

September 2020– Keystone Cottage Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Haley 9:00 Exercise 10:00 Music Therapy 1:30 Creativity Hour 3:00 Coloring 6:00 Calming Hour	2 Haley 9:00 Exercise 10:00 Make Brownies 1:30 Popsicle Stick Craft 3:30 Sing A Long 5:30 Bird Watching	3 Shawna 9:30 Exercise 10:00 Husk Sweet Corn 1:00 Fall Coloring 2:00 Fall Reminiscing 3:30 Sing A Long 6:00 Calming Hour	4 Shawna 9:30 Music w/ Deann 10:00 Bus Ride 1:30 Exercise with Angi 3:30 Magazine Craft 6:00 Calming Hour	5 10:00 Exercise 1:30 Bird Watching 3:00 Sensory Activity 6:00 Calming Hour
6 9:00 Church on T.V. 1:30 Daily Chronicles 3:00 Patio Time 6:00 Calming Hour	7 LABOR DAY Picnic Style Lunch 1:30 Patio Time 3:00 Puzzles 6:00 Calming Hour	8 Haley 9:00 Exercise 10:15 Manicures 1:30 Memory Magic 3:00 Patio and Stories 6:00 Calming Hour	9 Haley 9:00 Exercise 10:15 Tic Tac Toe 1:30 Table Games 3:00 Movie Time 6:00 Calming Hour	10 Shawna 9:15 CR Hearing Center 9:30 Exercise 10:00 Popular Baby Names 1:30 Submarine Tour 3:30 Family History 6:00 Calming Hour	11 Shawna 9:30 Music w/ Deann 10:00 Bus Ride 1:00 Exercise w/ Angi 1:30 MUSIC: Mike Williams-CY 3:30 Pet Talk 6:00 Calming Hour	12 10:00 Exercise 1:30 Imagination Game 3:00 Creativity Time 6:00 Calming Hour
13 9:00 Church on T.V. 1:30 Paper Reading 3:00 Patio Time 6:00 Calming Hour	14 Shawna 9:30 Exercise 10:00 Who is Johnny Appleseed 1:00 Hand Massages 2:30 Kickball 3:30 Patio Time 5:30 Old Jewelry Talk	15 Haley 9:00 Exercise 10:00 Music Therapy 1:30 Flower Arrangements 3:00 Balloon Toss 6:00 Calming Hour	16 Haley 9:00 Exercise 10:15 Necklace Making 1:15 Fire Drill 2:30 La La Ladies—CY 5:30 Patio & Stories	17 Shawna 9:30 Exercise 10:00 Pizza Making for lunch 1:00 Nature Walk 2:30 This Day in History 3:30 Go Fish 6:00 Calming Hour	18 Shawna 9:30 Music w/ Deann 10:00 Bus Ride 1:30 Exercise w/ Angi 3:30 Storytime 6:00 Calming Hour	19 10:00 Exercise 1:30 Word Search 3:00 Poems on the Patio 6:00 Calming Hour
20 9:00 Church on T.V. 1:30 This Day in History 3:00 Patio Time 6:00 Calming Hour	21 Shawna 9:30 Exercise 10:00 BINGO 1:30 Iowa History 3:00 Bean Bag Toss 5:30 Poems	22 Haley 9:00 Exercise 10:15 Manicures 1:30 Magazine Craft 3:00 Nursery Rhymes 6:00 Calming Hour	23 Haley 9:00 Exercise 10:15 Famous Sayings 1:30 Cheerio Necklace 3:00 Horse Shoes 5:30 Movie Time	24 Shawna 9:30 Exercise 10:00 Memory Magic 1:30 Fun Facts 3:00 Fall Food List 6:00 Calming Hour	25 Shawna 9:30 Music w/ Deann 10:00 Bus Ride 1:30 Exercise w/ Angi 3:30 Funny Videos 6:00 Calming Hour	26 10:00 Exercise 1:30 Movie 3:00 Patio Time 6:00 Calming Hour
27 9:00 Church on T.V. 1:30 "I SPY" 3:00 Stretches 6:00 Calming Hour	28 Shawna 9:30 Exercise 10:00 Collect Leaf Walk 1:00 Connect 4 2:30 Kindness Cards 5:30 Movie Time	29 Haley 9:00 Exercise 10:15 Manicures 1:30 Bake Cookies 3:00 Bird Watching 6:00 Calming Hour	30 Haley 9:00 Exercise 10:15 Stories of Life 1:30 Sing A Long 3:00 Name the Presidents 5:30 Coloring			