




	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Judi 06/01 Lylus 06/05 Maria R 06/08 William 06/13 Margaret K 06/17</p> <p>Special Events</p> <p>Sport T-Shirt Day 06/03 Flag Day Craft Day 06/10 Flag Day Party! 06/14 Father's Day Party 06/17 Birthday Party 06/24</p> <p>Holidays</p> <p>Flag Day 06/14 Father's Day 06/19</p> <p>Day Center Closed 06/20</p>			<p>1</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day / News – (S) 10:30am Chair Exercise – (P) 11:00am Missing Letter – (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Darts – X Marks the Spot – (P) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	<p>2</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day / News – (S) 10:30am Chair Exercise – (P) 11:00am Unscramble (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Punching Ball (P) 2:00pm Family Feud – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	<p>3</p> <p>7:30am Tabletop Activities/Breakfast – (S) 10:00am Opening Day / News – (S) 10:30am Chair Exercise – (P) 11:00am Sims – Let's Build a City – (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Stretching (P) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C) **** Favorite Sport's Team Shirt Day ****</p>	
		<p>6</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day / News – (S/C) 10:30am Chair Exercise – (P) 11:00am Connecting Letter (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Overtime! Basketball – (P) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>7</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Opposites (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Yoga (P) 2:00pm Trivia (C) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>8</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Let's Travel - State Capitals (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Meditation – Mind Cleanse (S) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>9</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Music Therapy/Band Practice – (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Bean Bag Toss – (P) 2:00pm Rhyme Time! (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>10</p> <p>7:30am Tabletop Activities/Breakfast – (S) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Missing Letter – (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Flag Day Arts 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>
		<p>13</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Name 10 (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Stretching (P) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>14</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Who Am I? (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Weight Training (noodle) (P) 2:00pm Flag Day Party Time!!! (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>15</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Hangman (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Yoga 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>16</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Around the World Countries that start with (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm X Marks the Spot Darts (P) 2:00pm Laughing Hour (Jokes) (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop Activities – (S/C)</p>	<p>17</p> <p>7:30am Tabletop Activities/Breakfast – (S) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Name the Tune – (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Punchball Knockout – (P/S) 2:00pm Bingo! Was his name-o – (S) 3:00pm Father's Day Celebration– (S) 4:00pm Tabletop Activities – (S/C)</p>
		<p>20</p> <p>Closed All Staff Retreat</p>	<p>21</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Math Quiz (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Bean Bag Toss (P) 2:00pm Price is Right (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	<p>22</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Remember when 40s 50s 60s Prices (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Sing A Long (S) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	<p>23</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Music Therapy/Band Practice – (S) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Basketball Overtime! (P) 2:00pm Arts and Craft Watercolor (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	<p>24</p> <p>7:30am Tabletop Activities/Breakfast – (S) 10:00am Opening Day/News – (S) 10:30am Chair Exercise – (P) 11:00am Word Egg Scramble – (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Fun in the Sun- Beach Ball (P) 2:00pm Bingo! Was his name-o – (S) 3:00pm Birthday Party Time!! – (S) 4:00pm Tabletop activities – (S/C)</p>
		<p>27</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Math Quiz (C) 12:00pm Lunch 1:00pm High Noon Tea/Coffee 1:30pm Punch Ball (P) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack 4:00pm Tabletop activities – (S/C)</p>	<p>28</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Rhyme Time © 12:00pm Lunch 1:00pm High Noon Tea/Coffee 1:30pm Sing A Long (S) 2:00pm Animals A-Z (C) 3:00pm Afternoon Snack 4:00pm Tabletop activities – (S/C)</p>	<p>29</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Unscramble (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Names A-Z (C) 2:00pm Bingo! Was his name-o – (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	<p>30</p> <p>7:30am Tabletop Activities/Breakfast – (S/C) 10:00am Opening Day/News – (S/C) 10:30am Chair Exercise – (P) 11:00am Occupations – (C) 12:00pm Lunch (S) 1:00pm High Noon Tea/Coffee (S) 1:30pm Stretching (P) 2:00pm Family Feud Battle (S) 3:00pm Afternoon Snack (S) 4:00pm Tabletop activities – (S/C)</p>	



June 2022



Wellington

Specialized Alzheimer's Day Care Program St. Lucie

295 NW Prima Vista Blvd
 Port St. Lucie, FL 34983
 Mon-Fri: 7:30 – 5:30pm
 772-212-4579
 www.alzcare.org

Wendy Sinkular, LPN Program Manager
 Erin Lepak LPN-Program Nurse



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-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 (P)	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 (S)	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
Spiritual (S)	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 (E)	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