocktail 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)	8:00am Tabletop Activities (C/S) 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 Bowling/ Ring Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Word Game (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says/ Hangman (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 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)
	20	21	22	23	24
	8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am World Bee 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)	8:00am Tabletop Activities (C/S) 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 Bowling/ Ring Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Word Game (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says/ Hangman (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 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)
	27	28	29	30	31
		8:00am Tabletop Activities (C/S) 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 Bowling/ Ring Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Word Game (C) 11:30am World Otter 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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says/ Hangman (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 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)



May 2024



Port St. Lucie (Grace)

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

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

Phyllis Rich, LPN Program Manager
Program Nurse TBD



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 memory activities; acknowledging and accepting the patient's perception of his/her "world" environment; encouraging and rewarding cognitive efforts
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 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 interaction with peers based on shared interests and abilities; acknowledging the patient's success
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 atmosphere of calm, harmony, and safety where the patient can be him/herself with the support of the 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 support with the patient in a supportive, validating manner, with understanding of, and empathy for the patient's disease or a related neurocognitive disorder; communicating positively both verbally and non-verbally