



| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Monthly Schedule subject to change based on program discretion/patient needs.</p> <p>Happy Birthday</p>  <p>ANNIE 08/30</p> <p>Special Event: 07/02-Made in the USA 07/09-Cow Appreciation Day 07/11-National Blueberry Muffin Day 07/18-Nelson Mandela Day 07/26-XXXIII Olympic games in Paris 07/31-National Avocado Day</p> | <p>1</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>2</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:30am Made in the USA 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>3</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am Word Game (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>4</p>  | <p>5</p> <p>CLOSED</p> |
| | <p>8</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>9</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 11:30am Cow Appreciation Day 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>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 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>11</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Spelling Bee (C) 11:30am National Blueberry Muffin 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>12</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>15</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>16</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 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>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 Word Game (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>18</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Spelling Bee (C) 11:30am Nelson Mandela 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>19</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>22</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>23</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 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>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 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>25</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>26</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am xxxIII Olympic games 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> |



July 2024

Port St. Lucie (Grace)

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| <p>29</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>30</p> <p>8:00am Tabletop Activities (C/S) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 10:30am Music with Dana 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>31</p> <p>8:00am Tabletop Activities (C) 9:00am Breakfast (S) 10:00am Rise and Shine (C/S) 11:00am Exercise (P) 11:30am National Avocado Day 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> |
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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
Program Nurse TBD



24 Hour Crisis Line

1-800-394-1772

Therapeutic Activities

Examples of Therapeutic Activities

Definitions

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| 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 memory activities; acknowledging and accepting the patient's perception of his/her "world" environment; encouraging and rewarding correct responses |
| 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 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 interaction with peers based on shared interests and abilities; acknowledging the patient's success |



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| <p>Spiritual</p> | <p>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</p> | <p>Promoting balance between the patient's inner and outer worlds; honoring the atmosphere of calm, harmony, and safety where the patient can be him/herself with the system</p> |
| <p>Emotional</p> | <p>Positive Communication at all times: Validation, Therapeutic Touch, Praise/Encouragement, Positive Behavioral Interventions</p> | <p>Understanding and compassionately caring for the patient's emotional needs by providing support with the patient in a supportive, validating manner, with understanding of, and empathy for the patient's disease or a related neurocognitive disorder; communicating positively both verbally and non-verbally</p> |