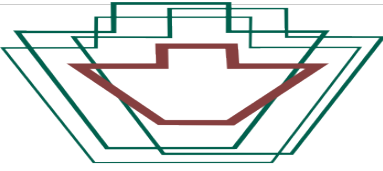






MEMORY CARE JANUARY 2021



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Monthly Theme</u></p> 	<p><u>Code Key</u> P- Physical C- Cognitive M- Meditation/Yoga/Tai Chi MT- Music Therapy AT- Art Therapy/Crafts MS- Multi-Sensory T- Task Oriented S- Social R- Religious</p>	<p><u>Everyday Activities</u> 9:00- Coffee Chat 11:00- Table Set 2:30- Snack 4:00- Table Set 7:00- Classical Music</p>	<p>*Activities are Subject to Change Danielle Hayes Memory Care Coordinator DHayes@keystonesenior.com</p>		<p><u>1 Happy New Year</u> 9:30- Meditation & Massage- (M) 10:30- Scarf Exercises- (P) 1pm-Rosary- (R) 2pm-Adult Coloring- (AT) 2:30- New Years Resolutions- (S) 3:00- New Year Boston Pops Concert and Fireworks- Youtube (MS)</p>	<p><u>2</u> 9:00- Spiritual Music- (R) 10:00- Relaxing Massage- (M) 11:15- Keystone Cruisers-(P) 1:00- Popcorn Club- (S) 3:00- TableTop Tasks- (T) 6:00- Chorus Practice- (MT)</p>
<p><u>3</u> 10:00- Chalice of Salvation-(R) 10:45- Sing Along- (MT) 1:00- Chair Yoga- (M) 2:00- Penny Ante- (C) 3:30- Picture Books and Puzzles-(MS) 6:00- Soothing Music and Massage- (M)</p>	<p><u>4</u> 9:30- Fitness Dice-(P) 10:00- Massage and Meditation-(M) 10:30- Communion in the IL Dining Room (R) 1pm- Craft Corner- (AT) 2pm-It Happened in January Quiz-(C) 3:30 National Geographic Presentation-(C)</p>	<p><u>5 National Bird Day</u> 9:30- Strength Training- (P) 10:30- A to Z Birds- (C) 1pm- Music Making w/ Brianna- (MT) Name that Bird Tune 2:00- Bird Art Project- (AT) 3:00- Mindful Meditation- (M) 4:00- Whistle While We Work- (T)</p>	<p><u>6</u> 9:30- Drumming w/ Marilyn-(P) 10:30- Amusing Senior Stories-S 1:30- Rusty Music Therapy- (MT) Stonybrook Dining Room 3:00- Scenic Ride- (MS)</p>	<p><u>7 Dashing Designer Day</u> 9:30- Yoga with Marilyn- (M) 10:30-Baking- (MS) 1pm- Manicures and Melodies- (MS) 1:30- Fireside Happy Hour- (S) 2:30-Paper Dolls- (M) 3:00-Fashion Forward Bingo- (S)</p>	<p><u>8 Elvis' Birthday</u> 9:30- Meditation and Massage- (M) 10:30- Feel Good Stories- (MS) 1:00-Comedy Club- (S) 2pm-Making Grilled Peanut Butter and Banana Sandwiches- (MS) 3:30- Elvis Concert Live from Hawaii- (S)</p>	<p><u>9</u> 9:00- Spiritual Music- (R) 10:00- Relaxing Massage- (M) 11:15- Keystone Cruisers- (P) 1:00- Popcorn Club- (S) 3:00- TableTop Tasks- (T) 6:00- Chorus Practice- (MT)</p>
<p><u>10</u> 10:00- Chalice of Salvation- (R) 10:45- Sing Along- (MT) 1:00- Chair Yoga- (M) 2:00- LCR- (C) 3:30- Picture Books and Puzzles- (MS) 6:00- Soothing Music and Massage- (M)</p>	<p><u>11</u> 9:30- Fitness Dice- (P) 10:00- Massage and Meditation- (M) 10:30- Communion in the IL Dining Room- (R) 11:00- Adult Coloring- (AT) 1:00- Finish the Phrase- (C) 2:00- Toss and Talk- (P) 3:30- Laugh Out Loud Videos- (MS)</p>	<p><u>12</u> 9:30- Strength Training- (P) 10:30-Tiny Houses Documentary-(S) 11:00- Table Talk- Word Searches- (C) 1pm- Music Making w/Brianna- (MT) 2:00- Balloon Volleyball- (P) 3:00- Mindful Meditation- (M) 4:00- Whistle While We Work- (T)</p>	<p><u>13 Sticker Day</u> 9:30- Drumming w/ Marilyn- (P) 10:30-Sticker Art Books-(AT) 1:30- Rusty Music Therapy- (MT) Stonybrook Dining Room 2:30- Sticker Photo Opt- (S) 3:00- Scenic Ride- (MS)</p>	<p><u>14</u> 9:30- Yoga with Marilyn- (M) 10:30-The