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May 2026

North Stuart


	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><b>We have no May Birthdays</b></p>					<p>1</p> <p>8:30 am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:00 am Opening activities (C/S) 10:30 am <b>Singing and Dancing with Dana</b> 11:45 am Chair yoga 12:30 pm Lunch (S) 2:00 pm Bingo 2:30 pm Afternoon Snack (S) 3:00 pm Stretching Exercises (C/S/P) 3:30 pm Comedy Movie (C/S/P) 4:00 pm Tabletop Activities/ (C, S)/ Puzzles</p>
	<p>4</p> <p>8:30am Tabletop Activities 9:30am Breakfast (S) 10:00am Frank Sinatra and Elvis Presley Songs (C/S) 11:00am <b>Dog Therapy-Humane Society</b> (C/S) 11: 30 am Exercise 12:30pm Lunch (S) 1:30pm Current events (C/P/S) 2:00pm Bingo and jokes with Terry(C/S) 2:30pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along with Suzie Q</p>	<p>5</p> <p>8:30am Tabletop Activities 9:30am Breakfast (S) 10:00am Morning Flag Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:30pm Lunch (S) 1:30pm Current events (C/P/S) 2:00pm Bingo (C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Comedy time -Mr. Bean 4:00pm Montessori puzzles</p>	<p>6</p> <p>8:30am Tabletop Activities 9:30am Breakfast (S) 10:00am Morning current events (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:30pm Lunch (S) 1:30pm Socialize with peers (C/P/S) 2:00pm Bingo (C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along with Suzie Q</p>	<p>7</p> <p>8:30 am Tabletop Activities 9:30am- Breakfast (S) 10:00am Morning Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 am Trivia and board game 12:30pm Lunch (S) 1:30pm Socialize with peers C/P/S) 2:00 pm Bingo (C/S) 2:30 pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party</p>	<p>8</p> <p>8:30 am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:00 am Opening activities (C/S) 10:30 am <b>Singing and Dancing with Dana</b> 11:45 am Chair yoga 12:30 pm Lunch (S) 2:00 pm Bingo 2:30 pm Afternoon Snack (S) 3:00 pm Stretching Exercises (C/S/P) 3:30 pm Comedy Movie (C/S/P) 4:00 pm Tabletop Activities/ (C, S)/ Puzzles</p>
<p><b>Special Events</b></p>	<p>11</p> <p>8:30 am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:00am Frank Sinatra and Elvis Presley Songs (C/S) (C/S) 11:00am Chair Exercise (P/C/S) 11:30 am Trivia and board game 12:30pm Lunch (S) 1:30pm Socialize with peers (C/P/S) 2:00pm <b>Bingo and jokes with Terry</b>(C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party.</p>	<p>12</p> <p>8:30am Tabletop Activities 9:30am Breakfast (S) 10:00am Morning Flag Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:30pm Lunch (S) 1:30pm Current events (C/P/S) 2:00pm Bingo (C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Comedy time -Mr. Bean 4:00pm Montessori puzzles</p>	<p>13</p> <p>8:30am Tabletop Activities 9:30am Breakfast (S) 10:00am Morning current events (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:30pm Lunch (S) 1:30pm Socialize with peers (C/P/S) 2:00pm Bingo (C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along with Suzie Q</p>	<p>14</p> <p>8:30 am Tabletop Activities 9:30am- Breakfast (S) 10:00am Morning Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 am Trivia and board game 12:30pm Lunch (S) 1:30pm Socialize with peers C/P/S) 2:00 pm Bingo (C/S) 2:30 pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party</p>	<p>15</p> <p>8:30 am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:00 am Opening activities (C/S) 10:30 am <b>Singing and Dancing with Dana</b> 11:45 am Chair yoga 12:30 pm Lunch (S) 2:00 pm Bingo 2:30 pm Afternoon Snack (S) 3:00 pm Stretching Exercises (C/S/P) 3:30 pm Comedy Movie (C/S/P) 4:00 pm Tabletop Activities/ (C, S)/ Puzzles</p>
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		<p>25</p> <p>8:30am Tabletop Activities            9:30am Breakfast (S)            10:00am Morning Flag Songs (C/S)            11:00am Chair Exercise (P/C/S)            11:30 Trivia and board game            12:30pm Lunch (S)            1:30pm Current events (C/P/S)            2:00pm Bingo (C/S)            2:30- pm Afternoon Snack (S)            3:30 pm Comedy time -Mr. Bean            4:00pm Montessori puzzles 8</p>	<p>26</p> <p>27</p> <p>8:30am Tabletop Activities            9:30am Breakfast (S)            10:00am Morning Flag Songs (C/S)            11:00am Chair Exercise (P/C/S)            11:30 Trivia and board game            12:00- 12:30pm Lunch (S)            1:30pm Current events (C/P/S)            2:00pm Bingo (C/S)            2:30- pm Afternoon Snack (S)            3:30 pm Comedy time -LUCY            4:00pm Montessori puzzles 8</p>	<p>28</p> <p>8:30 am Tabletop Activities            9:30am- Breakfast (S)            10:00am Morning Songs (C/S)            11:00am Chair Exercise (P/C/S)            11:30 am Trivia and board game            12:30pm Lunch (S)            1:30pm Socialize with peers C/P/S)            2:00 pm Bingo (C/S)            2:30 pm Afternoon Snack (S)            3:30 pm Stretching            4:00pm Spanish songs /Dance party</p>	<p>29</p> <p>8:30 am Tabletop Activities (C/S)            9:30am Breakfast (S)            10:00 am Opening activities (C/S)            10:30 am Singing and Dancing with Dana            11:45 am Chair yoga            12:30 pm Lunch (S)            2:00 pm Bingo            2:30 pm Afternoon Snack (S)            3:00 pm Stretching Exercises (C/S/P)            3:30 pm Comedy Movie (C/S/P)            4:00 pm Tabletop Activities/ (C, S)/ Puzzles</p>
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**Specialized Alzheimer's Day Care Program N. Stuart**  
 2200 North Federal Hwy  
 Stuart, FL 34994  
**Mon-Fri: 8:00am – 5:00pm**  
 772-692-6981  
 www.alzcare.org

Isabel Hamlin, LPN, Program Manager  
 TBD-Program Nurse



1-800-394-1772

**Therapeutic Activities**

**Examples of Therapeutic Activities**

**Definitions**

<p>Cognitive</p>	<p>Word Games, Math Games, Trivia Games, Reminiscence, Board Games, "Current" Events, Morning Announcements, Tabletop Activities-coloring, bean sorting, puzzles, patient specific individual tasks</p>	<p>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</p>
<p>Physical</p>	<p>Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling</p>	<p>Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing safety</p>



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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