



**December 2022**



**Fort Pierce**

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

**Happy Birthday**



**Vernell B 12/1**  
**Carmen H 12/2**  
**Anna M 12/6**  
**Jerry G 12/12**  
**Chappy C 12/13**

**Special Events**

12/7 National Pearl Harbor Remembrance Day History  
 12/8 National Brownie Day Social  
 12/13 National Cocoa Day Social  
 12/19 Hanukkah Observance  
 12/22 National Cookie Exchange Day Social  
 12/23 Night Before Christmas Pajama Party  
 12/30 New Year's Eve Social

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1 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 Relaxation and Restoration (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 Tabletop Activities (C/S)	2 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm December Craft Project (S/C/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 Tabletop Activities (C/S)
	5 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 Tabletop Activities (C/S)	6 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/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 Tabletop Activities (C/S)	7 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 National Pearl Harbor Remembrance Day History (C/S/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 Tabletop Activities (C/S)	8 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 National Brownie Day Social (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 Tabletop Activities (C/S)	9 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm Fuel for the Soul (S/C/E) 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 Tabletop Activities (C/S)
	12 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 Tabletop Activities	13 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 Cocoa Day Social (S/E) 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 Tabletop Activities (C/S)	14 7:30am Tabletop Time (C) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 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)	15 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 Michelle'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 Tabletop Activities (C/S)	16 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/S) 11:00am Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm No Spring Chicken (P/S/E) 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 Tabletop Activities (C/S)
	19 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 History of Hanukkah (S/C/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 Tabletop Activities (C/S)	20 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 Tactile Tile (C/P/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 Tabletop Activities (C/S)	21 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) 12:00pm Lunch (S) 1:00pm Music Therapy PBMI (P/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 Tabletop Activities (C/S)	22 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 Cookie Exchange Day Social (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 Tabletop Activities (C/S)	23 7:30am Tabletop Time (C/S) 9:00am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:00am Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm November Craft Project (S/C/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 Tabletop Activities (C/S) *Night Before Christmas Pajama Party



**December 2022**



**Fort Pierce**

	<p style="text-align: right;">26</p> <p style="text-align: center; color: red; font-size: 24px;"><b>CLOSED</b></p>	<p style="text-align: right;">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 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 Tabletop Activities (C/S)</p>	<p style="text-align: right;">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 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 &amp; 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 Tabletop Activities (C/S)</p>	<p style="text-align: right;">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 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 Tabletop Activities (C/S)</p>	<p style="text-align: right;">30</p> <p>7:30am Tabletop Time (C/S)            9:00am Early Risers Breakfast (S)            10:30am Rise n' Shine Announcements(C/S)            11:00am Passionate Pursuit, (P/S/E)            11:30am Listen to your Art (C/S)            12:30pm Lunch (S)            1:30pm New Year's Eve Social (C/S/E)            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 Tabletop Activities (C/S)</p>
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**December 2022**



**Fort Pierce**

**Specialized Alzheimer's Day Center Program Fort Pierce**

2900 South Jenkins Rd  
 Fort Pierce, FL 34981  
 Mon-Fri: 7:30 – 5:00pm  
 (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 <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