



9:30am Breakfast (S)
10:30am Bingo or Craft Time (C/S)

12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S)

3:30pm Tabletop Activities (C/S)

2:00pm Game Time (C/P/S)

2:30pm Afternoon Snack (S)

11:45am Whistleblower Day Trivia (C/S)

2:45pm Sing-along or Puzzle Games (C/S)

4:00pm Games Shows or Funny Movie Clips (C/S)

11:15am Exercise (P)

11:00am Whistleblower Day Discussions (C/S)

July 2024

9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S)

11:15am Exercise (P) 11:45am Trivia (C/S)

11:00am Starting Day Discussions (C/S)

2:45pm Sing-along or Puzzle Games (C/S)

4:00pm Games Shows or Funny Movie Clips (C/S)

12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S)

3:30pm Tabletop Activities (C/S)

2:00pm Game Time (C/P/S)

2:30pm Afternoon Snack (S)

Port Saint Lucie St. Andrews

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

Happy Birthday



07.01 – Jan K. 07.15 – Herman C.

07/10 - Monthly Birthday Celebration

Special Events

07.03 – 4th of July Celebrations Observed (07.04)

07.08 – National Freezer Pop Day

07.10 - Birthday Celebration

07.17 – World Emoji Day

07.19 - Movie Day (Star Wars)

07.23 - National Vanilla Ice Cream Day

07.30 - National Whistleblower Day

Holidays

07.04 – Independence Day – CLOSED 07.05 – CLOSED

	Monday	Tuesday	Wednesday	Thursday	Friday
	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S)	8:00am 4th of July Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Red, White, and Blue Bead Bingo (C/S) 11:00am 4th of July Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch w/ mini holiday cupcake dessert (S) 12:30pm Lunch w/ mini holiday cupcake dessert (S) 12:00pm Game Time (C/P/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm 4th of July Word Scramble Game (C/S)	happy	CLOSED
	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)		
	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:30am Freezer Pop Day Discussions (C/S) 11:15am Exercise (P) 11:45am Freezer Pop Trivia and Treat (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Atternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Birthday Celebration (C/S) 2:30pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)
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	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 12:30pm Tabletop Activities (C/S) 2:30pm Game Time (C/P/S) 2:30pm Atternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S) 8:00am Tabletop Activities (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Vanilla Ice Cream Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch W Vanilla Ice Cream Dessert (S) 1:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S) 8:00am Tabletop Activities (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 12:30pm Tabletop Activities (C/S) 2:00pm Game Time (C/P/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S) 8:00am Tabletop Activities (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)	8:00am Tabletop Activities (C/S) 9:30am Breakfast (S) 10:30am Bingo or Craft Time (C/S) 11:00am Starting Day Discussions (C/S) 11:15am Exercise (P) 11:45am Trivia (C/S) 12:30pm Lunch (S) 1:30pm Tabletop Activities (C/S) 2:30pm Afternoon Snack (S) 2:45pm Sing-along or Puzzle Games (C/S) 3:30pm Tabletop Activities (C/S) 4:00pm Games Shows or Funny Movie Clips (C/S)

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3:30pm Tabletop Activities (C/S)

2:00pm Game Time (C/P/S)

2:30pm Afternoon Snack (S)

11:45am Trivia (C/S)

11:00am Starting Day Discussions (C/S) 11:15am Exercise (P)

2:45pm Sing-along or Puzzle Games (C/S)

4:00pm Games Shows or Funny Movie Clips (C/S)



July 2024



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 – 5:00pm 772-212-4579 www.alzcare.org

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



1-800-394-1772

Definitions

Cognitive (C)	Word Games, Math Games, Trivia Games, Reminiscence,	Encouraging thinking, reasoning, reminiscing; stimulating retained/long-term memories and integrating those memories into
	Board Games, "Current" Events, Morning Announcements,	activities; acknowledging and accepting the patient's perception of his/her "world" in a supportive, engaging, nonjudgmental
	Tabletop Activities (patient specific individual tasks) -	environment; encouraging and rewarding creativity
	coloring, bean sorting, puzzles, folding	
Physical (P)	Chair Exercise, Dancing, Arts and Crafts, Noodle	Exercising both gross motor and fine motor skills; facilitating movement and maximizing physical independence while optimizing
	Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss,	safety
	Bowling, Golf Putting, Charades	
Social (S)	Building a Story, Trivia "Competition", Music Therapy, Sing-	Honoring the human condition and need for relationships and social contact; encouraging social interaction and connection with
	along, Group craft building, Group discussion, Group	peers based on shared interests and abilities; acknowledging the patient's successes, maximizing dignity and self-esteem
	Games, Mealtime Social Hours	
Spiritual	Non-judgmental safe environment at all times.	Promoting balance between the patient's inner and outer worlds; honoring the family's heritage and culture, providing an
	Music-patient's choice, Recognizing unique culture and	atmosphere of calm, harmony, and safety where the patient can be him/herself with pride; respecting each person's unique belief
	faiths in discussions and in song, positive reinforcement of	system
	all endeavors	
Emotional	Positive Communication at all times:	Understanding and compassionately caring for the patient's emotional needs by providing a nurturing environment; communicating
	Validation, Therapeutic Touch, Praise/Encouragement,	with the patient in a supportive, validating manner, with understanding of, and empathy for, limitations imposed by Alzheimer's
	Positive Behavioral Interventions	disease or a related neurocognitive disorder; communicating positively both verbally and nonverbally guided by the patient's abilities
	Social (S) Spiritual	Board Games, "Current" Events, Morning Announcements, Tabletop Activities (patient specific individual tasks) - coloring, bean sorting, puzzles, folding Physical (P) Chair Exercise, Dancing, Arts and Crafts, Noodle Ball/Volleyball, Dancing, Magnetic Darts, Bean Bag Toss, Bowling, Golf Putting, Charades Social (S) Building a Story, Trivia "Competition", Music Therapy, Singalong, Group craft building, Group discussion, Group Games, Mealtime Social Hours 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 Emotional Positive Communication at all times: Validation, Therapeutic Touch, Praise/Encouragement,