


	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Robert "Boh" B. – 06.21 Bleu (Program Assistant) – 06.22</p> <p>Monthly Birthday Celebration – 06.19</p> <p>Special Events</p> <p>06.01 – National Game Show Day 06.05 – National Doughnut Day 06.10 – National Black Cow Day 06.11 – National Career Nurse Assistants Day 06.12 – National Movie Night "Big Business" Movie Showing in PM 06.15 – National Smile Power Day 06.17 – National Root Beer Day 06.19 – Juneteenth Father's Day Celebrated (Actual 06.21) 06.23 – National Pink Day SHOW YOUR LOVE OF PINK (clothes, nails, hat, etc) 06.25 – National LEON Day (6 months til Christmas) 06.29 – National Darts Day</p> <p>Holidays</p> <p>06.19 - Juneteenth</p>	<p>1</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Game Show Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm "The Game Show Game Show" Trivia (PSL Trivia - YouTube) (C/S) 12:30pm Lunch (S) 1:30pm Team Pictionary Board Games (C/S) 2:30pm Afternoon Snack (S) 2:45pm Tabletop Activities (C/S) 3:15pm Games Show Clips (C/S)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>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)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Doughnut Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Doughnut Trivia (C/S) 12:30pm Lunch w/ Doughnut 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)</p>
	<p>8</p> <p>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)</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 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)</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 Black Cow Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Black Cow Trivia (C/S) 12:30pm Lunch w/ Black Cow 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)</p>	<p>11</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Nurse Assistants 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)</p>	<p>12</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Movie Night Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch (S) 1:15pm "Big Business" Movie (C/S) 2:30pm Afternoon Snack during Movie (S) 3:00pm 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 Smile Power 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)</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 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)</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 Root Beer Day Discussions/Tasting (C/S) 11:45am Exercise (C/P/S) 12:00pm Root Beer 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>18</p> <p>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)</p>	<p>19</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Juneteenth/Fathers Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Trivia (C/S) 12:30pm Lunch w/ Birthday Cake 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)</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 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)</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 Pink Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Pink 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)</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 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)</p>	<p>25</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am LEON Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm LEON 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)</p>	<p>26</p> <p>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)</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 Darts Day Discussions (C/S) 11:45am Exercise (C/P/S) 12:00pm Darts Trivia (C/S) 12:30pm Lunch (S) 1:30pm Darts Tournament Game (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 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)</p>			

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