ALZHEIMER'S COMMUNITY CARE

October 2026

North Stuart

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

Happy Birthday

Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 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	**2** 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
5 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 Bingo and jokes with Terry(C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party.	**6** 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	**7** 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	**8** 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	**9** 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
12 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 Bingo and jokes with Terry(C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party.	**13** 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	**14** 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	**15** 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	16 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
19 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 Bingo and jokes with Terry(C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party.	**20** 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	**21** 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 Water painting /Crafts 4:00pm Sing -along with Suzie Q	**22** 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	**23** 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
26 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 Bingo and jokes with Terry(C/S) 2:30-pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Spanish songs /Dance party.	27 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	**28** 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	29 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	30 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

ALZHEIMER'S COMMUNITY CARE

October 2026

North Stuart

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

Phyllis Rich, LPN, Program Manager
TBD-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