ALZHEIMER'S COMMUNITY CARE

September 2026

North Stuart

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

Happy Birthday

Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am 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	**2** 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	3 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	**4** 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
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ALZHEIMER'S COMMUNITY CARE

September 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