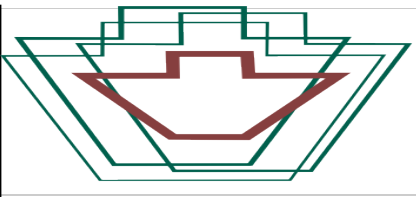


**ASSISTED LIVING  
HOLISTIC PROGRAM  
JANUARY 2021**



**Keystone  
Commons**  
*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Monthly Theme</b></p>	<p>*Activities are Subject to Change Amy Creasia Programming Specialist <a href="mailto:ACreasia@keystonesenior.com">ACreasia@keystonesenior.com</a></p>	<p><b>Super Bowl Pool at the End of the Month</b> Buy a square for 2 dollars and you could win halftime pool of 50.00 or full game pool of 150.00 See Activities</p>	<p><b>NETFLIX Nailed It!</b> SEE OUR VERSION WITH DEPARTMENT HEADS COMPETING FOR THE COVETED TROPHY AT THE END OF MONTH</p>	<p><b>Surprise Entertainment throughout the month- See Daily</b></p>	<p><b>1</b></p>	<p><b>2</b> <b>Visit the Bored Board for a craft and things to do</b></p>
<p><b>3</b> <b>Day of Rest and Face Timing with Families</b> If you need assistance Danielle is in the building from 9-3pm <b>2pm- Read Aloud Short Stories with Brooke- Piano Room 1<sup>st</sup> Floor</b></p>	<p><b>4</b> 9:00- Shopping- 5 person limit 9:30- News and Views-2A 10:30- Taking Down the Decorations-3A 12:30- Scrabble- 3<sup>rd</sup> Floor Act Rm 2:00- Pokeno- 3<sup>rd</sup> Floor Hallway 3:00- Wii Bowling- Theater 3:30- 1<sup>st</sup> Floor Exercises- 1<sup>st</sup> Floor Stonybrook Side</p>	<p><b>5</b> 9:30- Tuesday Morning Tunes-2A <b>10:30- What a HOOT Bubble Talk-3<sup>rd</sup> Floor Activity Room- 10 person limit</b> 1:00- Ballads with Brianna <b>2:00- Painting Class- How to paint an owl- 3<sup>rd</sup> Floor Act Room</b> 3:30- Blackjack ( Dollar Buy-in)- 3<sup>rd</sup> Floor Act Room- 10 person limit Music Therapy 1:1's</p>	<p><b>6</b> 9:30- Coffee Talk-2A 10:30- Morning Exercise- 3<sup>rd</sup> Floor 12:30- Rosary- 3<sup>rd</sup> Floor 10 person limit 1:00- Ballads with Brianna 2:00- High Stakes Bingo- 3<sup>rd</sup> Floor 3:00- Wii Bowling- Theater 3:30- 1<sup>st</sup> Floor Exercises- Strength Training -1<sup>st</sup> Floor</p>	<p><b>7</b> 9:30- Concentration Puzzles-2A 10:30- Drumming in the Hallways- 3<sup>rd</sup> Floor 1pm- Manicures done by appointment <b>1:30- Scenic Ride- 5 person limit</b> 3:00-Writing Club Meets- 3<sup>rd</sup> Floor Act Room- 10 person limit Stonybrook Happy Hour Door to Door</p>	<p><b>8</b> 9:30- Smile Club Card Making-2A <b>10:30- Baking Owl Snacks 3<sup>rd</sup> Floor Act Room- 5 person limit</b> 1pm- Arthritis Exercises- 3<sup>rd</sup> Floor Hallway 2pm- Horse Racing- 1.00 buy in Afternoon Happy Hour- Bloody Mary Bar for Hubbard Door to Door</p>	<p><b>9</b> <b>Visit the Bored Board for a craft and things to do</b></p>
<p><b>10</b> <b>Day of Rest and Face Timing with Families</b> If you need assistance Danielle is in the building from 9-3pm <b>2pm- Read Aloud Short Stories with Brooke- Piano Room 1<sup>st</sup> Floor</b></p>	<p><b>11</b> 9:00- Shopping- 5 person limit 9:30- News and Views 10:30-Communion w/ Deacon Tom IL Dining Room 12:15- Scrabble- 3<sup>rd</sup> Floor Act Room 2:00- Pokeno- 3<sup>rd</sup> Floor 3:00-Wii Bowling- Theater- 4 person limit 3:30- 1<sup>st</sup> Floor Arthritis Exercises- 1<sup>st</sup> Floor Stonybrook Side</p>	<p><b>12</b> 9:30- Tuesday Morning Tunes-2A 10:30- Knitting Corner- Bring your knitting and sit by the fire- 3<sup>rd</sup> Floor 1:00- Ballads with Brianna 2:00-Painting Class - 3<sup>rd</sup> Floor Act Room- 10 person limit 3:30- Blackjack- (Dollar Buy-in)- 3<sup>rd</sup> Floor Act Room- 10 person limit Music Therapy 1:1's</p>	<p><b>13 Passport to Fun</b> 9:30- Coffee Talk-2A 10:30- Morning Exercise- 3<sup>rd</sup> Floor 12:30- Rosary- 3<sup>rd</sup> Floor 10 person limit 2:00- Breath Taking Scenes of China- 3<sup>rd</sup> Floor Act Room 3:00- Wii Bowling- Theater 4 person limit 3:00- Food and Facts of China Door to Door 5:15- Chinese Themed Dinner</p>	<p><b>14</b> 9:30- Concentration Puzzles-2A 10:30- Drumming in the Hallways- 3<sup>rd</sup> Floor 2pm- Memorial Service with Beacon Hospice Stonybrook Happy Hour Cart Door to Door</p>	<p><b>15 Wear a Funny Hat Day</b> 9:30- Bagels and Buddies- IL Dining Room 9:30- Smile Club Card Making-2A <b>1pm-What's Your Spirit Animal-The Importance of the Owl- 3<sup>rd</sup> Floor Hallway</b> 2pm- Horse Racing- 1.00 buy in Happy Hour for Hubbard Door to Door</p>	<p><b>16</b> <b>Visit the Bored Board for a craft and things to do</b></p>
