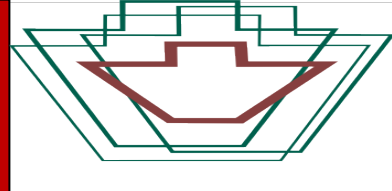




HOLISTIC HARBORS ASSISTED LIVING NOVEMBER 2020



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Day of Rest and Face Timing with Families If you need assistance Danielle is in the building from 9-3pm 2pm- Read Aloud Short Stories with Brooke- Piano Room 1st Floor</p>	<p>2</p> <p>9:00- Shopping- 5 person limit 9:30- News and Views 10:30- Communion w/Deacon Tom- IL Dining Room 1pm-Finish the Phrase- 2nd Floor 2pm- Pokeno- 3rd Floor Hallway 3pm- Wii Bowling- Theater 3:30pm- 1st Floor Exercises- 1st Floor Stonybrook Side</p>	<p>3 ELECTION DAY</p> <p>9:30- Tuesday Morning Tunes- 2nd Floor Act Room 10:30- Strength Training- 2A 10:30- Crossword Puzzle- 3rd Floor Hallway 1pm- The Choice 2020- Biden vs Trump- Documentary- Theater 10 person limit 2:30- Willie Nininger Performs- Stonybrook Dining Room</p>	<p>4</p> <p>9:30- Coffee Talk Fireside-2A 10:30- Morning Exercises- 3rd Floor Scenic Rides 12:30- Rosary- 3rd Floor 1:30- Rusty Music Therapy- Stonybrook Dining Room 2:00- Throw Blanket Bingo- 3rd Floor 3:30- 1st Floor Exercises- Strength Training- 1st Floor</p>	<p>5</p> <p>9:30- Concentration Puzzles-2A 10:30- Get Dressed Quickly Game 3rd Floor Hallway 1pm- Drumming in the Hallways- 1pm- Manicures done by appointment- Call Activities to schedule a time- in the Act Rm 3:00- Documentary- Autumn Watch PBS Series on New England Afternoon Happy Hour Stonybrook Door to Door- Apple Cart</p>	<p>6</p> <p>9:30- Smile Club Card Making-2A 10:30-Fleece Pillow Making 3rd Floor Act Room- 10 person limit 1:00- Craft Corner with Linda- 2A 2:30- Keystone's Got Talent 3rd Floor Act Room 3:00- Horse Racing-1.00 buy in 3rd Floor Act Room- 10 person limit</p>	<p>7</p> <p>Visit the Bored Board for a craft and things to do</p>
<p>8</p> <p>Day of Rest and Face Timing with Families If you need assistance Danielle is in the building from 9-3pm 2pm- Read Aloud Short Stories with Brooke- Piano Room 1st Floor</p>	<p>9</p> <p>9:00- Shopping- 5 person limit 9:30- News and Views-2A 10:30- Communion w/ Deacon Tom- IL Dining Room 12:30- Scrabble- 3rd Floor Act Rm 1pm- How Many Words in a Word- 2nd Floor 2:00- Pokeno- 3rd Floor Hallway 2:30- Rusty Music Therapy- Stonybrook Dining Room 3:00- Wii Bowling- Theater</p>	<p>10 Wear Your Favorite Sweater Day</p> <p>9:30- Tuesday Morning Tunes 10:30- Strength Training-2A 10:30- Warm and Cozy Bubble Talk 3rd Floor Hallway 2:00- Painting Class- Winter Scenes 3rd Floor Activity Room 3:30- Adult Coloring-2A 3:30- Blackjack (Dollar Buy-in) Music Therapy 1:1's</p>	<p>11 Veteran's Day</p> <p>9:30- Coffee Talk-2A 10:30- Morning Exercise- 3rd Floor Scenic Rides 12:00- Veteran's Lunch- IL Dining Room followed by Virtual Patriotic Performance with Patty Carver 12:30- Rosary- 3rd Floor 10 person limit 3:30- 1st Floor Exercises</p>	<p>12</p> <p>9:30- Concentration Puzzles-2A 10:30- Drumming in the Hallways- 3rd Floor 1pm- Manicures done by appointment 3:00-Writing Club Meets- 3A 3:00- Uno- 2A Afternoon Happy Hour Stonybrook Door to Door</p>	<p>13</p> <p>9:30- Smile Club Card Making-2A 10:00- Fitness Dice with Linda-2A 1pm-Craft Corner- 2A 1pm- Who Said That?- 3rd Floor Hallway 2:30- Keystone's Got Talent 3rd Floor Act Room 3:00- Shuffleboard-2A</p>	<p>14</p> <p>Visit the Bored Board for a craft and things to do</p>
