ALZHEIMER'S COMMUNITY CARE

November 2026

NOVEMBER

Port St. Lucie (Grace)

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

Happy Birthday

Hyacinth 11/7
Phyllis 11/12
Norma 11/29

Special Events

11/11- Veterans Day

11/13- Friday the 13th

11/17- Plan the Holiday-Thanksgiving

11/25- We are Thankful! Day

11/20- Movie Day- Planes, Trains and Automobiles

Monday	Tuesday	Wednesday	Thursday	Friday
2 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)	3 8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:am 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)	4 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Finish the Phrase (CS) 10:30am Spanish Lesson (CS) 11:00am Sing-a-long (CS) 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)	5 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Pictionary (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)	6 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)
9 830am 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)	10 8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ 10:30am Occupations A-Z (CS) 11:30am Exercise (CS) 12:00pm Lunch (S) 1:00pm Art Studio (CS) 2:00pm Afternoon Snack (S) 2:30pm Group Games (CSP) 3:30pm Tabletop Activities (CS)	**Veterans Day** 11 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Honoring our Veterans (CS) 10:30am Music with Dana 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)	12 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)	**Friday the 13th** 13 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Sing-a-long(CS) 10:30am Friday the 13th and Other Superstitions (C/S) 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm Cards/Jigsaw Puzzles (CS) 2:00pm Afternoon Snack (S) 2:30pm Sing-a-Long (CS) 3:30pm Tabletop Activities (CS)
16 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)	**Plan The Holiday Day- Thanksgiving** 17 8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:am Morning Circle/ Word Games (CS) 11:00am Exercise (P) 11:30am Thanksgiving Menu Planning and Shopping List (CS) 12:00pm Lunch (S) 1:00pm Thanksgiving Card Craft (P) 2:00pm Afternoon Snack (S) 2:30pm Golf (CSP) 3:30pm Tabletop Activities (CS)	18 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Finish the Phrase (CS) 10:30am Sing-a-long (CS) 11:00am Pictionary (CS) 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)	19 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)	**Movie Day- Planes, Trains and Automobiles** 20 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)
23 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)	24 8:30am Tabletop Activities (CS) 9:00am Breakfast (S) 10:00am Morning Circle/ Name the Fall Traditions (CPS) 10:30am Fall Word Scramble (CS) 11:30am Exercise (CS) 12:00pm Lunch (S) 1:00pm Art Studio (CS) 2:00pm Afternoon Snack(S) 2:30pm Group Games (CSP) 3:30pm Tabletop Activities (CS)	**We are Thankful! Day** 25 8:30am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Morning Circle/ Thanksgiving Trivia (CS) 10:30am Music with Dana 11:30am Exercise (P) 12:00pm Lunch (S) 1:00pm What are we Thankful For? (C) 2:00pm Afternoon Snack- Pie Tasting (S) 2:30pm Let's Talk About It! (CS) 3:30 pm Tabletop Activities (C)	26 	27 **CLOSED**
30 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)				

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November 2026 NOVEMBER 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

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 **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

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