


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY to Programs: (S)= Social (O)= Outing (E)= Exercise (A)= Art	(M)= Music (R)= Religious (C)= Cognitive Skills (P)= Meaningful Purpose	PLEASE NOTE- *All programs attendees do require masks *All programs do require everyone to be minimum 6 feet apart *All programs limited to 10 participants			1 Happy New Year 10:00 Walking Partners (E) 1:00 Bored Board (A/C) 3:00 New Year Puzzle (C)	2 10:00 Walking Partners (E) 1:00 Bored Board (A/C) 2:00 Christian Worship (R) (channel 20) 2:00 Coloring Club (A)
3 Festival of Sleep Day 10:00 Catholic Mass (R) (channel 233) 1:00 Walking Partners (E) Remember to keep on moving!	4 Blue Monday (wear blue) 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Meditation w/ Karen (P) 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	5 12:30 Happy Hour Cart (S) We will come door to door! 2:00 Walking Partners (E) 2:30 OnSite Dermatology	6 Three Kings Day Epiphany 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:00 BP Checks 10:30 Exercise w/ Karen (E) 11:00 Tai Chi w/ Karen (P)	7 12:00 Family Visits (12-4) (P) *must be scheduled* *call concierge to schedule* *max 2 guests* *no one under 18 years old* *must wear mask* *no eating or drinking*	8 9:00 Aquacise by Appointment 10:00 Aquacise by Appointment 11:00 Aquacise by Appointment 2:00 Walking Partners (E)	9 Law Enforcement Appreciation Day 10:00 Walking Partners (E) 1:00 Bored Board Stop by the lobby and grab something to do at home (A/C) 2:00 Christian Worship (R) (channel 20) 2:00 Coloring Club (A)
10 League of Nations Day 10:00 Catholic Mass (R) (channel 233) 1:00 Walking Partners (E) Remember to keep on moving! 2:00 League of Nations Facts (attached to your dailies)	11 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Meditation w/ Karen (P) 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	12 National Hot Tea Day 12:30 Hot Tea Stop- Lobby (Stop by between 12:30 & 1:30) Grab tea to drink in your apartment! 2:00 Walking Partners (E)	13 Eat & Be Merry 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Tai Chi w/ Karen (P)	14 International Kite Day 12:00 Family Visits (12-4) (P) *must be scheduled* *call concierge to schedule* *max 2 guests* *no one under 18 years old* *must wear mask* *no eating or drinking*	15 National Hat Day Wear your hat 9:00 Aquacise by Appointment 10:00 Aquacise by Appointment 11:00 Aquacise by Appointment 2:00 Walking Partners (E)	16 10:00 Walking Partners (E) 1:00 Bored Board Stop by the lobby and grab something to do at home (A/C) 2:00 Christian Worship (R) (channel 20) 2:00 Coloring Club (A)
17 World Religion Day 10:00 Catholic Mass (R) (channel 233) 1:00 Walking Partners (E) Remember to keep on moving!	18 Martin Luther King Day 8:30 VNA Foot Care 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Meditation w/ Karen (P) 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	19 12:30 Happy Hour Cart (S) We will come door to door! 2:00 Walking Partners (E)	20 Inauguration Day 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Tai Chi w/ Karen (P)	21 12:00 Family Visits (12-4) (P) *must be scheduled* *call concierge to schedule* *max 2 guests* *no one under 18 years old* *must wear mask* *no eating or drinking*	22 9:00 Aquacise by Appointment 10:00 Aquacise by Appointment 11:00 Aquacise by Appointment 2:00 Walking Partners (E)	23 10:00 Walking Partners (E) 1:00 Bored Board Stop by the lobby and grab something to do at home (A/C) 2:00 Christian Worship (R) (channel 20) 2:00 Coloring Club (A)
24 10:00 Catholic Mass (R) (channel 233) 1:00 Walking Partners (E) Remember to keep on moving!	25 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Meditation w/ Karen (P) 1:00 Aquacise by Appointment 2:00 Aquacise by Appointment 3:00 Aquacise by Appointment	26 12:30 Pie Stop!!!- Lobby Swing by between 12:30 & 1 & grab pie to eat at home! 2:00 Walking Partners (E)	27 Holocaust Memorial Day 9:00 Exercise w/ Karen (E) 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) 11:00 Tai Chi w/ Karen (P)	28 12:00 Family Visits (12-4) (P) *must be scheduled* *call concierge to schedule* *max 2 guests* 1:15 Curbside Hearing Aid Checks	29 National Puzzle Day 9:00 Aquacise by Appointment 10:00 Aquacise by Appointment 11:00 Aquacise by Appointment 2:00 Walking Partners (E) 2:30 Word Searches (C) Stop by and grab from concierge	30 Fruitcake Toss Day 10:00 Walking Partners (E) 1:00 Bored Board Stop by the lobby and grab something to do at home (A/C) 2:00 Christian Worship (R) (channel 20) 2:00 Coloring Club (A)
31 Grammy Awards 10:00 Catholic Mass (R) 1:00 Walking Partners (E) Remember to keep on moving! Grammy info will be on dailies				☆ Calendar Subject to Change & COVID Precautions ☆		Daisy Marshall Life Enrichment Director 11180 Irving Dr. Westminster, CO 80031 dmarshall@keystonesenior.com www.keystonesenior.com

Family Visits for January

Thursdays

January 7th
January 14th
January 21st
&
January 28th

12pm - 4pm

*please call the main number
and the concierge can get you
scheduled (303) 465-5600*

Reminders:

- If you would like to attend aquacise, please let the concierge know and we will get you on the schedule.
- If you are placing online orders please have your shopping list in on Monday each week.
 - We will order online throughout the week and let you know when your groceries arrive.

Dress Up Fun!!!

Monday,
January 4th is Blue Monday

&

Friday,
January 15th is National Hat
Day

Have some fun and dress up!

OnSite Dermatology

January 5th @ 2:30pm
To schedule an appointment, sign up
at the front desk

VNA Foot Care

Monday, January 18th
at 8:30 am- 1 pm
*to Signup, Call- (303) 744-6363

Hearing Aid Checks

Thursday, January 28th
at 1:15 pm- Curbside Service
No appointment necessary

Keystone Place News

Happy
New Year!

Let's toast to an amazing
New Year, full of so many possi-
bilities.

May this year be the best one
yet...
Filled with love and Laughter
and Life's most beautiful memo-
ries...
Best wishes to all!!!



2nd Jilleen K.
9th Chuck N.
11th Joe H.
16th David K.
20th Walt M.
21st Jean B.
22nd Addie O.
22nd Bill K.
23rd Judy L.
26th Andrea J.M.
28th Juanita M.



Virtual Active Minds "Skiing" Monday, January 18th at 1:00 pm

There is evidence that humans have been skiing as far back as 6300 BCE. Skiing has been a means of transportation, utilized in combat, enjoyed for recreation, and an international competitive sport. Join Active Minds as we review the origins and history of skiing as well as explore current issues facing the industry. We will also discuss the emergence of Colorado towns as ski resorts and how that impacted them.



For additional questions or comments, please contact Daisy at 303-465-5600
Or by e-mail: ddarnell@keystonesenior.com · Like us on facebook!

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