



December 2022

## Port Saint Lucie St. Andrews

	Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Schedule subject to change based on program discretion/patient needs. <u>Happy Birthday</u>				1 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:30pm Trivia (C/S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Alternoon Snack (S) 4:00pm Tabletop Activities (C/S)	2 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)
12/10 – Sarah L. 12/21 – Chris R. 12/27 – Ines C. 12/14 – Monthly Birthday Celebration Epecial Events 12/04 – National Cookie Day (Observing 12/05) 12/07 – National Pearl Harbor Remembrance Day 12/08 – National Brownie Day 12/09 – National Christmas Card Day 12/19 – National Christmas Card Day 12/13 – National Stretching Day (Observing 12/12) 12/13 – National Stretching Day (Observing 12/12) 12/13 – National Stretching Day (Observing 12/12) 12/13 – National Coccoa Day 12/14 – Music Therapy with Camille 12/23 – Christmas Celebration <i>Wear Your Christmas Attire</i> 12/28 – National Pledge of Allegiance Day Music Therapy with Camille	5 8:00am Cookie Coloring Pages (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Cookie Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Cookie Trivia (C/S) 12:30pm Lunch w/ Cookie Dessert (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	6 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	7 8:00am Pearl Harbor Word Search (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Pearl Harbor Day Discussions (C/S) 11:30am Exercise (P) 12:30pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	8 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Brownie Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Brownie Trivia (C/S) 12:30pm Lunch w/ Brownie Bite Dessert (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	9 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Christmas Card Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Christmas Card Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)
	12 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Stretching Day Discussions (C/S) 11:30am Stretching Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	13 8:00am Hot Cocoa Coloring Pages (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Cocoa Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Cocoa Trivia (C/S) 12:30pm Lunch (S) 1:30pm Hot Cocoa Social (C/S) 2:30pm Hot Cocoa Social (C/S) 2:30pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	14 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:15pm Music Therapy (C/P/S) 2:15pm Birthday Celebration (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	15 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Atternoon Snack (S) 4:00pm Tabletop Activities (C/S)	16 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Starting Day Discussions (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)
	19 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Hanukkah Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	20 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	21 8:00am Scrooge Coloring/Word Search (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Humbug Day Discussions (C/S) 11:30am Exercise (P) 12:00pm A Christmas Carol Reading (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	22 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	23 8:00am Christmas Coloring/Activity Pages (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Christmas Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Christmas Trivia (C/S) 12:30pm Lunch (S) 1:30pm Christmas Celebration (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)
	CLOSED	27 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	28 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Piedge of Allegiance Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:15pm Game Time (C/P/S) 2:15pm Game Time (C/P/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	29 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	30 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Bingo (C/S) 11:00am Starting Day Discussions (C/S) 11:30am Exercise (P) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Sing-along or Craft Time (C/S) 3:00pm Atternoon Snack (S) 4:00pm Tabletop Activities (C/S)



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## Port Saint Lucie St. Andrews

Specialized Alzheimer's Day Care Program St. Lucie 295 NW Prima Vista Blvd Port St. Lucie, FL 34983 Mon-Fri: 8:00 – 5:00pm 772-212-4579 www.alzcare.org

Wendy Sinkular, LPN Program Manager Erin Lepak, LPN Program Nurse



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