<p>15</p> <p>Day of Rest and Face Timing with Families If you need assistance Danielle is in the building from 9-3pm 2pm- Read Aloud Short Stories with Brooke- Piano Room 1st Floor</p>	<p>16</p> <p>9:00- Shopping- 5 person limit 9:30- News and Views 10:30-Communion w/ Deacon Tom IL Dining Room 1pm-Dice Baseball- 2nd Floor 2:00- Pokeno- 3rd Floor 3:00-Wii Bowling- Theater- 4 person limit 3:30- 1st Floor Arthritis Exercises- 1st Floor Stonybrook Side</p>	<p>17</p> <p>9:30- Tuesday Morning Tunes 10:30- Knitting Corner- Bring your knitting and sit by the fire- 3rd Floor 12pm- Soup and Bread Bar To-Go 3rd Floor Act Room- Sign up 2:00-Painting Class - 3rd Floor Act Room- 10 person limit 3:30- Adult Coloring-2A 3:30- Horse Racing- 3rd Floor Act Room- 10 person limit Music Therapy 1:1's</p>	<p>18 Passport to Fun</p> <p>9:30- Coffee Talk-2A 10:30- Morning Exercise- 3rd Floor Scenic Rides 11:30- Norwegian Luncheon 12:30- Rosary- 3rd Floor 10 person limit 2:00- Breath Taking Scenes of Norway- 3rd Floor 3:00- Food and Facts of Norway Door to Door</p>	<p>19</p> <p>9:30- Concentration Puzzles-2A 10:30- Johnny P Performs in Stonybrook Dining Room 11:30- Monthly Birthday Lunch 1pm- Manicures done by appointment- Call Activities to schedule a time- in the Act Rm 3:00- Book Club- 3rd Floor 10- person limit Afternoon Happy Hour Stonybrook Door to Door</p>	<p>20</p> <p>9:30- Smile Club Card Making-2A 10:00- Hot Chocolate Bar Door to Door on Stonybrook 1pm-Comedy Club- 3rd Floor Hallway 2:00- Rusty Music Therapy- Stonybrook Dining Room 2:30- Keystone's Got Talent Finale 3rd Floor Act Room 3:00-Name that Tune-2A</p>	<p>21</p> <p>Visit the Bored Board for a craft and things to do</p>
<p>22</p> <p>Day of Rest and Face Timing with Families If you need assistance Danielle is in the building from 9-3pm 2pm- Read Aloud Short Stories with Brooke- Piano Room 1st Floor</p>	<p>23</p> <p>9:30- News and Views-2A 10:30- Communion w/Deacon Tom- IL Dining Room 1pm- Wheel of Fortune- 2nd Floor 2:30- Dave Collucci Performs in Stonybrook Dining Room 3:00-Wii Bowling- Theater- 4 person limit 3:30- 1st Floor Exercises- 1st Floor Stonybrook Side</p>	<p>24 Friendsgiving Pot-Luck</p> <p>9:30- Tuesday Morning Tunes 10:00- Making Stuffing and Mashed Potatoes- 10 person limit 12:00pm- Friendsgiving IL Dining room for those who signed up and brought a dish- More to Come</p> 	<p>25</p> <p>9:30- Coffee Talk/ Variety Show- Theater- 10:30- Morning Exercise-3rd Floor Scenic Rides 12:30- Rosary- 3rd Floor 10 person limit 1:30- Rusty Music Therapy- Stonybrook Dining Room 2:00- Fitness Bingo- 2A and 3A 3:30- 1st Floor Exercises</p>	<p>26 Thanksgiving</p> 	<p>27- PJ Day/ Breakfast for Dinner</p> <p>9:30- Smile Club Card Making-2A 10:30- Fitness Dice-2A 1pm- Afternoon Matinee- Popcorn Club 10 person limit 3:00-Shooting Range-2A</p>	<p>28</p> <p>Visit the Bored Board for a craft and things to do</p>
<p>29</p> <p>Day of Rest and Face Timing with Families If you need assistance Danielle is in the building from 9-3pm 2pm- Read Aloud Short Stories with Brooke- Piano Room 1st Floor</p>	<p>30</p> <p>9:30- News and Views-2A 10:30- Communion with Deacon Tom 1pm- Hang Man- 2nd Floor Resident Council In Room 2:00- Pokeno- 3rd Floor 10-person limit 3:00-Wii Bowling- Theater 4- Person limit 3:30- 1st Floor Exercises- 1st Floor</p>	<p>FriendsGiving Pot-Luck November 24th- Sign up to participate. You must make or bring something to partake. We will take orders for those who are participating and we will eat together in the IL Dining Room.</p> 	<p>MITTEN and HAT TREE</p> <p>Looking for donations of mittens and hats for the boys and girls club for our warm and cozy month Donation needs to be new with tags</p>	<p>Read A loud with Resident, Brooke in the Piano Room on the 1st Floor Nightly at 6:30 New Riveting Topic Nightly</p>	<p>*Activities are Subject to Change Amy Creasia Programming Specialist ACreasia@keystonesenior.com</p>	<p>Monthly Theme</p> <p>Warm & Cozy</p> 