




	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p>  <p>Happy Birthday!!! Joseph 12/08</p>				<p>1</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (S/C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>2</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Dart Throw Game (P) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)</p>
	<p>5</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C) 1:30pm National Cookie Day 2:00pm Darts (P/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>6</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Darts (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>7</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Ring Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>	<p>8</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>9</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 1:30pm National Llama Day 2:00pm Dart Throw Game (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>
	<p>12</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C) 1:30pm National Poinsettia Day 2:00pm Arts and Crafts (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>13</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Darts (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>	<p>14</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:30pm Trivia (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>	<p>15</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>16</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 1:30pm National Ugly Sweater Day 2:00pm Trivia (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>
	<p>19</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>20</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>21</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:30pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>22</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (S/C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>23</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 1:30pm National Eggnog Day 2:00pm Dart Throw Game (P) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)</p>
	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C/S) 12:00pm Lunch (S) 1:00pm Bingo (C) 1:30pm National Candy Cane Day 2:00pm Darts (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>28</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 1:30pm Pledge of Allegiance Day 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>29</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (S/C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>	<p>30</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 2:00pm Dart Throw Game (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>



December 2022



Port St. Lucie (Grace)

**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

Courtney Davis, LPN Program Manager
Phyllis Rich, 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