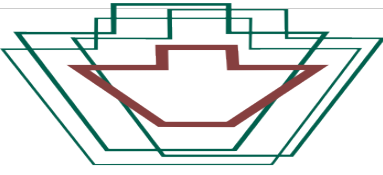




MEMORY CARE NOVEMBER 2020



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00- Chalice of Salvation 10:45- Sing Along 1:00- Chair Yoga 2:00- Penny Ante 3:30- Picture Books and Puzzles 6:00- Soothing Music and Massage	2 9:30- Exercise 10:00- Mindful Meditation 10:30- Communion in the IL Dining Room 1pm- Craft Corner 2pm-Table Top Games 3:30pm- Autumn Aerial Backgrounds and Hot Cider	3 Election Day 9:30- Strength Training 10:30-Warm and Cozy A to Z 1pm- Music Making with Brianna 2:30- Willie Nininger Performs- Stonybrook Dining Room 4:00- Whistle While We Work	4 9:30- Drumming with Marilyn 10:00- Scenic Ride 1pm-Ballroom Dancing Demo 1:30- Rusty Music Therapy- Stonybrook Dining Room 3:00- Throw Blanket Bingo	5 9:30- Yoga with Marilyn 10:30- Baking 1:00- Manicures and Melodies 1:30- Fireside Happy Hour 3:30- Musical Bingo	6 9:30- Meditation and Massage 10:30- Making Fleece Pillows 1pm-Rosary 2pm-Adult Coloring 3:30- Nature Documentary	7 9:00- Spiritual Music 10:00- Relaxing Massage 11:15- Keystone Cruisers 1:00- Popcorn Club 3:00- TableTop Tasks 6:00- Chorus Practice
8 10:00- Chalice of Salvation 10:45- Sing Along 1:00- Chair Yoga 2:00- Penny Ante 3:30- Picture Books and Puzzles 6:00- Soothing Music and Massage	9 9:30- Exercise 10:00- Message and Meditation 10:30- Communion in the IL Dining Room 1pm- Craft Corner 2:30- Rusty Music Therapy- Stonybrook Dining Room 3:30 National Geographic Presentation	10 Wear your Favorite Sweater Day 9:30- Strength Training 10:30- Words in a Word 1pm- Music Making with Brianna 2:00- Warm and Cozy BubbleTalk 4:00- Whistle While We Work	11 Veteran's Day 9:30- Drumming with Marilyn 10:00 am Scenic Ride 12:00- Veteran's Luncheon in the IL Dining Room followed by virtual performance from Patty Carver-For our Veterans 2:30- Bingo 3:30- Shake a Memory	12 9:30- Yoga with Marilyn 10:30-Baking 1pm- Manicures and Melodies 2:00- Fireside Happy Hour 3:30- Movie Star Bingo	13 9:30- Meditation and Massage 10:30- Feel Good Stories 1:00-Comedy Club 2pm-Dancing with the Stars 3:30- Hang Man	14 9:00- Spiritual Music 10:00- Relaxing Massage 11:15- Keystone Cruisers 1:00- Popcorn Club 3:00- TableTop Tasks 6:00- Chorus Practice
15 10:00- Chalice of Salvation 10:45- Sing Along 1:00- Chair Yoga 2:00- LCR 3:30- Picture Books and Puzzles 6:00- Soothing Music and Massage	16 9:30- Exercise 10:30- Communion in the IL Dining Room 11:00- Adult Coloring 1:00- Craft Corner 2:00- Toss and Talk 3:30- Laugh Out Loud Videos	17 9:30- Strength Training 11:00- Table Talk- Word Searches 1pm- Music Making with Brianna 2:00- Balloon Volleyball 4:00- Whistle While We Work	18 Passport to Fun 9:30- Drumming with Marilyn 10:00am Scenic Ride 11:30- Norwegian Luncheon 1:30- Norway Craft 2:30- Norway Tasting 3:30- Documentary on Norway	19 9:30- Yoga with Marilyn 10:30- Johnny P Performs in Stonybrook Dining Room 12:00pm- Monthly Birthday Luncheon 1pm- Manicures and Melodies 2:00- Fireside Happy Hour 3:30-Animal Planet Presents	20 9:30- Meditation and Massage 10:30- Apples to Apples 11:30- Grilled Cheese and Tomato Soup luncheon 1:00- Afternoon Matinee 2:00- Rusty Music Therapy- Stonybrook Dining Room 2:30- Keystone's Got Talent Finale 3:30- Word Puzzles and More	21 9:00- Spiritual Music 10:00- Relaxing Massage 11:15- Keystone Cruisers 1:00- Popcorn Club 3:00- TableTop Tasks 6:00- Chorus Practice
22 10:00- Chalice of Salvation 10:45- Sing Along 1:00- Chair Yoga 2:00- Dominos 3:30- Picture Books and Puzzles 6:00- Soothing Music and Massage	23 9:30- Exercise 10:30- Communion in the IL Dining Room 11:00- Table Talk-Nickels 1:00- Craft Corner 2:30- Dave Collucci Performs in Stonybrook Dining Room 3:30 Travel Videos	24 9:30- Strength Training 10:30- Massage and Manicures 11:00- Table Talk- Adult Coloring 1pm- Music Making with Brianna 2pm-Tea Time Social 4:00- Whistle While We Work	25 9:30- Drumming with Marilyn 10:00am Scenic Ride 11:00- Table Talk- Words in a word 1:30- Prayer Group 1:30- Rusty Music Therapy- Stonybrook Dining Room 2:30- Bingo 3:30- Penny Ante	26 	27 Wear Your PJ's DAY Breakfast for Supper 9:30- Meditation and Massage 10:30-Manicures 1pm-Balloon Volleyball 2:00- Afternoon Virtual Tour 3:30- Hang Man	28 9:00- Spiritual Music 10:00- Relaxing Massage 11:15- Keystone Cruisers 1:00- Popcorn Club 3:00- TableTop Tasks 6:00- Chorus Practice
29 10:00- Chalice of Salvation 10:45- Sing Along 1:00- Chair Yoga 2:00- Dominos 3:30- Picture Books and Puzzles 6:00- Soothing Music and Massage	30 9:30- Exercise 10:00- Communion in the IL Dining Room 11:00- Table Talk-Resident Council Meeting 1:00- Craft Corner 3:30 Funny Videos			<u>Everyday Activities</u> 9:00- Coffee Chat 11:00- Table Set 2:30- Snack 4:00- Table Set 7:00- Classical Music	<u>Monthly Theme</u> 	*Activities are Subject to Change Danielle Hayes Memory Care Coordinator DHayes@keystonesenior.com