




	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>6/8 Carmen P 6/17 Maria G 6/24 Richard B</p> <p>Special Events</p> <p>6/1 Alzheimer's & Brain Awareness Mo 6/3 National Donut Day Social 6/8 Music Therapy PBMI 6/10 National Iced Tea Social Day 6/14 Flag Day 6/20 Juneteenth National Independence Day 6/21 National Selfie Day 6/22 Music Therapy PBMI 6/23 Let It Go Day</p>			<p>1</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am The Power of Touch (P/S) 11:30am Imagination Nation (C/S) 12:00pm Lunch (S) 1:00pm Music Therapy PBMI (P/C/S/E) 2:00pm Wheels of Change (S/C/E) 2:30pm Silver Sneaker Society (P/S) 3:00pm Reminisce Reunion (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Get with The Flow (P/S) 4:30pm Easy Does It (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>2</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm Same or Different (C/S) 2:00pm Tactile Time (C/P/S) 2:30pm Still Groovy (C/S) 3:00pm Devine Drawings (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Hands On (P/S) 4:30pm Brain Builders (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>3</p> <p>7:30am Tabletop Time (C/S) 9:00am National Donut Day Social (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm Fact or Fiction (C/S) 2:00pm No Spring Chicken (P/S/E) 2:30pm The Craft Cottage (C/S) 3:00pm Strength in Stretching (P/S) 3:30pm Early Bird Snack Special (S) 4:00pm Food for Thought (C/S) 4:30pm Famous Partners (C/S) 5:00pm Tabletop Time (C/S)</p>	
		<p>6</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am The Power of Touch (P/S) 11:30am Imagination Nation (C/S) 12:30pm Lunch (S) 1:30pm Gray Vs Silver (C/S/E) 2:00pm Wheels of Change (S/C/E) 2:30pm Silver Sneaker Society (P/S) 3:00pm Reminisce Reunion (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Get with The Flow (P/S) 4:30pm Easy Does It (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>7</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Brilliant Brush Time, (C/S/E) 11:30am Getting Groovy (P/S) 12:30pm Lunch (S) 1:30pm Attitude Adjustment (C/S/E) 2:00pm Fuel for the Soul (S/C/E) 2:30pm Walk This Way (P/S) 3:00pm Mind Over Matter (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Feeling Fit (P/C/S) 4:30pm Canvas Life (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>8</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Brilliant Brush Time, (C/S/E) 11:30am Getting Groovy (P/S) 12:00pm Lunch (S) 1:00pm Music Therapy PBMI (P/C/S/E) 2:00pm Fuel for the Soul (S/C/E) 2:30pm Walk This Way (P/S) 3:00pm Mind Over Matter (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Feeling Fit (P/C/S) 4:30pm Canvas Life (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>9</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm Peace of Mind (C/S/E) 2:00pm Tactile Time (C/P/S) 2:30pm Still Groovy (C/S) 3:00pm Devine Drawings (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Hands On (P/S) 4:30pm Brain Builders (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>10</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm National Iced Tea Social Day (S) 2:00pm Guess the ... (C/S/E) 2:30pm Monthly Health Focus (C/S/E) 3:00pm Peace of Mind (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Fab, Fit n' Fun (P/S) 4:30pm The Craft Cottage (C/S) 5:00pm Tabletop Time (C/S)</p>
		<p>13</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Pep in Your Step (P/S) 11:30am Deep Breaths (P/C/S/E) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Artistic Affair (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>14</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm Flag Day Celebration (S) 2:00pm Guess the ... (C/S/E) 2:30pm Monthly Health Focus (C/S/E) 3:00pm Peace of Mind (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Fab, Fit n' Fun (P/S) 4:30pm The Craft Cottage (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>15</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm Peace of Mind (C/S/E) 2:00pm Tactile Time (C/P/S) 2:30pm Still Groovy (C/S) 3:00pm Devine Drawings (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Hands On (P/S) 4:30pm Brain Builders (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>16</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:00pm Paulo's Parlor (S/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Chew on This (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>17</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Artistic Affair (C/S) 5:00pm Tabletop Time (C/S)</p>



