


	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p>Jocelyn 6/6 Archie 6/25</p> <p><b>Special Events</b></p> <p><u>6/3- Space Day</u></p> <p><u>6/16- Movie Day- Mama Mia!</u></p> <p><u>6/19- Juneteenth</u></p> <p><u>6/22- Father's Day</u></p> <p><u>6/25- Hello Summer!</u></p>	<p>1</p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Group Chat (CS) 10:30am Play Ball! (P/S) 11:00am Exercise- Follow the Leader (P) 11:30am (CS) Trivia 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Riddles, Brain Teasers (C/S) 3:30pm Tabletop Activities (CS)</p>	<p>2</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) 2:30pm Group Games (CSP) 3:30pm Tabletop Activities (CS)</p>	<p>3</p> <p><b>Space Day- First US Spacewalk</b> 8:30am Tabletop Activities- Space Craft (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Pictionary! (CS) <b>10:30am Music with Dana</b> 11:30am Anniversary of the First US Spacewalk (CS) 12:00pm Lunch (S) 1:00pm Lucky Dogs (C) 2:00pm Afternoon Snack (S) 2:30pm Let's Talk About It!- Remembering the Space Missions (CS) 3:30 pm Tabletop Activities (C)</p>	<p>4</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) 3:30pm Tabletop Activities (CS)</p>	<p>5</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-along (CS) 11:00am Exercise (P) 11:30am Hangman (CS) 12:00pm Lunch (S) 1:00pm Cards/Dominoes (CS) 2:00pm Afternoon Snack (S) 2:30pm Lets Talk About It! (CS) 3:30pm Tabletop Activities (CS)</p>	
	<p>8</p> <p><b>Special Events</b></p> <p><u>6/3- Space Day</u></p> <p><u>6/16- Movie Day- Mama Mia!</u></p> <p><u>6/19- Juneteenth</u></p> <p><u>6/22- Father's Day</u></p> <p><u>6/25- Hello Summer!</u></p>	<p>8</p> <p>8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Morning Circle/ Dear Abby (CS) 11:00am Exercise- Follow the Leader (P) 11:30am Charades (CS) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Darts (PS) 3:30pm Tabletop Activities (CS)</p>	<p>9</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) 3:30pm Tabletop Activities (CS)</p>	<p>10</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Word Games (CS) <b>10:30am Music with Dana</b> 11:00am Exercise (P) 12:00pm Lunch (S) 1:00pm Lucky Dogs (C) 2:00pm Afternoon Snack (S) 2:30pm Play Ball! (CPS) 3:30pm Tabletop Activities (CS)</p>	<p>11</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 Slang Words (CS) 12:00pm Lunch (S) 1:00pm Painting (CS) 2:00pm Afternoon Snack (S) 2:30pm Cornhole (PS) 3:30pm Tabletop Activities (CS)</p>	<p>12</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-along (CS) 11:00am Exercise (P) 11:30am Trivia (CS) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 2:30 Funny Clips (CS) 3:30pm Tabletop Activities (CS)</p>
	<p>15</p> <p><b>Special Events</b></p> <p><u>6/3- Space Day</u></p> <p><u>6/16- Movie Day- Mama Mia!</u></p> <p><u>6/19- Juneteenth</u></p> <p><u>6/22- Father's Day</u></p> <p><u>6/25- Hello Summer!</u></p>	<p>15</p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Group Chat (CS) 10:30am Play Ball! (P/S) 11:00am Exercise- Follow the Leader (P) 11:30am Trivia (CS) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Riddles, Brain Teasers (C/S) 3:30pm Tabletop Activities (CS)</p>	<p>16</p> <p><b>Movie Day- Mama Mia!</b> 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 Movie- Mama Mia! (CS) 2:00pm Afternoon Snack (S) 3:00pm Cards/ Dominoes (CS) 3:30pm Tabletop Activities (CS)</p>	<p>17</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 Lucky Dogs (C) 2:00pm Afternoon Snack (S) 2:30pm Let's Talk About It! (CS) 3:30 pm Tabletop Activities (C)</p>	<p>18</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) 3:30pm Tabletop Activities (CS)</p>	<p>19</p> <p><b>Juneteenth</b> 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Juneteenth History and Trivia (CS) 11:00am Exercise (P) 11:30am Sing-along (CS) 12:00pm Lunch (S) 1:00pm Juneteenth Art Activity (CS) 2:00pm Afternoon Snack (S) 2:30pm Then and Now- That's Progress! (CS) 3:30pm Tabletop Activities (CS)</p>
	<p>22</p> <p><b>Special Events</b></p> <p><u>6/3- Space Day</u></p> <p><u>6/16- Movie Day- Mama Mia!</u></p> <p><u>6/19- Juneteenth</u></p> <p><u>6/22- Father's Day</u></p> <p><u>6/25- Hello Summer!</u></p>	<p>22</p> <p><b>Father's Day</b> 8:30am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Morning Circle/ Tell Us About Your Father/ Famous TV Dads (CS) 11:00am Exercise- Follow the Leader (P) 11:30am Dad Jokes (CS) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Darts (PS) 3:30pm Tabletop Activities (CS)</p>	<p>23</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) 3:30pm Tabletop Activities (CS)</p>	<p>24</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Finish the Phrase (CS) <b>10:30am Music with Dana</b> 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Lucky Dogs(C) 2:00pm Afternoon Snack (S) 2:30pm Play Ball! (CPS) 3:30pm Tabletop Activities (CS)</p>	<p>25</p> <p><b>Hello Summer!</b> 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Guess That Summertime Activity(C/S) 11:00am Exercise- Yoga (P) 11:30am Favorite Summer Vacation Memories (CS) 12:00pm Lunch (S) 1:00pm Painting (CS) 2:00pm Afternoon Snack-Cool Off with Brooklyn Egg Creams (S) 2:30pm Cornhole (PS) 3:30pm Tabletop Activities (CS)</p>	<p>26</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-along (CS) 11:00am Exercise (P) 11:30am Trivia (CS) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 2:30 Funny Clips (CS) 3:30pm Tabletop Activities (CS)</p>
	<p>29</p> <p><b>Special Events</b></p> <p><u>6/3- Space Day</u></p> <p><u>6/16- Movie Day- Mama Mia!</u></p> <p><u>6/19- Juneteenth</u></p> <p><u>6/22- Father's Day</u></p> <p><u>6/25- Hello Summer!</u></p>	<p>29</p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Group Chat (CS) 10:30am Play Ball! (P/S) 11:00am Exercise- Follow the Leader (P) 11:30am Trivia (CS) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 2:30pm Riddles, Brain Teasers (C/S) 3:30pm Tabletop Activities (CS)</p>	<p>30</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) 2:30pm Group Games (CSP) 3:30pm Tabletop Activities (CS)</p>			

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**Specialized Alzheimer's  
Day Care Program Port St. Lucie**

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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
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> :	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;



June 2026



Port St. Lucie (Grace)

	Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions	communicating positively both verbally and nonverbally guided by the patient's abilities
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