

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Monthly Schedule subject to change based on program discretion/patient needs.</i></p> <p>Happy Birthday</p>  <p>Special Event Shirley 01/23</p>			<p>1</p> <p><i>Happy New Years!</i></p> <p><i>Closed</i></p>	<p>2</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says (C) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>3</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30 Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>6</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am National Shortbread Day 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>7</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 12:00pm Lunch (S) 1:00pm Bowling (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>8</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:15am Hangman (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p>	<p>9</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Law Enforcement Appreciation Day 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>10</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Movie Day 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>13</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>14</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Ring Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>15</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:15am Trivia 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p>	<p>16</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am National Fig Newton Day 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>17</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Book Trivia 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>20</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Martin Luther King JR. Day 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>21</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bowling (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>22</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:15am Book Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p>	<p>23</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says (C) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>24</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Movie Day 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>
	<p>27</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C/S) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>28</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bowling (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>29</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:15am Hangman (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C)</p>	<p>30</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says (C) 11:30am Trivia (C) 12:00pm Lunch (S) 1:00pm Bean Bag Toss (P) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>	<p>31</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Simon Says (C) 11:00am National Hot Chocolate Day 11:30 Trivia (C) 12:00pm Lunch (S) 1:00pm Bingo (C) 2:00pm Afternoon Snack (S) 3:00pm Let's Talk About It! (C/S) 4:00pm Tabletop Activities (C/S)</p>



January 2025

January

Port St. Lucie (Grace)

**Specialized Alzheimer's
Day Care Program Port St. Lucie**

555 SW Cashmere Blvd.
Port St. Lucie, FL 34983
Mon-Fri: 8:00 – 5:00pm
(772) 732-9200
www.alzcare.org

Phyllis Rich, LPN Program Manager
Kennethia Johnson, 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 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



January 2025

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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
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