ALZHEIMER'S COMMUNITY CARE

# September

## September 2026

## Fort Pierce

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

**Happy Birthday**

**Lillian- 9/18**

**Special Events**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | **1**<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/S)<br>11:00am Fitness is Golden (P/S)<br>11:30am Listen to Your Heart, (P/C/S/E)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm Relaxation and Restoration (S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E) | 2<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm Wheels of Change (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S | 3<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Vintage Venture (C/S)<br>12:30pm Lunch (S)<br>1:30pm Brain Bucket (C/S)<br>2:00pm Devine Drawings (C/S)<br>2:30pm, Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities (C/S) | 4<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements(C/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Go Together Gang (C/S)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm No Spring Chicken (P/S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Strength in Stretching (P/S)<br>4:00pm Tabletop Activities (C/S) |
| 7<br> | 8<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/S)<br>11:00am Fitness is Golden (P/S)<br>11:30am Listen to Your Heart, (P/C/S/E)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm Relaxation and Restoration (S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities(C/S) | 9<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm Wheels of Change (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S) | 10<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Vintage Venture (C/S)<br>12:30pm Lunch (S)<br>1:30pm Brain Bucket (C/S)<br>2:00pm Devine Drawings (C/S)<br>2:30pm, Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities (C/S) | 11<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements(C/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Go Together Gang (C/S)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm No Spring Chicken (P/S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Strength in Stretching (P/S)<br>4:00pm Tabletop Activities (C/S) |
| 14<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm Wheels of Change (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S) | 15<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/S)<br>11:00am Fitness is Golden (P/S)<br>11:30am Listen to Your Heart, (P/C/S/E)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm Relaxation and Restoration (S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm National Yoyo Day (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities (C/S) | 16<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm Wheels of Change (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S) | 17<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Vintage Venture (C/S)<br>12:30pm Lunch (S)<br>1:30pm Brain Bucket (C/S)<br>2:00pm Devine Drawings (C/S)<br>2:30pm, Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities (C/S) | 18<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements(C/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Go Together Gang (C/S)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm No Spring Chicken (P/S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Strength in Stretching (P/S)<br>4:00pm Tabletop Activities (C/S) |
| 21<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm National Sweet Tea Day (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S) | 22<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/S)<br>11:00am Fitness is Golden (P/S)<br>11:30am Listen to Your Heart, (P/C/S/E)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm Relaxation and Restoration (S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities (C/S) | 23<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm Wheels of Change (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C,S) | 24<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Vintage Venture (C/S)<br>12:30pm Lunch (S)<br>1:30pm Brain Bucket (C/S)<br>2:00pm Devine Drawings (C/S)<br>2:30pm, Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities (C/S) | 25<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements(C/S)<br>11:00am Silver Sneakers Club (P/S)<br>11:30am Go Together Gang (C/S)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm No Spring Chicken (P/S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Strength in Stretching (P/S)<br>4:00pm Tabletop Activities (C/S) |
| 28<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm National Sweet Tea Day (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S) | **29**<br>8:00am Tabletop Time (C/S)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/S)<br>11:00am Fitness is Golden (P/S)<br>11:30am Listen to Your Heart, (P/C/S/E)<br>12:30pm Lunch (S)<br>1:30pm Love, Laugh & BINGO (C/S/E)<br>2:00pm Relaxation and Restoration (S/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Been Around the World (C/S)<br>3:30pm Relaxation and Restoration (S/E)<br>4:00pm Tabletop Activities(C/S) | 30<br>8:00am Tabletop Time (C)<br>9:30am Early Risers Breakfast (S)<br>10:30am Rise n' Shine Announcements (C/P/S)<br>11:00am Passionate Pursuit, (P/S/E)<br>11:30am Fact or Fiction (C/S)<br>12:30pm Lunch (S)<br>1:30pm Gray Vs Silver (C/S/E)<br>2:00pm Wheels of Change (S/C/E)<br>2:30pm Early Bird Snack Special (S)<br>3:00pm Remanesce Reunion (C/S/E)<br>3:30pm Silver Sneaker Society (P/S)<br>4:00pm Tabletop Activities (C/S | | |

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# September 2026

# Fort Pierce

**Specialized Alzheimer's**
**Day Center Program Fort Pierce**
2900 South Jenkins Rd
Fort Pierce, FL 34981
Mon-Fri: 8:00 – 4:00
(772) 466-3261
www.alzcare.org

Courtney Davis, LPN Program Manager
Satorial Calhoun, 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 |