<p><b>17</b> <b>Day of Rest and Face Timing with Families</b> If you need assistance Danielle is in the building from 9-3pm <b>2pm- Read Aloud Short Stories with Brooke- Piano Room 1<sup>st</sup> Floor</b></p>	<p><b>18</b> 9:00- Shopping- 5 person limit 9:30- News and Views-2A 10:30- Communion w/Deacon Tom- II Dining Room 12:15- Scrabble- 3<sup>rd</sup> Floor Act Room 2pm Pokeno- 3<sup>rd</sup> Floor 3:00-Wii Bowling- Theater- 4 person limit 3:30- 1<sup>st</sup> Floor Exercises- 1<sup>st</sup> Floor Stonybrook Side</p>	<p><b>19</b> 9:30- Tuesday Morning Tunes-2A <b>9:30- Chef's Club Cooking-3A 10-person limit</b> <b>11:30 and 12:45- TV DINNER LUNCHEON "Golden Girls"- Spaghetti and Meatballs sign up with Activities</b> 3:30- Blackjack- (Dollar Buy-in)- 3<sup>rd</sup> Floor Act Room- 10 person limit</p>	<p><b>20</b> 9:30- Coffee Talk-2A 10:30- Morning Exercise-3<sup>rd</sup> Floor 12:30- Rosary- 3<sup>rd</sup> Floor 10 person limit 1:00- Ballads with Brianna 2:00- Fitness Bingo- 2A and 3A 3:00- Wii Bowling-Theater 4- Person Limit 3:30- 1<sup>st</sup> Floor Exercises</p>	<p><b>21</b> 9:30- Concentration Puzzles-2A 10:30- Drumming in the Hallways- 3<sup>rd</sup> Floor 1pm- Manicures done by appointment 3:00-Book Club Meets- 3<sup>rd</sup> Floor Act Room- 10 person limit Stonybrook Happy Hour Door to Door</p>	<p><b>22</b> 9:30- Smile Club Card Making-2A <b>10:30- No Sew Sock Owl Making- 3<sup>rd</sup> Floor Act Room- 10 person limit</b> 1pm- Arthritis Exercises- 3<sup>rd</sup> Floor Hallway 2pm- Horse Racing- 1.00 Buy in Afternoon Happy Hour for Hubbard Door to Door</p>	<p><b>23</b> <b>Visit the Bored Board for a craft and things to do</b></p>
<p><b>24/31</b> <b>Day of Rest and Face Timing with Families</b> If you need assistance Danielle is in the building from 9-3pm <b>2pm- Read Aloud Short Stories with Brooke- Piano Room 1<sup>st</sup> Floor</b></p>	<p><b>25</b> 9:00- Shopping- 5 person limit 9:30- News and Views-2A 10:30- Communion with Deacon Tom <b>Resident Council In Room</b> 12:15- Scrabble- 3<sup>rd</sup> Floor Act Room 2:00- Pokeno- 3<sup>rd</sup> Floor 10-person limit 3:00-Wii Bowling- Theater 3:30- 1<sup>st</sup> Floor Exercises- 1<sup>st</sup> Floor</p>	<p><b>26</b> 9:30- Tuesday Morning Tunes 10:30- Knitting Corner- Bring your knitting and sit by the fire- 3<sup>rd</sup> Floor 11:00- Monthly Birthday Luncheon 2:00-Painting Class - 3<sup>rd</sup> Floor Act Room- 10 person limit 3:30- Cake Delivered Door to Door Music Therapy 1:1's</p>	<p><b>27</b> 9:30- Coffee Talk-2A 10:30- Morning Exercise-3<sup>rd</sup> Floor 12:30- Rosary- 3<sup>rd</sup> Floor 10 person limit 1:00- Ballads with Brianna 2:00- Bingo- 3<sup>rd</sup> Floor 3:00- Wii Bowling-Theater 4- Person Limit 3:30- 1<sup>st</sup> Floor Excercises</p>	<p><b>28</b> 9:30- Concentration Puzzles-2A 10:30 Drumming in the Hallways- 3<sup>rd</sup> Floor <b>1pm- Cooking Show- Dept Head Nailed it!!! Competition IL Dining Room</b> Stonybrook Happy Hour Door to Door</p>	<p><b>29</b> 9:30- Smile Club Card Delivery <b>10:30- Owl Paper Quilt Making- 3<sup>rd</sup> Floor Act Room- 10 person limit</b> 1pm- Arthritis Exercises- 3<sup>rd</sup> Floor Hallway 2pm- Horse Racing- 1.00 Buy in Afternoon Happy Hour for Hubbard Door to Door</p>	<p><b>30</b> <b>Visit the Bored Board for a craft and things to do</b></p>