



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>Henry: 11/13. Barbara 11/20</p> <p>Special Events</p> <p>11/11 – Veterans Day 11/19– “Have a Bad day “Day 11/28–Thanksgiving Day</p>					<p>8:00 am Tabletop Activities (C/S) 9:00- 10 am Breakfast (S) 10:00 am Morning Flag Songs (C/S) 10:30 am live Music/Dancing with Dana 11:30 am Chair yoga 12:00pm -1pm Lunch (S) 2:00 pm Bingo 2:30- 3:00pm Afternoon Snack (S) 3:00pm Stretching Exercises (C/S/P) 3:30 pm Comedy Movie (C/S/P) 4:00 Tabletop Activities/ (C, S)/ Puzzles/Coloring/Sorting (C/S)</p>
	4	5	6	7	8
	<p>8:00am Tabletop Activities 9:am -10 am Breakfast (S) 10:00am Morning Flag Songs (C/S) 11:00am Dog Therapy-Humane Society (C/S) 11:30 Trivia and board game 12:00pm -1:00 Lunch (S) 1:30pm Socialize with peers /current events (C/P/S) 2:00pm Bingo with Terry (C/S) 2:30- 3 pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along/Dance party.</p>	<p>8:00am Tabletop Activities 9:am -10 am Breakfast (S) 10:00am Morning Flag Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:00pm -1:00 Lunch (S) 1:30pm Socialize with peers /current events (C/P/S) 2:00pm Bingo Game (C/S) 2:30- 3 pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along/Dance party.</p>	<p>8:00am Tabletop Activities 9:am -10 am Breakfast (S) 10:00am Morning Flag Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:00pm -1:00 Lunch (S) 1:30pm Socialize with peers /current events (C/P/S) 2:00pm Bingo Game (C/S) 2:30- 3 pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along/Dance party.</p>	<p>8:00am Tabletop Activities 9:am -10 am Breakfast (S) 10:00am Morning Flag Songs (C/S) 11:00am Chair Exercise (P/C/S) 11:30 Trivia and board game 12:00pm -1:00 Lunch (S) 1:30pm Socialize with peers /current events (C/P/S) 2:00pm Bingo Game (C/S) 2:30- 3 pm Afternoon Snack (S) 3:30 pm Stretching 4:00pm Sing -along/Dance party.</p>	<p>8:00 am Tabletop Activities (C/S) 9:00- 10 am Breakfast (S) 10:00 am Morning Flag Songs/ Trivia (C/S) 10:30 am Live Music/Dancing with Dana 11:30 am Chair yoga 12:00pm -1pm Lunch (S) 1:30pm Socialize with peers (C/P/S) 2:00 pm Bingo 2:30- 3:00pm Afternoon Snack (S) 3:00pm Stretching Exercises (C/S/P) 3:30 pm Comedy Movie (C/S/P) 4:00 Tabletop Activities/ (C,S)</p>
	11	12	13	14	15
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	18	19	20	21	22
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25	26	27	28	29	
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November 2024



North Stuart

Specialized Alzheimer's Day Care Program N. Stuart

2200 North Federal Hwy
Stuart, FL 34994

Mon-Fri: 8:00am – 5:00pm

772-692-6981

www.alzcare.org

Val Vranescu, LPN Program Manager
TBD-Program Nurse



24 Hour Crisis Line

1-800-394-1772

Therapeutic Activities	Examples of Therapeutic Activities	Definitions
Cognitive	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	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	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	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	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