




June 2022

North Stuart

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
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| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>No June Birthdays</p> <p>Special Events</p> <p>6/1-Nail Polish Day 6/3-Doughnut Day 6/7-Chocolate Ice Cream Day 6/8-Upsy Daisy Day 6/10- Iced Tea Day 6/14- Flag Day 6/15-Smile Power Day 6/17-Wear Blue Day 6/21-Ice Cream Soda Day/Seashell Day 6/30-Bomb Pop Day</p> | | | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Pledge with Flags (C/S) 9:45am Sing Along/Dancing (C/S/P) 10:15am Stretching/Chair Exercises (C/S/P) 11:00am Super Quiz/Current Events (C/S) 11:30am Find the Word Game (C) 12:00pm Stack the Cups (C/P) 12:30pm Lunch/Coffee Social (S) 1:30pm Bingo (C/S) 2:30pm What comes next? (C) 3:00pm Afternoon Snack (S) 3:30pm Trivia (C) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Stack the Cups (C/S/P) 11:00pm Super Quiz/Dear Abby (C/S) 11:30am Pair it Up/Trivia (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Dancing (C/P/S) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm The Price is Right (C/S) 3:15pm Afternoon Snack (S) 4:00pm Finish the Slogan/Trivia (C) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Breakfast/Table Activities(C/S) 9:30am Bingo (C/S) 10:30am Music/Dancing w/Dana (C/S/P) 11:30am Current Events (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge (C/S) 1:45pm Stretching/Chair Exercise (C/P) 2:15pm Super quiz (C) 2:45pm Unscramble Words (C) 3:00pm Afternoon Snack/Doughnut Day(S) 3:30pm Bird Feeders (C/S/P) 4:30pm Tabletop Activities (C/S)</p> | |
| | | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Arts and Crafts (C/S/P) 11:30am Super Quiz/Dear Abby (S/C) 12:00pm Lunch/Coffee Social (S) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Synonym Match (C/S) 3:15pm Afternoon Snack (S) 4:00pm Famous Phrases (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Person, Place, or Thing (C/S) 11:00am Super Quiz/Current Events (C/S) 11:30am Bean Bag Slide (C/P/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Dancing (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Ring Toss (C/P/S) 3:15pm Afternoon Snack/Chocolate ice cream (S) 4:00pm Add a Letter/Famous Phrases (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:45am Music Therapy (S/C/P) 10:45am Pledge with flags (S/C) 11:00am Stretching/Chair Exercises (C/S/P) 11:30am Stacking the Cups (P) 12:00pm Making Daisy's (C/P) 12:30pm Lunch/Coffee Social (C/S) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 3:30pm Trivia (C/S) 4:00pm Bird Feeders (C/P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Beach Ball Bang (C/P/S) 11:00am Flower Power (C) 11:30am Super Quiz/ Dear Abby (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along with Instruments (C/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Unscramble the letters (C/S) 3:15pm Afternoon Snack (S) 4:00pm This was the year trivia (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Table Activities/Breakfast(C/S) 9:30am Bingo (C/S) 10:30am Music/Dancing with Dana (S/C/P) 11:30am Current Events/Trivia (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge (C/S) 1:45pm Stretching/Chair Exercises (C/P) 2:15pm Super quiz (C) 2:45pm Words within a Word (C/S) 3:00pm Bean Bag Toss (C/P/S) 3:30pm Afternoon Snack (S) 4:30pm Tabletop Activities (C/S)</p> |
| | | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Arts and Crafts (C/S/P) 11:30pm Super Quiz/Dear Abby (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Dancing (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Call out the answer (C/S) 3:15pm Afternoon Snack (S) 4:00pm Strengthen Your Mind (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Making Flags (C/S/P) 11:00am Super Quiz/Current Events (C/S) 11:30am Balloon Toss (C/S/P) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Instruments (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Stack the Cups (C/P/S) 3:15pm Afternoon Snack (S) 3:30pm Bird Feeders (C/S/P) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Pledge with Flags (C/S) 10:15am Stretching/Chair Exercises (C/S/P) 11:00am Super Quiz/Current Events (C/S) 11:30am ABC Vegetables (C) 12:00pm Making Smiley faces (C/P/S) 12:30pm Lunch/Coffee Social (S) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 3:30pm What Comes Next? (C/S) 4:00pm Trivia (C) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Ring Toss (C/S/P) 11:00am Crossword on the Board/Trivia (C/S) 11:30am Super Quiz/Current Events (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Dancing (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm State Capitols (C/S) 3:15pm Afternoon Snack (S) 3:30pm Reminisce Down Memory Lane (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Table Activities/Breakfast(C/S) 9:30am Bingo (C/S) 10:30am Music/Dancing with Dana (S/C/P) 11:30am Current Events/Trivia (C) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge (C/S) 1:45pm Stretching/Chair Exercises (C/P) 2:15pm Super Quiz (C) 2:45pm Golf (P) 3:00pm Afternoon Snack (S) 3:30pm Name That State/Trivia (C) 4:30pm Tabletop Activities (C/S)</p> |
| | | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Making Seashell wreaths (C/S/P) 11:00am Super Quiz/Dear Abby (C/S) 11:30am Keep the Balloon in the air (C/S/P) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing along/Dancing (C/P/S) 2:00pm Stretching/Chair Exercises (C/S/P) 2:45pm Find the smaller words (C/S) 3:15pm Afternoon Snack/Ice Cream Sodas (S) 4:00pm String Noodles (C/P) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:45am Music Therapy-(S), Social, (C) 10:45am Pledge with flags (C/S) 11:00am Stretching/Chair Exercises-(C/S/P) 11:30am Stack This (C/P/S) 12:00pm Super Quiz/Name Ten (C/S) 12:30pm Lunch/Coffee Social (C/S) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm Trivia (C/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Stack the Cups (C/P/S) 11:00am Words ending in " _ " (C) 11:30am Super Quiz/Trivia (C) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/ Singing with instruments (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Finding smaller words in big word (C/S) 3:15pm Afternoon Snack (S) 3:30pm Laundry/Coupon Clipping (C/P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Music/Dancing with Dana (S/C/P) 11:30am Current Events/Trivia (C) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge (C/S) 1:45pm Stretching/Chair Exercises (C/P) 2:15pm Super Quiz/Famous Phrases (C) 2:45pm Monkey Toss (P) 3:00pm Afternoon Snack (S) 3:30pm Bird Feeders (C/P/S) 4:30pm Tabletop Activities (C/S)</p> | <p>Closed All Staff Retreat</p> |



