




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	1 World Compliment Day 10:15 Stretch w/ Brooklynn (E) 10:45 Share a Compliment (S) 11:15 Breathing & Stretching 1:15 1st Floor Bingo (C) 1:45 2nd Floor Bingo (C) 2:15 3rd Floor Bingo ©	2 Dr. Seuss Day 10:00 Exercise w/ Karen (E) 10:45 Exercise w/ Karen (E) Choose one exercise to attend 12:00 Family Visits (12-4) (P) *limited 2 guests* masks* Sign up at the front desk 2:30 OnSite Dermatology 3:00 Fitness Center (E) By appointment	3 10:00 Wii Wheel of Fortune (C) 1:30 Wii Bowling (S) 2:00 Share Your Story (S/P) 2:30 Word Game (C) 3:00 Aquacise by Appointment	4 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 1:30 Better Breathing (P) 2:30 Fitness Center (E) By appointment	5 World Day of Prayer 10:00 A Time of Prayer (R) 10:30 Coloring Contest (A) Westminster FD is having a contest– we want to join!!! Come down and color with us 12:00 Family Visits (12-4) (P) 1:00 Bored Board Stop by the lobby and grab something to do on your own	6 Oreo Cookie Day 10:00 Walking Partners (E) 1:00 Bored Board (C/A) Stop by the lobby and grab something to do in your apartment 2:00 Christian Worship (R) (Channel 20)
7 10:00 AR Reserved (10-5pm) 10:00 Catholic Mass (R) (Channel 233) 1:00 Walking Partners (E) Keep Moving!	8 10:15 Stretch w/ Brooklynn (E) 10:45 Wii Games (C/S) 11:15 Walking Club (E) 1:30 Jokes & Funny Stories 3:00 Resident Council We will have residents in 2 rooms at a max of 10 attendees	9 Unique Names Day 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 12:00 Family Visits (12-4) (P) *limited 2 guests* masks* Sign up at the front desk 3:00 Fitness Center (E) By appointment	10 10:00 Wii Jeopardy (C) 1:30 Wii Bowling (S) 2:00 Deep Breathing (E/P) 2:30 Finish the Sayings (C) 3:00 Aquacise by Appointment	11 Johnny Appleseed Day 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 1:30 Better Breathing (P) 2:00 Happy Hour Stop (S) Stop by until 3pm and grab a drink to enjoy at home! 2:30 Fitness Center (E) By appointment	12 10:00 Sit & Be Fit (E) 10:30 Sit & Be Fit (E) 1:30 Beat COVID like a King Featuring “The King” Elvis (S) Performing in the courtyard & a Dessert Truck too!!! YUM	13 10:00 Walking Partners (E) 1:00 Bored Board (C/A) Stop by the lobby and grab something to do in your apartment 2:00 Christian Worship (R) (Channel 20)
14 Daylight Savings Begins (Spring Forward) 10:00 Catholic Mass (R) (Channel 233) 1:00 Walking Partners (E) Keep Moving!	15 Natl. Shoe the World Day 8:30 VNA Foot Care 10:15 Walking w/Brooklynn (E) Walk the halls if its too cold! 11:00 Trivia w/ Brooklyn (C) 1:00 Virtual Active Minds (C) “Benjamin Franklin” 1:15 1st Floor Bingo (C) 1:45 2nd Floor Bingo (C) 2:15 3rd Floor Bingo (C)	16 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 12:00 Family Visits (12-4) (P) *limited 2 guests* masks* Sign up at the front desk 3:00 Fitness Center (E) By appointment	17 St. Patrick’s Day 10:00 History of St. Patrick (C) 11:00 Green Stop (S) Grab your green & goodies to go 1:30 St. Patrick’s Day Music Bagpiper in the Courtyard Enjoy from your Patio/Balcony Or in the Courtyard if its nice! 3:15 Walking Partners (E)	18 10:00 Stretch w/ Brooklyn (E) 10:45 Stretch w/ Brooklyn (E) Choose one stretch to attend 1:30 Creative Art (A) 2:30 Sunshine Cart (S) We will come door to door	19 10:00 Stretch w/ Brooklyn (E) 10:30 Stretch w/ Brooklyn (E) 12:00 Family Visits (12-4) (P) 1:00 Bored Board Stop by the lobby and grab something to do on your own Mobile Dentist here– Sign up at the front desk	20 World Storytelling Day First Day of Spring 10:00 Walking Partners (E) 1:00 Bored Board (C/A) Stop by the lobby and grab something to do in your apartment 2:00 Christian Worship (R) (Channel 20)
21 10:00 Catholic Mass (R) (Channel 233) 1:00 Walking Partners (E) Keep Moving!	22 Tuskegee Airmen Day 10:15 Stretch w/ Brooklynn (E) 10:45 Wii Games (C/S) 11:15 Walking Club (E) 1:15 Tuskegee Airmen Facts 1:45 Word Game (C)	23 National Puppy Day 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 12:00 Family Visits (12-4) (P) *limited 2 guests* masks* Sign up at the front desk 3:00 Fitness Center (E) By appointment	24 10:00 Wii 5th Grader (C) 1:30 Share Your Art (S) Bring down something you have made to share with everyone! 2:00 Starbucks Beginnings (C) 2:30 Walking Club (E) 3:00 Aquacise by Appointment	25 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 1:00 Hearing Checks 1:30 Better Breathing (P) 2:00 Happy Hour Stop (S) Stop by until 3pm and grab a drink to enjoy at home! 2:30 Fitness Center (E) By appointment	26 Purple Day 10:00 Walking Club (E) 10:30 Coloring Club (A) 12:00 Family Visits (12-4) (P) 1:00 Bored Board Stop by the lobby and grab something to do on your own	27 10:00 Walking Partners (E) 1:00 Bored Board (C/A) Stop by the lobby and grab something to do in your apartment 2:00 Christian Worship (R) (Channel 20)
28 Spring Brunch 10:00 Catholic Mass (R) (Channel 233) 10:00 Brunch 1st Seating 11:30 Brunch 2nd Seating 1:00 Brunch 3rd Seating 2:00 Walking Partners (E) Keep Moving!	29 10:15 Stretch w/ Brooklynn (E) 10:45 Wii Jeopardy (C/S) 11:15 Walking w/Brooklynn (E) 1:15 1st Floor Bingo (C) 1:45 2nd Floor Bingo (C) 2:15 3rd Floor Bingo (C)	30 9:45 Exercise w/ Karen (E) 10:30 Exercise w/ Karen (E) Choose one exercise to attend 12:00 Family Visits (12-4) (P) *limited 2 guests* masks* Sign up at the front desk 3:00 Fitness Center (E) By appointment	31 Starbucks Day 10:00 Starbucks Stop (S) 1:30 We’ve Been Vaccinated Celebration Live Music & Fun! In the Courtyard (weather permitting)	☆ Calendar Subject to Change & COVID Precautions ☆		Life Enrichment Team 11150 Irving Dr. Westminster, CO 80031 www.keystonesenior.com

