



December 2022



North Stuart

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

**Happy Birthday**



**No Birthday Special Events**

- 12/1- Pie Day
- 12/2- Music Therapy with Dana
- 12/7-Music Therapy with Camille
- 12/15- Cupcake Day
- 12/21-Music Therapy with Camille

|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |   |
|--|---|--|---|---|---|---|
|  |   |  |   | 1   | 2   |   |
|  |   |  |   | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Ring Toss (C/S/P)<br>11:00am Crossword on the Board/Trivia (C/S)<br>11:30am Super Quiz/Current Events (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Dancing (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm State Capitols (C/S)<br>3:15pm Pie Afternoon Snack (S)<br>3:30pm Reminisce Down Memory Lane (C/S)<br>4:30pm Tabletop Activities (C/S)     |   | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C)<br>10:30am Music Dancing with Dana(S/C/P)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge (C/S)<br>1:45pm Stretching/Chair Exercise (C/P)<br>2:15pm Super quiz (C)<br>2:45pm Unscramble Words (C)<br>3:00pm Afternoon Snack/Doughnut Day(S)<br>3:30pm Bird Feeders (C/S/P)<br>4:30pm Tabletop Activities (C/S) |
|  | 5   | 6  | 7   | 8   | 9   |   |
|  | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Arts and Crafts (C/P/S)<br>11:30am ABC Vegetables (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Instruments (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/S/P)<br>2:45pm Super Quiz/Current Events (C/S)<br>3:15pm Afternoon Snack (S)<br>4:00pm Cards/Folding Laundry (C/P/S)<br>4:30pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Person, Place, or Thing (C/S)<br>11:00am Super Quiz/Current Events (C/S)<br>11:30am Bean Bag Slide (C/P/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Dancing (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm Ring Toss (C/P/S)<br>3:15pm Afternoon Snack (S)<br>4:00pm Add a Letter/Famous Phrases (C/S)<br>4:30pm Tabletop Activities (C/S)                         | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:45am Music Therapy (S/C/P)<br>10:45am Pledge with flags (S/C)<br>11:00am Music Therapy with Camille(S/C/P)<br>11:30am Stacking the Cups (P)<br>12:00pm Making Daisy's (C/P)<br>12:30pm Lunch/Coffee Social (C/S)<br>2:00pm Bingo (C/S)<br>3:00pm Afternoon Snack (S)<br>3:30pm Trivia (C/S)<br>4:00pm Bird Feeders (C/P/S)<br>4:30pm Tabletop Activities (C/S)              | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Beach Ball Bang (C/P/S)<br>11:00am Flower Power (C)<br>11:30am Super Quiz/ Dear Abby (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along with Instruments (C/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm Unscramble the letters (C/S)<br>3:15pm Afternoon Snack (S)<br>4:00pm This was the year trivia (C/S)<br>4:30pm Tabletop Activities (C/S)             | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast(S)<br>9:30am Bingo (C/S)<br>10:30am Music/Dancing with Dana (S/C/P)<br>11:30am Current Events/Trivia (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge (C/S)<br>1:45pm Stretching/Chair Exercises (C/P)<br>2:15pm Super quiz (C)<br>2:45pm Words within a Word (C/S)<br>3:00pm Bean Bag Toss (C/P/S)<br>3:30pm Afternoon Snack (S)<br>4:30pm Tabletop Activities (C/S) |   |
|  | 12  | 13   | 14  | 15  | 16  |   |
|  | 8:00am Tabletop Activities(C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Arts and Crafts (C/S/P)<br>11:30pm Super Quiz/Dear Abby (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Dancing (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm Call out the answer (C/S)<br>3:15pm Afternoon Snack (S)<br>4:00pm Strengthen Your Mind (C/S)<br>4:30pm Tabletop Activities (C/S)         | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Making Flags (C/S/P)<br>11:00am Super Quiz/Current Events (C/S)<br>11:30am Balloon Toss (C/S/P)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Instruments (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm Stack the Cups (C/P/S)<br>3:15pm Afternoon Snack (S)<br>3:30pm Bird Feeders (C/S/P)<br>4:30pm Tabletop Activities (C/S)  | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Pledge with Flags (C/S)<br>10:15am Stretching/Chair Exercises (C/S/P)<br>11:00am Super Quiz/Current Events (C/S)<br>11:30am ABC Vegetables (C)<br>12:00pm Making Smiley faces (C/P/S)<br>12:30pm Lunch/Coffee Social (S)<br>2:00pm Bingo (C/S)<br>3:00pm Afternoon Snack (S)<br>3:30pm What Comes Next? (C/S)<br>4:00pm Trivia (C)<br>4:30pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Ring Toss (C/S/P)<br>11:00am Crossword on the Board/Trivia (C/S)<br>11:30am Super Quiz/Current Events (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Dancing (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm State Capitols (C/S)<br>3:15pm Cupcake Afternoon Snack (S)<br>3:30pm Reminisce Down Memory Lane (C/S)<br>4:30pm Tabletop Activities (C/S) | 8:00am Table Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Music/Dancing with Dana (S/C/P)<br>11:30am Current Events/Trivia (C)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge (C/S)<br>1:45pm Stretching/Chair Exercises (C/P)<br>2:15pm Super Quiz (C)<br>2:45pm Golf (P)<br>3:00pm Afternoon Snack (S)<br>3:30pm Name That State/Trivia (C)<br>4:30pm Tabletop Activities (C/S)                 |   |
|  | 19  | 20   | 21  | 22  | 23  |   |
|  | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Trivia (C)<br>11:30am Name That Tune (C)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing along/Dancing (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/S/P)<br>2:45pm That was the Year (C/S)<br>3:15pm Afternoon Snack (S)<br>4:00pm Folding Laundry (C/P)<br>4:30pm Tabletop Activities (C/S)                                    | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Making Seashell wreaths (C/S/P)<br>11:00am Super Quiz/Dear Abby (C/S)<br>11:30am Keep the Balloon in the air (C/S/P)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing along/Dancing (C/P/S)<br>2:00pm Stretching/Chair Exercises (C/S/P)<br>2:45pm Find the smaller words (C/S)<br>3:15pm Afternoon Snack/Ice Cream Sodas (S)<br>4:00pm String Noodles (C/P)<br>4:30pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:45am Music Therapy-(S), Social, (C)<br>10:45am Pledge with flags (C/S)<br>11:00am Music Therapy with Camille-(C/S/P)<br>11:30am Stack This (C/P/S)<br>12:00pm Super Quiz/Name Ten (C/S)<br>12:30pm Lunch/Coffee Social (C/S)<br>2:00pm Bingo (C/S)<br>3:00pm Afternoon Snack (S)<br>4:00pm Trivia (C/S)<br>4:30pm Tabletop Activities (C/S)                                 | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Ring Toss (C/S/P)<br>11:00am Crossword on the Board/Trivia (C/S)<br>11:30am Super Quiz/Current Events (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Dancing (C/S/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm State Capitols (C/S)<br>3:15pm Afternoon Snack (S)<br>3:30pm Reminisce Down Memory Lane (C/S)<br>4:30pm Tabletop Activities (C/S)         | :00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C)<br>10:30am Music Therapy with Dana (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge (C/S)<br>1:45pm Stretching/Chair Exercise (C/P)<br>2:15pm Super quiz (C)<br>2:45pm Unscramble Words (C)<br>3:00pm Afternoon Snack/Doughnut Day(S)<br>3:30pm Bird Feeders (C/S/P)<br>4:30pm Tabletop Activities (C/S)                                       |   |



