




	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>4/23 - Chia 4/25 - Ruth</p> <p><b>Special Events</b></p> <p>4/1- April Fools Day!</p> <p>4/3- Celebrate! Easter and Passover</p> <p>4/13- Spring Training- Let the Games Begin!</p> <p>4/17- Movie Day! - On the Town</p> <p>4/22- Earth Day!</p> <p>4/28 - Great Poetry Day</p>			<p><b>April Fools Day!</b> 1</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Exercise (CS) <b>10:30am Music with Dana</b> 11:30am History's Greatest Hoaxes (CS) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Funny Videos (CS) 4:00pm Tabletop Activities (C)</p>	<p>2</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am TV Show Trivia / 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) 3:00pm Group Games (P) 4:00pm Tabletop Activities (C/S)</p>	<p><b>Celebrate! Easter and Passover</b> 3</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-along(CS) 10:30am History of Passover by Charlie (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) 3:00pm Play Ball! (CPS) 4:00pm Tabletop Activities (CS)</p>
	6	7	8	9	10
	<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) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 3:00pm Riddles, Brain Teasers (C/S) 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) 3:00pm Group Games (CSP) 4:00pm Tabletop Activities (C/S)</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) 3:00pm 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 Group Games (CPS) 2:00pm Afternoon Snack (S) 2:30pm Sing-along (CS) 4:00pm Tabletop Activities (C/S)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle / Dear Abby (CS) 11:00am Exercise (P) 11:30am Opposite Words (CS) 12:00pm Lunch (S) 1:00pm Painting (C) 2:00pm Afternoon Snack (S) 2:30 Bingo (CS) 4:00pm Tabletop Activities (CS)</p>
	13	14	15	16	17
	<p><b>Spring Training- Games Day!</b></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) 3:00pm 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) 3:00pm Group Games (CSP) 4:00pm Tabletop Activities (CS)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Common Phrases and Their Origins! (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) 3:00pm Let's Talk About It! (CS) 4:00pm Tabletop Activities (CS)</p>	<p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Name that Tune (CS) 11:00am Exercise- Yoga (P) 11:30am Trivia © 12:00pm Lunch (S) 1:00pm Sing-along (CS) 2:00pm Afternoon Snack (S) 3:00pm Group Games (P) 4:00pm Tabletop Activities (CS)</p>	<p><b>Movie Day! On the Town</b> 17</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-a-long (CS) 11:00am Exercise (P) 11:30am Hangman (CS) 12:00pm Lunch (S) 1:00pm Movie- On the Town (CS) 2:00pm Afternoon Snack (S) 3:00pm Lets Talk About It! (CS) 4:00pm Tabletop Activities (CS)</p>
	20	21	22	23	24
	<p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Group Chat (CS) 10:30am Play Ball! (PS) 11:00am Exercise- Follow the Leader (P) 11:30am (CS) 12:00pm Lunch (S) 1:00pm Bingo (CS) 2:00pm Afternoon Snack (S) 3:00pm Riddles, Brain Teasers (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) 3:00pm Group Games (CSP) 4:00pm Tabletop Activities (CS)</p>	<p><b>Earth Day!</b> 22</p> <p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Earth Day Around the World (CS) <b>10:30am Music with Dana</b> 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Planter Painting (C) 2:00pm Afternoon Snack (S) 3:00pm Planet Earth 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 Planter Painting(CS) 2:00pm Afternoon Snack (S) 3:00pm Group Games (P) 4:00pm Tabletop Activities (CS)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Jokes and Riddles(CS) 11:00am Exercise (P) 11:30am Guess What's in the Bag (CS) 12:00pm Lunch (S) 1:00pm Sowing Our Planters (CS) 2:00pm Afternoon Snack (S) 3:00pm Group Games (CS) 4:00pm Tabletop Activities (CS)</p>
	27	28	29	30	
<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) 3:00pm Riddles, Brain Teasers (CS) 4:00pm Tabletop Activities (CS)</p>	<p><b>Great Poetry Day!</b> 28</p> <p>8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Exercise(CPS) 10:45am Poetry Reading (CS) 11:15 am Group Poetry Writing (CS) 12:00pm Lunch (S) 1:00pm Art Activities (CS) 2:00pm Afternoon Snack (S) 3:00pm Group Games (CSP) 4:00pm Tabletop Activities (CS)</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) 3:00pm Let's Talk About It! (CS) 4:00pm Tabletop Activities (C)</p>	<p>8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am TV Show Trivia / 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) 3:00pm Group Games (P) 4:00pm Tabletop Activities (CS)</p>		



April 2026

Port St. Lucie (Grace)

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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
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,



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	Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions	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
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