

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


**Happy Birthday**

Connie 11-13  
Annette 11/25  
Nancy 11-25



**Special Events**

11/4 National Candy Day  
11/18 National Apple Cider Day

	Monday	Tuesday	Wednesday	Thursday	Friday
					<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Silver Sneakers Club (P/S)</p> <p>11:30am Go Together Gang (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm No Spring Chicken (P/S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Strength in Stretching (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>
	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm Relaxation and Restoration (S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Fitness is Golden (P/S)</p> <p>11:30am Listen to Your Heart, (P/C/S/E)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm Relaxation and Restoration (S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Been Around the World (C/S)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm Wheels of Change (S/C/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am National Nail Polish Day Manicure (P/S)</p> <p>11:30am Vintage Venture (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Brain Bucket (C/S)</p> <p>2:00pm Devine Drawings (C/S)</p> <p>2:30pm, Early Bird Snack Special (S)</p> <p>3:00pm Been Around the World (C/S)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Silver Sneakers Club (P/S)</p> <p>11:30am Go Together Gang (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm No Spring Chicken (P/S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Strength in Stretching (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>
	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm Wheels of Change (S/C/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Fitness is Golden (P/S)</p> <p>11:30am Listen to Your Heart, (P/C/S/E)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm Relaxation and Restoration (S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm National Yoyo Day (C/S)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm Wheels of Change (S/C/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am National Nail Polish Day Manicure (P/S)</p> <p>11:30am Vintage Venture (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Brain Bucket (C/S)</p> <p>2:00pm Devine Drawings (C/S)</p> <p>2:30pm, Early Bird Snack Special (S)</p> <p>3:00pm Been Around the World (C/S)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Silver Sneakers Club (P/S)</p> <p>11:30am Go Together Gang (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm No Spring Chicken (P/S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Strength in Stretching (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>
	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm National Sweet Tea Day (S/C/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Fitness is Golden (P/S)</p> <p>11:30am Listen to Your Heart, (P/C/S/E)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm Relaxation and Restoration (S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm Wheels of Change (S/C/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am National Nail Polish Day Manicure (P/S)</p> <p>11:30am Vintage Venture (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Brain Bucket (C/S)</p> <p>2:00pm Devine Drawings (C/S)</p> <p>2:30pm, Early Bird Snack Special (S)</p> <p>3:00pm Been Around the World (C/S)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Silver Sneakers Club (P/S)</p> <p>11:30am Go Together Gang (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm No Spring Chicken (P/S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Strength in Stretching (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>
	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray VS Silver (C/S/E)</p> <p>2:00pm Relaxation and Restoration (S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C/S)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/S)</p> <p>11:00am Fitness is Golden (P/S)</p> <p>11:30am Listen to Your Heart, (P/C/S/E)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Love, Laugh &amp; BINGO (C/S/E)</p> <p>2:00pm Relaxation and Restoration (S/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Been Around the World (C/S)</p> <p>3:30pm Relaxation and Restoration (S/E)</p> <p>4:00pm Tabletop Activities (C/S)</p>	<p>7:30am Tabletop Time (C)</p> <p>9:30am Early Risers Breakfast (S)</p> <p>10:30am Rise n' Shine Announcements (C/P/S)</p> <p>11:00am Passionate Pursuit, (P/S/E)</p> <p>11:30am Fact or Fiction (C/S)</p> <p>12:30pm Lunch (S)</p> <p>1:30pm Gray Vs Silver (C/S/E)</p> <p>2:00pm Wheels of Change (S/C/E)</p> <p>2:30pm Early Bird Snack Special (S)</p> <p>3:00pm Remanescence Reunion (C/S/E)</p> <p>3:30pm Silver Sneaker Society (P/S)</p> <p>4:00pm Tabletop Activities (C/S)</p>		<p><b>CLOSED</b></p>



November 2024



Fort Pierce

**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



**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 <b>at all times.</b> 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 <b>at all times:</b> 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