

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p> <p>Irene Johnsen 3/24</p> <p>Special Events/Holidays</p> <p>International Woman Day – 3/9</p> <p>Peanut Butter Lover's Day -3/11</p> <p>National Panda Day – 3/16</p> <p>St Patrick's Day -3/17</p>			1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24

	<p style="text-align: right;">27</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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)</p>	<p style="text-align: right;">28</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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)</p>	<p style="text-align: right;">29</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:45am National Geographic Special (C/S) 10:45am Pledge with flags (C/ 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 style="text-align: right;">30</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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 style="text-align: right;">31</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C) 10:30am Music Therapy with Dana (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>
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**Specialized Alzheimer's
Day Care Program North Stuart
2200 North Federal Hwy
Stuart, FL 34994
Mon-Fri: 7:30am – 5:00pm
Starting July 11, 2022
Mon-Fri: 8:00am-5:00pm
(772) 692-6981
www.alzcare.org**

**TBD- Program Manager
Val Vranescu, 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



MARCH

March 2023

North Stuart

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