

January 2025 January Fort Pierce

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--|
| Monthly Schedule subject to change based on program discretion/patient needs. <u>Happy Birthday</u> | | | Happy New Years! Closed | 2 7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:30am National Nail Polish Day Manicure (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:30pm, Early Bird Snack Special (S) 3:30pm Been Around the World (C/S) 3:30pm Relaxation and Restoration (S/E) 4:00pm Tabletop Activities (C,S) | 3 7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:30am Go Together Gang (C/S) 12:30pm Love, Laugh & BINGO (C/S/E) 2:30pm Love, Laugh & BINGO (C/S/E) 2:30pm Early Bird Snack Special (S) 3:00pm Strength in Stretching (P/S) 4:00pm Tabletop Activities (C/S) |
| Special Events Jan 15-Wear a hat day | 6 7:30am Tabletop Time (C) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 1:30pm Gray Vs Silver (C/S/E) 2:30pm Relaxation and Restoration (S/E) 2:30pm Early Bird Snack Special (S) 3:00pm Remanesce Reunion (C/S/E) 3:30pm Silver Sneaker Society (P/S) 4:00pm Tabletop Activities (C/S) | 7 7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/S) 11:00am Fitness is Golden (P/S) 11:30am Listen to Your Heart, (P/C/S/E) 12:30pm Lunch (S) 1:30pm Love, Laugh & BINGO (C/S/E) 2:30pm Relaxation and Restoration (S/E) 2:30pm Been Around the World (C/S) 3:30pm Relaxation and Restoration (S/E) 4:00pm Tabletop Activities(C/S) | 8 7:30am Tabletop Time (C) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am Passionate Pursuit, (P/S/E) 11:30am Fact or Fiction (C/S) 12:30pm Lunch (S) 13:30pm Gray Vs Silver (C/S/E) 2:30pm Wheels of Change (S/C/E) 2:30pm Early Bird Snack Special (S) 3:00pm Remanesce Reunion (C/S/E) 3:30pm Silver Sneaker Society (P/S) 4:00pm Tabletop Activities (C/S) | 9 7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements (C/P/S) 11:00am National Nail Polish Day Manicure (P/S) 11:30am Vintage Venture (C/S) 12:30pm Lunch (S) 1:30pm Brain Bucket (C/S) 2:30pm, Early Bird Snack Special (S) 3:00pm Been Around the World (C/S) 3:30pm Relaxation and Restoration (S/E) 4:00pm Tabletop Activities (C/S) | 10 7:30am Tabletop Time (C/S) 9:30am Early Risers Breakfast (S) 10:30am Rise n' Shine Announcements(C/S) 11:30am Go Together Gang (C/S) 12:30pm Love, Laugh & BINGO (C/S/E) 2:30pm Love, Laugh & BINGO (C/S/E) 2:30pm Early Bird Snack Special (S) 3:00pm Strength in Stretching (P/S) 4:00pm Tabletop Activities (C/S) |
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January 2025



Specialized Alzheimer's Day Center Program Fort Pierce 2900 South Jenkins Rd Fort Pierce, FL 34981 Mon-Fri: 7:30 – 4:30pm (772) 466-3261 www.alzcare.org

Courtney Davis, LPN Program Manager Lynda Cappello, LPN Program Nurse



1-800-394-1772 Definitions

| 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 |