June 2022

Fort Pierce

<p>20</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm Juneteenth History (C/S/E) 2:00pm No Spring Chicken (P/S/E) 2:30pm The Craft Cottage (C/S) 3:00pm Strength in Stretching (P/S) 3:30pm Early Bird Snack Special (S) 4:00pm Food for Thought (C/S) 4:30pm Famous Partners (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>21</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Forever Young (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:00pm National Selfie Day Social (C/S/E) 2:30pm, Keep It Moving' (P/S) 3:00pm Been Around the World (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm In It to Win It (P/S) 4:30pm Chew on This (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>22</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Brilliant Brush Time, (C/S/E) 11:30am Getting Groovy (P/S) 12:00pm Lunch (S) 1:00pm Music Therapy PBMI (P/C/S/E) 2:00pm Fuel for the Soul (S/C/E) 2:30pm Walk This Way (P/S) 3:00pm Mind Over Matter (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Feeling Fit (P/C/S) 4:30pm Canvas Life (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>23</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am The Power of Touch (P/S) 11:30am Imagination Nation (C/S) 12:30pm Lunch (S) 1:30pm Let It Go Day (C/S/E) 2:00pm Wheels of Change (S/C/E) 2:30pm Silver Sneaker Society (P/S) 3:00pm Reminisce Reunion (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Get with The Flow (P/S) 4:30pm Easy Does It (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>24</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm Peace of Mind (C/S/E) 2:00pm Tactile Time (C/P/S) 2:30pm Still Groovy (C/S) 3:00pm Devine Drawings (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Hands On (P/S) 4:30pm Brain Builders (C/S) 5:00pm Tabletop Time (C/S)</p>
<p>27</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:00pm Relaxation and Restoration (S/E) 2:30pm Good Vibrations (P/S) 3:00pm Engage Encounter (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Name that Tune (C/S) 4:30pm Artistic Affair (C/S) 5:00pm Tabletop Time (C/S)</p>	<p>28</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Creation Station (P/C/S/E) 11:30am Making Memories (C/S) 12:30pm Lunch (S) 1:30pm Not Our First Rodeo (C/S/E) 2:00pm Feed Your Mind (S/C/E) 2:30pm Wishful Shrinking (P/S) 3:00pm Magical Mantras (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Spokes for Folks (P/C/S) 4:30pm Cornerstone Crafts (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>29</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Listen to Your Heart, (P/C/S/E) 11:30am Jukebox Jams (C/S) 12:30pm Lunch (S) 1:30pm Relaxation and Restoration (C/S/E) 2:00pm Fitness is Golden (P/S/E) 2:30pm Love, Laugh & BINGO (C/S/E) 3:00pm This or That (C/S) 3:30pm Early Bird Snack Special (S) 4:00pm Feeling Fabulous (P/S) 4:30pm Art Avenue (C/S/E) 5:00pm Tabletop Time (C/S)</p>	<p>30</p> <p>7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm Fruit Cocktail Social (C/S) 2:00pm Guess the ... (C/S/E) 2:30pm Monthly Health Focus (C/S/E) 3:00pm Peace of Mind (C/S/E) 3:30pm Early Bird Snack Special (S) 4:00pm Fab, Fit n' Fun (P/S) 4:30pm The Craft Cottage (C/S) 5:00pm Tabletop Time (C/S)</p>	



June 2022



Fort Pierce

Specialized Alzheimer's Day Care Program Fort Pierce

2900 South Jenkins Rd
Fort Pierce, FL 34981
Mon-Fri: 7:30 – 5:30pm
(772) 466-3261
www.alzcare.org

Chris Pallas, Program Manager
Lynda Cappello, 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
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 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 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 at all times: 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