




	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Audrey-5/3 Kathrine "Lee" 5/12 Gilberto 5/17 Adele 5/19 Essie 5/25</p> <p>Special Events</p> <p>May 15th chocolate chip cookie 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 Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/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)</p>	<p>2</p> <p>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)</p>	<p>3</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 Gray Vs Silver (C/S/E) 2:00pm Feed Your Mind (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 Tabletop Activities (C/S)</p>	<p>4</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 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)</p>	<p>5</p> <p>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 Good Vibrations (P/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 Tabletop Activities (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 Fitness is Golden (P/S) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/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)</p>	<p>9</p> <p>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)</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 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 Tabletop Activities (C/S)</p>	<p>11</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 National Pet Day (C/S) 12:30pm Lunch (S) 1:30pm Good Vibrations (P/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 Tabletop Activities (C/S)</p>	<p>12</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 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)</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 Pep in Your Step (P/S) 11:30am Deep Breaths (P/C/S/E) 12:30pm Lunch (S) 1:30pm Chocolate chip cookie day (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</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 Passionate Pursuit, (P/S/E) 11:30am Listen to your Art (C/S) 12:30pm Lunch (S) 1:30pm Strength in Stretching (P/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 Tabletop Activities (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 Walk this Weigh (P/S) 11:30am Smarty Pants (C/S) 12:30pm Lunch (S) 1:30pm, Keep It Moving' (P/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 Tabletop Activities (C/S)</p>	<p>18</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) 12:00pm Lunch (S) 1:00pm Music Therapy (PBMI) (E/S) 2:00pm Love, Laugh & BINGO (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 Tabletop Activities (C/S)</p>	<p>19</p> <p>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 Good Vibrations (P/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)</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 Silver Sneakers Club (P/S) 11:30am Go Together Gang (C/S) 12:30pm Lunch (S) 1:30pm April 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)</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 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)</p>	<p>24</p> <p>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 Pretzel Day Snack (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)</p>	<p>25</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 Relaxation and Restoration (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 Tabletop Activities (C/S)</p>	<p>26</p> <p>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 Good Vibrations (P/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 Tabletop Activities (C/S)</p>



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	<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/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)</p>	<p style="text-align: right;">31</p> <p>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 Pretzel Day Social (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)</p>		
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Specialized Alzheimer's Day Center Program Fort Pierce

2900 South Jenkins Rd
 Fort Pierce, FL 34981
 Mon-Fri: 7:30 – 4:30pm
 (772) 466-3261
 www.alzcare.org

Courtney Davis, LPN 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



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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
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