March Birthdays

4th Ed S.
5th Barb B.
6th Charlotte L.
7th Lee H.
9th Gus L.
20th LaVerne O.



Happy St. Patrick's
Day

March 17th, 2021
@ 1:30pm

We will have a bagpiper
playing in the courtyard!

Family Visits for March

Tuesdays:
March 2nd, 9th, 16th, 23rd &
30th

Fridays:
March 5th, 19th & 26th

12pm - 4pm

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

OnSite Dermatology

March 2nd @ 2:30pm
To schedule an appointment, sign up
at the front desk

VNA Foot Care

Monday, March 15th
at 8:30 am– 1 pm
*to Signup, Call- (303) 744-6363

Hearing Aid Checks

Thursday, March 25th
at 1:00 pm– in the Library
Sign up for an appointment at the
front desk

Keystone Place News

We've Been Vaccinated Celebration

Wednesday,
March 31st

1:30pm

*In the Courtyard
(weather permitting)
Residents only*



*Spring Resident Brunch
Sunday, March 28th, 2021
Seating @ 10:00am, 11:30am &
1 pm*

Menu:

*Smokes Salmon Crostini
Deviled Eggs
Mixed Greens w/ Cashews and
Oranges*

*Chocolate Chip Pancakes
Spinach & Cheddar Frittata
Brown Sugar Glazed Ham
Colorado Lamb Chop
Scalloped Potatoes
Roasted Heirloom Carrots*

*Carrot Cake
Mini Petit Fours*

Virtual Active Minds “Benjamin Franklin” Monday, March 15th at 1:00 pm

As perhaps one of the most colorful Founding Fathers, Benjamin Franklin lived a life of lasting impact. As politician, publisher, inventor and diplomat, Franklin left his mark on all he touched. Join Active Minds as we trace the life of this extraordinary man and tell some of the stories that mark his legacy.

For additional questions or comments, please contact us at 303-465-5600
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