December 2022

North Stuart

|               |    |   |   |   |   |
|---------------|----|---|---|---|---|
| <b>CLOSED</b> | 26 | 27  | 28  | 29  | 30  |
|               |    | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Name the Month (C/S)<br>11:00am Super Quiz/ Dear Abby (C/S)<br>11:30am Yarn Rolling (C/P/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along/Dancing (C/P/S)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm Hangman (C/S)<br>3:15pm Afternoon Snack (S)<br>3:30pm Cutting Coupons (C/S/P)<br>4:30pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Pledge with Flags (C/S)<br>10:15am Stretching/Chair Exercises (C/S/P)<br>11:00am Super Quiz/Current Events (C/S)<br>11:30am ABC Vegetables (C)<br>12:00pm Frog Toss (C/P/S)<br>12:30pm Lunch/Coffee Social (S)<br>2:00pm Bingo (C/S)<br>3:00pm Afternoon Snack (S)<br>3:30pm What Comes Next? (C/S)<br>4:00pm Trivia (C)<br>4:30pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast (S)<br>9:30am Bingo (C/S)<br>10:30am Beach Ball Bang (C/P/S)<br>11:00am Flower Power (C)<br>11:30am Super Quiz/ Dear Abby (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge/Sing Along with Instruments (C/P)<br>2:00pm Stretching/Chair Exercises (C/P/S)<br>2:45pm Unscramble the letters (C/S)<br>3:15pm Afternoon Snack (S)<br>4:00pm This was the year trivia (C/S)<br>4:30pm Tabletop Activities (C/S) | 8:00am Tabletop Activities (C/S)<br>9:00am Breakfast(S)<br>9:30am Bingo (C/S)<br>10:30am Music/Dancing with Dana (S/C/P)<br>11:30am Current Events/Trivia (C/S)<br>12:00pm Lunch/Coffee Social (S)<br>1:30pm Pledge (C/S)<br>1:45pm Stretching/Chair Exercises (C/P)<br>2:15pm Super quiz (C)<br>2:45pm Words within a Word (C/S)<br>3:00pm Bean Bag Toss (C/P/S)<br>3:30pm Afternoon Snack (S)<br>4:30pm Tabletop Activities (C/S) |

**Specialized Alzheimer's  
 Day Care Program North Stuart**  
 2200 North Federal Hwy  
 Stuart, FL 34994  
 Mon-Fri: 7:30am – 5:00pm  
 Starting July 11, 2022  
 Mon-Fri: 8:00am-5:00pm  
 (772) 692-6981  
[www.alzcare.org](http://www.alzcare.org)

**TBD- Program Manager**  
**Val Vranescu, 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  |



December 2022



North Stuart

|           |   |   |
|-----------|---|---|
| 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><br>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><br>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 |