




	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Monthly Schedule subject to change based on program discretion/patient needs.</b></p> <p><b>Happy Birthday</b></p>  <p>NO BIRTHDAYS THIS MONTH</p> <p><b>Special Events</b></p> <p>04.01-04.03 – Easter Egg Painting Crafts            04.01 – April Fool’s Shenanigans and Fun            04.03 – National Film Score Day                Jurassic Park Movie in PM            04.06 – New Beers Eve            04.08 – National Zoo Lovers Day            04.13 – National Scrabble Day            04.16 – National Wear Your Pajamas to Work Day                <b>WEAR YOUR COMFY PJS TODAY</b>            04.17 – National Exercise Day            04.20 – National Look Alike Day            04.24 – National Bucket List Day            04.28 – National Superhero Day</p> <p><b>Holidays</b></p> <p>04.01 – April Fool’s Day            04.03 – Good Friday            04.05 – Easter Sunday</p>			<p>1</p> <p>8:00am <b>April Fool’s Tabletop Activities</b> (C/S)            9:00am Breakfast (S)            10:30am <b>Easter Egg Painting Craft Time</b> (C/S)            11:30am <b>April Fool’s Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Funny Pranks (YouTube)</b> (C/S)            12:30pm Lunch (S)            1:30pm <b>Talk About Past April Fool’s Pranks</b> (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm <b>Funny Pranks Cont.</b> (C/S)</p>	<p>2</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am <b>Easter Egg Painting Craft Time Cont.</b> (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>3</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am <b>Easter Egg Painting Craft Time Cont.</b> (C/S)            11:30am <b>Film Score Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Film Score Day Trivia (YouTube)</b> (C/S)            12:15pm Lunch (early) (S)            1:00pm <b>Jurassic Park Movie</b> (C/S)            2:30pm Afternoon Snack <b>during Movie</b> (S)            2:45pm Tabletop Activities (C/S)            3:00pm Games Shows or Funny Movie Clips (C/S)</p>	
		<p>6</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am <b>Music with Dana</b> (C/S)            11:30am <b>New Beers Day Discussions/Poem</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>7</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>8</p> <p>8:00am <b>Zoo Lovers Day</b> Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Zoo Lovers Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Zoo Tours (YouTube)</b> (C/S)            12:30pm Lunch <b>w/ Zoo Tours Cont.</b> (S)            1:30pm <b>Zoo Tours Cont.</b> (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm <b>Zoo Tours Cont.</b> (C/S)</p>	<p>9</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>10</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>
		<p>13</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Scrabble Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm <b>Scrabble Whiteboard Game</b> (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>14</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>15</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>16</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Wear PJs to Work Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Pajama Trivia</b> (C/S)            12:30pm Lunch (S)            1:30pm <b>Sing-along</b> (C/S)            2:00pm <b>PJ Dance Party</b> (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>17</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Exercise Day Discussions</b> (C/S)            11:45am <b>Group Led Exercise</b> (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>
		<p>20</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Look Alike Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Funny Look Alikes (YouTube)</b> (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm <b>Funny Look Alikes Cont.</b> (C/S)</p>	<p>21</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>22</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>23</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>24</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Bucket List Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Bucket List Destinations (YouTube)</b> (C/S)            12:30pm Lunch <b>w/ Bucket List Destinations Cont.</b> (S)            1:30pm <b>Tell Us What’s on Your Bucket List</b> (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm <b>Bucket List Destinations Cont.</b> (C/S)</p>
		<p>27</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>28</p> <p>8:00am <b>Superhero Tabletop Activities</b> (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Superhero Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm <b>Superhero Trivia</b> (C/S)            12:30pm Lunch (S)            1:30pm <b>Name Some Real-Life Superheroes</b> (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>29</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	<p>30</p> <p>8:00am Tabletop Activities (C/S)            9:00am Breakfast (S)            10:30am Bingo or Craft Time (C/S)            11:30am <b>Starting Day Discussions</b> (C/S)            11:45am Exercise (C/P/S)            12:00pm Trivia (C/S)            12:30pm Lunch (S)            1:30pm Sing-along or Puzzle Games (C/S)            2:00pm Game Time (C/P/S)            2:30pm Afternoon Snack (S)            2:45pm Tabletop Activities (C/S)            3:15pm Games Shows or Funny Movie Clips (C/S)</p>	



April 2025



Port Saint Lucie St. Andrews

**Specialized Alzheimer's Day Care Program St. Lucie**

295 NW Prima Vista Blvd  
 Port St. Lucie, FL 34983  
 Mon-Fri: 8:00 – 4:00pm  
 772-212-4579  
 www.alzcare.org

Wendy Sinkular, LPN Program Manager



**24 Hour Crisis Line**

**1-800-394-1772**

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive (C)	Word Games, Math Games, Trivia Games, Reminiscence, Board Games, "Current" Events, Morning Announcements, Tabletop Activities (patient specific individual tasks - coloring, bean sorting, puzzles, folding)	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 (P)	Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Magnetic Darts, Bean Bag Toss, Bowling, Golf Putting, Charades	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence to the best of their abilities, while optimizing safety
Social (S)	Building a Story, Trivia "Competition", Music Therapy, Sing-along, Group craft building, Group discussion, Group Games, Mealtime Social Hours	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 <b>at all times.</b> 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 systems with understanding and openness
Emotional	Positive Communication <b>at all times:</b> 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