




	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p><b>Happy Birthday</b></p>  <p>5/1- Gloria A. 5/11- Brad 5/17- Rafael 5/17 - Ellie 5/24 - Veronica</p> <p><b>Special Events</b> 5/5- Cinco de Mayo 5/8- Mother's Day 5/14 – Movie Day "The Wiz" 5/18- Games Day 5/22- Memorial Day Every Wednesday Music with Dana</p>					<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-along (CS) 11:00am Spring Celebrations and Traditions Around the World (CS) 11:30am Seated Exercise (P) 12:00pm Lunch (S) 1:00pm Easter Craft (CS) 2:00pm Afternoon Snack (S) 2:30pm Play Ball! (CPS) 4:00pm Tabletop Activities (CS)</p>
		<p><b>Cinco De Mayo</b></p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ What is Cinco de Mayo?(CS) 11:00am Lets Learn Spanish! ( C,S) 11:30am Salsa Dance Exercise (P) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Riddles, Brain Teasers (C/S) 4:00pm Tabletop Activities (CS)</p>	<p><b>Music with Dana</b></p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Good News! (CS) <b>10:30am Music with Dana</b> 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 2:30pm Let's Talk About It! (CS) 4:00pm Tabletop Activities (C)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/Trivia (CS) 11:00am Exercise-Yoga (P) 11:30am Slang Words Throughout the Years (CS) 12:00pm Lunch (S) 1:00pm Play Golf (CPS) 2:00pm Afternoon Snack (S) 2:30pm Lucky Dogs (CS) 4:00pm Tabletop Activities (C/S)</p>	<p><b>Mother's Day</b></p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Tell Us About Your Mother (CS) 11:00am Exercise (P) 11:30am Famous TV Mom's (CS) 12:00pm Lunch (S) 1:00pm Painting (C) 2:00pm Afternoon Snack (S) 2:30 Bingo (CS) 4:00pm Tabletop Activities (CS)</p>
		<p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Morning Circle- Casey at Bat! (CS) 10:30am Competitive Games (SP) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Sports Pictionary (CS) 4:00pm Tabletop Activities (C/S)</p>	<p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Word Games (CS) 11:00am Exercise (P) 11:30am Trivia (CS) 12:00pm Lunch (S) 1:00pm Art Activities (CS) 2:00pm Afternoon Snack (S) 2:30pm Lucky Dogs (CSP) 4:00pm Tabletop Activities (CS)</p>	<p><b>Music with Dana</b></p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Common Phrases (CS) <b>10:30am Music with Dana</b> 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 2:30pm Play Ball! (CS) 4:00pm Tabletop Activities (CS)</p>	<p><b>Movie Day- The Wiz</b></p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Name that Tune! (CS) 11:00am Exercise- Yoga (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 2:30pm Group Games (P) 4:00pm Tabletop Activities (CS)</p>
		<p><b>Games Day</b></p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Casey at Bat/ What's Your Favorite Sport?(CS) 10:45am Let the Games Begin! Competitive Games (PS) 12:00pm Lunch (S) 1:00pm Competitive Games(CS) 2:00pm Afternoon Snack (S) 2:30pm Competitive Games(CS) 4:00pm Tabletop Activities (CS)</p>	<p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Word Games (CS) 11:00am Exercise (P) 11:30am That Was the Year... (CS) 12:00pm Lunch (S) 1:00pm Play Golf (P) 2:00pm Afternoon Snack (S) 2:30pm Group Games (CSP) 4:00pm Tabletop Activities (CS)</p>	<p><b>Music with Dana</b></p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ (CS) <b>10:30am Music with Dana</b> 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Luc(C) 2:00pm Afternoon Snack (S) 2:30pm Funny Clips (CS) 4:00pm Tabletop Activities (C,S)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Word Games(C/S) 11:00am Exercise- Yoga (P) 11:30am Trivia (CS) 12:00pm Lunch (S) 1:00pm Painting (CS) 2:00pm Afternoon Snack (S) 2:30pm Lucky Dogs (CS) 4:00pm Tabletop Activities (CS)</p>
		<p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Good News (CPS) 10:30am Word Games (CS) 11:30am Exercise(CS) 12:00pm Lunch (S) 1:00pm Art Activities (CS) 2:00pm Afternoon Snack (S)</p>	<p><b>Music with Dana</b></p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Pictionary! (CS) <b>10:30am Music with Dana</b> 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 2:30pm Let's Talk About It! (CS)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Name that TV Theme song(CS) 11:00am Exercise/ Yoga (P) 11:30am Trivia (CS) 12:00pm Lunch (CS) 1:00pm Dominoes/ Art Activity (CS) 2:00pm Afternoon Snack (S) 2:30pm Group Games (P)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-along (CS) 11:00am Charades(CS) 11:30am Seated Exercise (P) 12:00pm Lunch (S) 1:00pm Lucky Dogs (CS) 2:00pm Afternoon Snack (S) 2:30pm Play Ball! (CPS)</p>



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Port St. Lucie (Grace)

	2:30pm Group Games (CSP) 4:00pm Tabletop Activities (CS)	4:00pm Tabletop Activities (C)	4:00pm Tabletop Activities (CS)	4:00pm Tabletop Activities (CS)
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**Specialized Alzheimer's  
Day Care Program Port St. Lucie**  
555 SW Cashmere Blvd.  
Port St. Lucie, FL 34983  
Mon-Fri: 8:00 – 5:00pm  
(772) 732-9200  
www.alzcare.org

Erin Lepak, LPN Program Manager  
Janet Pruitt, 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



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Port St. Lucie (Grace)

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