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| 27 | 7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Arts and Crafts (C/P/S) 11:30am ABC Vegetables (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Instruments (C/S/P) 2:00pm Stretching/Chair Exercises (C/S/P) 2:45pm Super Quiz/Current Events (C/S) 3:15pm Afternoon Snack (S) 4:00pm Cards/Folding Laundry (C/P/S) 4:30pm Tabletop Activities (C/S) | 28 | 7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Name the Month (C/S) 11:00am Super Quiz/ Dear Abby (C/S) 11:30am Yarn Rolling (C/P/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Dancing (C/P/S) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm Hangman (C/S) 3:15pm Afternoon Snack (S) 3:30pm Cutting Coupons (C/S/P) 4:30pm Tabletop Activities (C/S) | 29 | 7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Pledge with Flags (C/S) 10:15am Stretching/Chair Exercises (C/S/P) 11:00am Super Quiz/Current Events (C/S) 11:30am ABC Vegetables (C) 12:00pm Frog Toss (C/P/S) 12:30pm Lunch/Coffee Social (S) 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 3:30pm What Comes Next? (C/S) 4:00pm Trivia (C) 4:30pm Tabletop Activities (C/S) | 30 | 7:30-9:30am Tabletop Activities/Breakfast (C/S) 9:30am Bingo (C/S) 10:30am Ring Toss (C/S/P) 11:00am Crossword on the Board/Trivia (C/S) 11:30am Super Quiz/Current Events (C/S) 12:00pm Lunch/Coffee Social (S) 1:30pm Pledge/Sing Along/Dancing (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm State Capitols (C/S) 3:15pm Afternoon Snack/Bomb Pops (S) 3:30pm Reminisce Down Memory Lane (C/S) 4:30pm Tabletop Activities (C/S) |
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**Specialized Alzheimer's
 Day Care Program North Stuart**
 2200 North Federal Hwy
 Stuart, FL 34994
 Mon-Fri: 7:30 – 5:30pm
 (772) 692-6981
 www.alzcare.org

Traci Carter, LPN Program Manager
Terri Fondriak, 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 |



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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 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 |