


	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>			1	2	3
	<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 Oreo Cookie Day 2:00pm Darts (P/S) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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>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 Ring Toss (P) 2:30 Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</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) 1:30pm Stepping with Music (P/) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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 Dress in Blue Day 2:00pm Dart Throw Game (P/C) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)</p>
	6	7	8	9	10
	<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 Oreo Cookie Day 2:00pm Darts (P/S) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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>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) 2:30 Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</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>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) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>
	13	14	15	16	17
	<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 St. Patrick's Arts and Crafts (C/S) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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 National Potato Chip Day 2:00pm Darts (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</p>	<p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Music with Dana (S/C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00 Stepping with Music 2:30pm Trivia (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities</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 Wooden Plaque Painting (S/C) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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 St. Patrick's Day 2:00pm Trivia (C) 2:30pm Stepping with Music (S/P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</p>
20	21	22	23	24	
<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) 2:30pm Stepping with Music (S/P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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>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 Stepping with Music (P/S) 2:30pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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>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 Chocolate Raisin Day 2:00pm Dart Throw Game (P/) 2:30pm Stepping with Music (P/S) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)</p>	
27	28	29	30	31	
<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) 2:30pm Stepping with Music (P/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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>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) 1:30pm National Manatee Appreciation Day (Guest Speaker) 2:00pm Stepping with Music (P/S) 2:30pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)</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>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/) 2:30pm Stepping with Music (P/S) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)</p>	



March 2023

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

LuAnne Polk, 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 <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