



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



Happy Birthday!
Rafael 05/17
Fernando 05/29

	Monday	Tuesday	Wednesday	Thursday	Friday
1	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 Lei Day 2:00pm Darts (P/S) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities5 (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)	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 Stepping with Music (P/) 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	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)	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 Cinco De Mayo 2:00pm Dart Throw Game (P/C) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)
8	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 Have a Coke Day 2:00pm Darts (P/S) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities5 (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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 1:00pm Stepping with Music (P) 2:00pm Ring Toss (P) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities	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)	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 Mother's Day Activities 2:00pm Dart Throw Game (P) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities
15	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 Stepping with Music (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	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	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 Stepping with Music 2:30pm Trivia (C/S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities	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 I Love Reese's Day 2:00pm Bean Bag Toss (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	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 Stepping with Music (S/P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)
22	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) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	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 Turtle Day 2:00pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Rise and Shine (C/S) 11:00am Music with Dora (S/C) 12:00pm Lunch (S) 1:00pm Bingo (C) 1:30pm Stepping with Music (P/S) 2:30pm Exercise (P) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities (C/S)	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)	8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:30am Music Therapy with Camille 11:30am Word of the Day (C) 12:00pm Lunch (S) 1:00pm Exercise (P) 1:30pm World Lindy Hop Day 2:00pm Dart Throw Game (P/) 2:30pm Stepping with Music (P) 3:00pm Afternoon Snack 4:00pm Tabletop Activities (C/S)



	<p>29</p> <p>8:00am Tabletop Activities (I/SC) 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 Alligator Day 2:00pm Exercise (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 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>31</p>	
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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

LuAnne Pond, 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; acknowledging and accepting the patient's perception of his/her "world" 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 safety
Social	Building a Story, Trivia "Competition", Music Therapy, Sing-along, Group craft building, Group discussion, Group	Honoring the human condition and need for relationships and social contact; encouraging peers based on shared interests and abilities; acknowledging the patient's success



	Games	
Spiritual	<p>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</p>	<p>Promoting balance between the patient's inner and outer worlds; honoring the atmosphere of calm, harmony, and safety where the patient can be him/herself with system</p>
Emotional	<p>Positive Communication at all times: Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions</p>	<p>Understanding and compassionately caring for the patient's emotional needs by pro with the patient in a supportive, validating manner, with understanding of, and em disease or a related neurocognitive disorder; communicating positively both verbally</p>