ALZHEIMER'S COMMUNITY CARE

November 2026

NOVEMBER

Port Saint Lucie St. Andrews

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

Happy Birthday

11.11 - Victor L.
11.15 - Neline P. (Program Assistant)

11.13 – Monthly Birthday Celebration

Special Events

11.02 – Decoration Changeover Day
11.03 – Sing-Along with Steve (Volunteer)
11.04 – National Candy Day
11.09 – Music with Dana (Volunteer)
11.11 – Veteran's Day
11.18 – Mickey Mouse Birthday
Mickey Mouse CRAFT in Afternoon
11.20 – National Absurdity Day
DRESS ABSURD (Mismatched clothes, funny wigs/hats)
11.23 – Music with Dana (Volunteer)
11.25 – Thanksgiving "Observed" Celebration
"Home for the Holidays" Movie in Afternoon

Holidays

11.11.2026 – Veteran's Day
11.26.2026 – Thanksgiving **(CLOSED)**
11.27.2026 – Day After Thanksgiving **(CLOSED)**

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Decoration Changeover (C/P/S) (Down with Halloween, Up with Thanksgiving) 2:30pm Afternoon Snack (S) 2:45pm Tabletop Activities (C/S) 3:15pm Games Shows or Funny Movie Clips (C/S)	**3** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:00pm Sing-Along with Steve (C/S) 2:30pm Afternoon Snack during Music (S) 3:00pm Games Shows or Funny Movie Clips (C/S)	**4** 8:00am Candy Word Searches (C/S) 9:00am Breakfast (S) 10:30am Candy Bingo (C/S) 11:30am Candy Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Candy Trivia (C/S) 12:30pm Lunch (S) 1:30pm Guess the Candy by the Slogan Game (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)	**5** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**6** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)
9 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Music with Dana (C/S) 11:30am Starting Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Bingo (C/S) 2:30pm Afternoon Snack (S) 2:45pm Tabletop Activities (C/S) 3:15pm Games Shows or Funny Movie Clips (C/S)	**10** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**11** 8:00am Veteran's Day Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Veteran's Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Veteran's Day 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)	**12** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**13** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch w/ Birthday Dessert (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)
16 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**17** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**18** 8:00am Mickey Mouse Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Mickey Mouse Birthday Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Mickey Mouse Trivia (C/S) 12:30pm Lunch (S) 1:30pm Mickey Mouse Craft (C/S) 2:30pm Afternoon Snack (S) 3:00pm Mickey Mouse Cartoon Clips (C/S)	**19** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**20** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Absurdity Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Absurd Trivia (C/S) 12:30pm Lunch (S) 1:30pm Sing-along or Puzzle Games (C/S) 2:00pm Absurd Attire Runway Show (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Tabletop Activities (C/S) 3:15pm Games Shows or Funny Movie Clips (C/S)
23 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Music with Dana (C/S) 11:30am Starting Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:30pm Bingo (C/S) 2:30pm Afternoon Snack (S) 2:45pm Tabletop Activities (C/S) 3:15pm Games Shows or Funny Movie Clips (C/S)	**24** 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)	**25** 8:00am Thanksgiving Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Thanksgiving Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Thanksgiving Trivia (C/S) 12:30pm Thanksgiving Lunch w/ Dessert (S) 1:30pm "Home for the Holidays" Movie (C/S) 2:30pm Afternoon Snack during Movie (S) 3:00pm Games Shows or Funny Movie Clips (C/S)	**26** **CLOSED** 	**27** **CLOSED**
30 8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Starting Day Discussions (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)				

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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 **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 systems with understanding and openness
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