

May 2024





Port Saint Lucie St. Andrews

	Monday	Tuesday	Wednesday	Thursday	Friday
Mandaha Oaka kala asal isad			8:00am May Day Activities (C/S)	8:00am Tabletop Activities (C/S)	8:00am Space Day Activities (C/S)
Monthly Schedule subject			9:30am Breakfast (S)	9:30am Breakfast (S)	9:30am Breakfast (S)
to change based on program			10:30am Bingo or Craft Time (C/S) 11:00am May Day Discussions (C/S)	10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S)	10:30am Bingo or Craft Time (C/S) 11:00am Space Day Discussions (C/S)
discretion/patient needs.			11:15am Exercise (P)	11:15am Exercise (P)	11:15am Exercise (P)
			11:45am May Day Trivia (C/S)	11:45am Trivia (C/S)	11:45am Space Day Trivia (C/S)
			12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S)	12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S)	12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S)
			2:00pm Game Time (C/P/S)	2:00pm Game Time (C/P/S)	2:00pm Game Time (C/P/S)
Happy Birthday			2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S)	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S)
hidah			3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	3:30pm Tabletop Activities (C/S)
selelelelelelelelelelelelelelelelelelel			4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)
	8:00am Tabletop Activities (C/S)	8:00am Tourism Day Activities (C/S)	8:00am Tabletop Activities (C/S)	8:00am Tabletop Activities (C/S)	8:00am Mother's Day Activities (C/S)
	9:30am Breakfast (S)	9:30am Breakfast (S)	9:30am Breakfast (S)	9:30am Breakfast (S)	9:30am Breakfast (S)
05/13 – Sergio Z.	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)
05/18 – Genoveva R.	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Tourism Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Mother's Day Discussions (C/S) 11:15am Exercise (P)
05/20 - Mario T.	11:45am Trivia (C/S)	11:45am Tourism Day Trivia (C/S)	11:45am Trivia (C/S)	11:45am Trivia (C/S)	11:45am Mother's Day Trivia (C/S)
00/20 Mano 11	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)
05/21 – Monthly Birthday Celebration	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Mother's Day Bouquet Craft (C/S) 2:30pm Afternoon Snack (S)
00/21 Monany Branday Colobiation	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (Ś)	2:30pm Afternoon Snack (Ś)	2:45pm Sing-along or Puzzle Games (C/S)
	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)
Special Events	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	4.00pm Games Grows of Furnity Movie Grips (G/G)
	13	14	15	16	17
05/01 – May Day	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Endangered Species Activities (C/S) 9:30am Breakfast (S)
05/03 - National Space Day	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)
05/07 – National Tourism Day	11:00am Starting Day Discussions (C/S)	11:00am Starting Day Discussions (C/S)	11:00am Starting Day Discussions (C/S)	11:00am Starting Day Discussions (C/S)	11:00am Endangered Species Discussions (C/S)
05/10 – Mother's Day Observed (12th)	11:15am Exercise (P) 11:45am Trivia (C/S)	11:15am Exercise (P) 11:45am Trivia (C/S)	11:15am Exercise (P) 11:45am Trivia (C/S)	11:15am Exercise (P) 11:45am Trivia (C/S)	11:15am Exercise (P) 11:45am Endangered Species Trivia (C/S)
05/17 – National Classic Movie Day (Wizard of Oz)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)
05/18 – National Endangered Species Day	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Movie Time (C/S) 2:30pm Afternoon Snack (during Movie) (S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)
05/23 – Music Therapy with Camille	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (S)	3:00pm Sing-along or Puzzle Games (C/S)	2:30pm Afternoon Snack (S)
05/28 – Memorial Day Observed (27 th)	2:45pm Sing-along or Puzzle Games (C/S)	2:45pm Sing-along or Puzzle Games (C/S)	2:45pm Sing-along or Puzzle Games (C/S)	3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S)
05/31 – National Smile Day	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)
	20	21	22	23	24
Holidays	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)
	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)	10:30am Bingo or Craft Time (C/S)
Monday 05/27 - Memorial Day - CLOSED	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)
Sunday 05/12 – Mother's Day	11:45am Trivia (C/S)	11:45am Trivia (C/S)	11:45am Trivia (C/S)	11:45am Trivia (C/S)	11:45am Trivia (C/S)
	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)
	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:30pm Birthday Celebration (C/S) 2:00pm Game Time (C/P/S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)	1:15pm Music Therapy (C/P/S) 2:30pm Afternoon Snack (S)	1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)
	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (S)	2:30pm Afternoon Snack (S)	2:45pm Sing-along or Puzzle Games (C/S)	2:30pm Afternoon Snack (S)
	2:45pm Sing-along or Puzzle Games (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	2:45pm Sing-along or Puzzle Games (C/S)
	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Snows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)
	27	28	29	30	31
	MEMORIAL	8:00am Memorial Day Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S)	8:00am Smile Day Activities (C/S) 9:30am Breakfast (S)
	DAY	10:30am Bingo or Craft Time (C/S)			
		11:00am Memorial Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)	11:00am Smile Day Discussions (C/S) 11:15am Exercise (P)
		11:45am Memorial Day Trivia (C/S)	11:45am Trivia (C/S)	11:45am Trivia (C/S)	11:45am Smile Day Trivia (C/S)
		12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)	12:30pm Lunch (S)
		1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S)			
	The state of the s	2:30pm Afternoon Snack (S)			
	The state of the s	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)	2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S)
	Mr. Comment	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)	4:00pm Games Shows or Funny Movie Clips (C/S)
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Port Saint Lucie St. Andrews

Specialized Alzheimer's
Day Care Program St. Lucie
295 NW Prima Vista Blvd
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Wendy Sinkular, LPN Program Manager Erin Lepak, LPN Program Nurse



1-800-394-1772

Therapeutic Activities	Examples of Therapeutic Activities
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Definitions

Cognitive (C)	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, "Current" Events, Morning Announcements,	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
	Tabletop Activities (patient specific individual tasks) -	environment; encouraging and rewarding creativity
	coloring, bean sorting, puzzles, folding	
Physical (P)	Chair Exercise, Dancing, Arts and Crafts, Noodle	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing
	Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss,	safety
	Bowling, Golf Putting, Charades	
Social (S)	Building a Story, Trivia "Competition", Music Therapy, Sing-	Honoring the human condition and need for relationships and social contact; encouraging social interaction and connection with
	along, Group craft building, Group discussion, Group	peers based on shared interests and abilities; acknowledging the patient's successes, maximizing dignity and self-esteem
	Games, Mealtime Social Hours	
Spiritual	Non-judgmental safe environment at all times.	Promoting balance between the patient's inner and outer worlds; honoring the family's heritage and culture, providing an
	Music-patient's choice, Recognizing unique culture and	atmosphere of calm, harmony, and safety where the patient can be him/herself with pride; respecting each person's unique belief
	faiths in discussions and in song, positive reinforcement of	system
	all endeavors	
Emotional	Positive Communication at all times:	Understanding and compassionately caring for the patient's emotional needs by providing a nurturing environment; communicating
	Validation, Therapeutic Touch, Praise/Encouragement,	with the patient in a supportive, validating manner, with understanding of, and empathy for, limitations imposed by Alzheimer's
	Positive Behavioral Interventions	disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient's abilities