Letter J Quiz- (C) 1pm- Manicures and Melodies- (MS) 1:30- Fireside Happy Hour- (S) 2:30- Finish the Lyric Songs for Seniors- (MT) 3:00- Junk Drawer Detective- (C)</p>	<p><u>15 Crazy Hat Day</u> 9:30- Meditation and Massage- (M) 10:30- What a Hoot Bubble Talk- (C) 1:00- Rosary- (R) 1:00- Afternoon Matinee- (S) 2:00-Adult Coloring- (AT) 3:30- Links- (P)</p>	<p><u>16</u> 9:00- Spiritual Music-(R) 10:00- Relaxing Massage- (M) 11:15- Keystone Cruisers- (P) 1:00- Popcorn Club- (S) 3:00- TableTop Tasks- (T) 6:00- Chorus Practice- (MT)</p>
<p><u>17</u> 10:00- Chalice of Salvation- (R) 10:45- Sing Along- (MT) 1:00- Chair Yoga- (M) 2:00- Dominos- (S) 3:30- Picture Books and Puzzles- (MS) 6:00- Soothing Music and Massage- (M)</p>	<p><u>18 Martin Luther King Day</u> 9:30- Fitness Dice- (P) 10:00- Massage and Meditation- (M) 10:30- Communion in the IL Dining Room-(R) 11:00- Table Talk-Nickels- (S) 1:00- History of Martin Luther- (C) 2:00- Snowball Fight- (S) 3:30 Travel Videos- (MS)</p>	<p><u>19</u> 9:30- Strength Training- (P) 10:30-Owls Documentary-(S) 11:00- Table Talk- Word Searches- (C) 1pm- Music Making w/Brianna- (MT) 2:00- Coffee Tasting from Around the World- (MS) 3:00- Mindful Meditation- (M) 4:00- Whistle While We Work- (T)</p>	<p><u>20</u> 9:30- Drumming w/ Marilyn- (P) 10:30- Shake a Memory-(MS) 1:30- Rusty Music Therapy- (MT) Stonybrook Dining Room 3:00- Scenic Ride- (MS)</p>	<p><u>21</u> 9:30- Yoga with Marilyn- (M) 10:30- No Sew Sock Owls- (AT) 1pm- Manicures and Melodies- (MS) 1:30- Fireside happy Hour- (S) 2:30- Riddle me this- (C) 3:00-Bingo- (S)</p>	<p><u>22</u> 9:30- Meditation & Massage- (M) 10:30- Scarf Exercises- (P) 1pm-Rosary- (R) 2pm-Adult Coloring- (AT) 3:00- Deer Hunting- (S)</p>	<p><u>23</u> 9:00- Spiritual Music-(R) 10:00- Relaxing Massage- (M) 11:15- Keystone Cruiser- (P) 1:00- Popcorn Club- (S) 3:00- TableTop Tasks-(T) 6:00- Chorus Practice- (MT)</p>
<p><u>24/31</u> 10:00- Chalice of Salvation- (R) 10:45- Sing Along- (MT) 1:00- Chair Yoga- (M) 2:00- Penny Ante- (C) 3:30- Picture Books and Puzzles- (MS) 6:00- Soothing Music and Massage - (M)</p>	<p><u>25</u> 9:30- Fitness Dice- (P) 10:00- Massage and Meditation- (M) 10:30- Communion in the IL Dining Room- (R) 11:00- Table Talk-Resident Council Meeting- (S) 1:00- Craft Corner- (AT) 2:00- Movie Star Bingo-(S) 3:30 Funny Videos- (MS)</p>	<p><u>26</u> 9:30- Strength Training- (P) 10:30- Shadow boxes- (AT) 11:30- Monthly Birthday Luncheon 1pm- Music Making w/Brianna- (MT) 2pm- Winter Bingo-(S) 3:00- Mindful Meditation- (M) 4:00- Whistle While We Work- (T)</p>	<p><u>27</u> 9:30- Drumming w/ Marilyn-(P) 10:30- Prayer Group- (R) 1:30- Rusty Music Therapy- (MT) Stonybrook Dining Room 3:00- Scenic Ride- (MS)</p>	<p><u>28</u> 9:30- Yoga with Marilyn- (M) 10:30-Thingamajigs- (C) 1pm- Manicures and Melodies- (MS) 1:30- Fireside Happy Hour- (S) 2:30- Baking Owl Apple Treats- (T) 3:00- Pokeno-(S)</p>	<p><u>29</u> 9:30- Meditation and Massage- (M) 10:30- What a Hoot Bubble Talk- (C) 1:00- Rosary- (R) 1:00- Afternoon Matinee- (S) 2:00-Owl Paper Crafting- (AT) 3:30- Balloon Volleyball- (P)</p>	<p><u>30</u> 9:00- Spiritual Music-(R) 10:00- Relaxing Massage- (M) 11:15- Keystone Cruiser- (P) 1:00- Popcorn Club- (S) 3:00- TableTop Tasks-(T) 6:00- Chorus Practice- (MT)</p>