

Monthly Schedule subject to  
change based on program  
discretion/patient needs.

Happy Birthday



5/4 – WILBERT


Special Events

5/7 - National TEACHER DAY

5/12 - Mother's Day

5/18 - I love Reese's day

5/27- Memorial Day

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00am Tabletop Activities (C/S) 9:00am - 10:00 am Breakfast (S) 10:30am Pledge to the Flag (C/S) 11:00am Chair Yoga (C/S/P) 11:30am Trivia/Board Games (P) 12 :00pm – 1:00 pm Lunch (S) 1:00pm Sing-along (S/C) 1:30pm Bingo (C/S) 2:30pm Stretching (C/S/P) 3:00pm Afternoon Snack (S) 3:30pm Art/Crafts/Painting (C/S/P) 4:00pm Socialize w/Friends (S)	2 8:00am Coloring/Sorting/Puzzles (C/S) 9:00am - 10:00 am Breakfast (S) 10:30am Trivia/Current events (C/S) 11:00am Pledge with flag (C/S/P) 11:30am Exercise (P) 12 :00pm – 1:00 pm Lunch (S) 1:30pm Bingo (C/S) 2:30pm Stretching (C/P/S) 3:00pm Afternoon Snack (S) 3:30pm Sing-along (C/S) 4:00pm Dance /Oldies but goodies music (P, S)	3 8:00 am Tabletop Activities (C/S) 9:00- 10:00 am Breakfast (S) 10:00 am Bingo or Current events (C/S) 10:30 am <b>Music/Dancing with Dana</b> (S) 11:30 am Chair yoga (P) 12:00pm Lunch (S) 1:00pm Movie and Popcorn(C/S/P) 2:30pm Stretching Exercises (C/S/P) 3:00pm Afternoon Snack (S) 3:30pm Reminisce Memory Lane (C/S) 4:00 Tabletop Activities (C, S)
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May 2024



North Stuart

Specialized Alzheimer’s  
Day Care Program N. Stuart  
2200 North Federal Hwy  
Stuart, FL 34994  
Mon-Fri: 8:00am – 5:00pm  
772-692-6981  
www.alzcare.org

Val Vranescu, LPN Program Manager  
TBD-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 <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