





	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>5/4- Wood Wilbert 5/13- Kelly Marie</p> <p>Special Events/Holidays 5/1- Lei Day in Hawaii 5/5- Cinco de Mayo 5/11- Eat What You Want Day 5/13- Blame Someone Else Day 5/14- Mother's Day 5/29- Memorial Day</p>	<p>1</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) 12:30pm Lunch/ (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) 3:00pm Afternoon Snack (S) 4:00pm Cards/Folding Laundry (C/P/S) 4:30pm Tabletop Activities (C/S)</p>	<p>2</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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) 12:30pm Lunch (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) 3:00pm Afternoon Snack (S) 4:00pm Add a Letter/Famous Phrases (C/S) 4:30pm Tabletop Activities (C/S)</p>	<p>3</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Pledge with Flags (C/S) 10:30 am Stretching/Chair Exercises (C/S/P) 11:15 am TRIVIA (C) 12:30pm National Geographic Special (C/S) 12:30pm Lunch(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>4</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) 12:30pm Lunch (S) 1:30pm Pledge/Sing Along/Dancing (C/S/P) 2:00pm Stretching/Chair Exercises (C/P/S) 2:45pm State Capitols (C/S) 3:00pm Afternoon Snack (S) 3:30pm Reminisce Down Memory Lane (C) 4:30pm Tabletop Activities (C/S)</p>	<p>5</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C) 10:30am Music Dancing with Dana (S/C) 12:30pm Lunch (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>8</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) 12:30pm Lunch (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) 3:00pm Afternoon Snack (S) 4:00pm Cards/Folding Laundry (C/P/S) 4:30pm Tabletop Activities (C/S)</p>	<p>9</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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) 12:30pm Lunch (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) 3:00pm Afternoon Snack (S) 4:00pm Add a Letter/Famous Phrases (C/S) 4:30pm Tabletop Activities (C/S)</p>	<p>10</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:45am National Geographic Special (C/S) 10:45am Pledge with flags (S/C) 11:30am Stacking the Cups (C/S) 12:00pm Making Daisy's (C/P) 12:30pm Lunch (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>11</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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) 12:30pm Lunch (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>12</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast(S) 9:30am Bingo (C/S) 10:30am Music/Dancing with Dana (S/C) 11:30am Current Events/Trivia (C/S) 12:30pm Lunch (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) 3:30pm Bean Bag Toss (C/P/S) 3:00pm Afternoon Snack (S) 4:30pm Tabletop Activities (C/S)</p>
	<p>15</p> <p>8:00am Tabletop Activities(C/S) 9:00am Breakfast (S) 9:30am Bingo (C/S) 10:30am Arts and Crafts (C/S/P) 11:30pm Super Quiz/Dear Abby (C/S) 12:30pm 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>16</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (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) 12:30pm Lunch (S) 1:30pm Pledge/Sing Along/Instruments (C/s) 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>17</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Pledge with Flags (C/S) 10:15am Stretching/Chair Exercises (C/S/P) 11:00 Music Therapy with Camille(S/C/P) 12:00pm Making Smiley faces (C/P/S) 12:30pm Lunch (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>18</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) 12:30pm Lunch (S) 1:30pm Pledge/Sing Along/Dancing (C/S) 2:00pm Stretching/Chair Exercises (C/P/ 2:45pm State Capitols (C/S) 3:15pm Cupcake Afternoon Snack (S) 3:30pm Reminisce Down Memory Lane (C) 4:30pm Tabletop Activities (C/S)</p>	<p>19</p> <p>8:00am Table Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C/S) 10:30am Music/Dancing with Dana 11:30am Current Events/Trivia (C) 12:30pm Lunch (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>22</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C/S) 10:30am Trivia (C) 11:30am Name That Tune (C) 12:30pm Lunch (S) 1:30pm Pledge/Sing along/Dancing (C/S/P) 2:00pm Stretching/Chair Exercises (C/S/P) 2:45pm That was the Year (C/S) 3:15pm Afternoon Snack (S) 4:00pm Folding Laundry (C/P) 4:30pm Tabletop Activities (C/S)</p>	<p>23</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C/S) 10:30am Add a Letter/Famous Phrases (C/S/P) 11:00am Super Quiz/Dear Abby (C/S) 11:30am Keep the Balloon in the air (C/S/P) 12:30pm Lunch (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 (S) 4:00pm String Noodles (C/P) 4:30pm Tabletop Activities (C/S)</p>	<p>24</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/S) 11:30am Stack This (C/P/S) 12:00pm Super Quiz/Name Ten (C/S) 12:30pm Lunch (C/S) 1:30 Pm Monthly Birthday Celebration 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm Trivia (C/S) 4:30pm Tabletop Activities (C/S)</p>	<p>25</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) 12:30pm Lunch (S) 1:30pm Pledge/Sing Along/Dancing (C/S/ 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 4:30pm Tabletop Activities (C/S)</p>	<p>26</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C) 10:30am Music Therapy with Dana (C/S) 12:30pm Lunch(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>29</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 9:30am Bingo (C/S) 10:30am Noodle chair exercise (C/S/P) 11:00am Super Quiz/Dear Abby (C/S) 11:30am Keep the Balloon in the air /TRIVIA(C/S/P) 12:30pm Lunch (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) 3:00pm Afternoon Snack/Ice Cream (S) 4:00pm String Noodles (C/P) 4:30pm Tabletop Activities (C/S)</p>	<p>30</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/S) 11:30am Stack This (C/P/S) 12:00pm Super Quiz/Name Ten (C/S) 12:30pm Lunch (C/S) 1:30 Pm Monthly Birthday Celebration 2:00pm Bingo (C/S) 3:00pm Afternoon Snack (S) 4:00pm Trivia (C/S) 4:30pm Tabletop Activities (C/S)</p>	<p>31</p>	
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Specialized Alzheimer's Day Care Program North Stuart

2200 NW Federal Hwy, Stuart, FL 34994

(772) 692-6981

Mon-Fri: 8:00am-5:00pm

Val Vranescu, LPN Program Manager

TBD- Program Nurse

www.alzcare



**24 Hour Crisis Line
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>
<p>Social</p>	<p>Building a Story, Trivia "Competition", Music Therapy, Sing-along, Group craft building, Group discussion, Group Games</p>	<p>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</p>
<p>Spiritual</p>	<p>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</p>	<p>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</p>



May 2023



North Stuart

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