



Keystone Commons

A Life Fulfilling Retirement Community

Holistic Harbors Memory Care/Cottage May 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Monthly Theme</u></p>  <p>SECRET HERB GARDEN</p>	<p>*Activities are Subject to Change Danielle Hayes Memory Care Coordinator DHaves@keystonesenior.com Marilyn Thomas Activity Assistant for Holistic Harbors Program</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 E-Emotional</p>	<p><u>Everyday Activities</u> 9:00- Coffee Chat 9:30- Let's Get Acquainted with the Day 11:00- Table Set 2:30- Snack 4:00- Table Set 7:00- Classical Music/Movie</p>	 <p>Mother's Day Tea Party for all of our Keystone Ladies If you have a decorated hat from previous years please wear on the 11th to the party. We will be making hats for others who may not have one. Supplies will be limited.</p>	 <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>1 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15 Keystone Cruisers-(P) 1:00-Popcorn Club-(S) 3:00- Tabletop Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>2 10:00- Chalice of Salvation-(R) 10:45-Fireside SingAlong-(MT) 1:00 Chair Yoga-(M) 2:30 Word Searches-(C) 6:00- Soothing Music and Massage-(MS)</p>	<p>3 9:30- Fitness Dice-(P) 10:00- Massage & Meditation-(M) 10:30- Communion in the IL Dining Room (R) 1pm- Spring Sing-(MT) 2pm- Mother's Day Centerpieces-(AT) 3:30- Lawrence Welk-(MT)</p>	<p>4 9:30- Billiards-(S)-3A 9:30- Cycling Travel- (P) 10:30- Penny Ante-(E) 1pm- Whiteboard Games-(C) 2:00- Bingo- (S) 3:00- Music Making w/Brianna-(MT) 4:00- Whistle While We Work- (T)</p>	<p>5 Cinco De Mayo 9:30- Drumming w/ Marilyn-(P) 10:00- Scenic Ride- (MS) 1pm- Chorus Practice with Don-3rd Floor Activity Room-(MT) 2:00- Rusty Music Therapy- (MT) 3:00- Making Paper Flowers-(AT)</p> 	<p>6 9:30- Yoga with Marilyn- (M) 10:30-Baking- (MS) 1pm- Manicures & Melodies- (MS) 1:30- Fireside Happy Hour- (S) 2:00- Making Mother's Day Hats-3A-(AT) 3:30- Musical Memories Concert-(E)</p>	<p>7 9:30- Smile Club Card Making-(E) 10:30- Making Floral Pens (T) 1pm- Rosary- (R) 2pm- Adult Coloring (AT) 3pm- Bouncing Ball Sing-along-(MT)</p>	<p>8 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1:00- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>9 10:00 Chalice of Salvation-(R) 10:45- Fireside SingAlong(MT) 1:00-Chair Yoga-(M) 2:00-Collaborative Craft-(AT) 3:30-Puzzle Club-(S) 6:00- Soothing Music & Massage-(MS)</p>	<p>10 9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion in the IL Dining Room- (R) 1:00- Baking Cookies-(MS) 2:00- Toss and Talk- (P) 3:30- Laugh Out Loud Videos- (E)</p>	<p>11 9:30- Billiards-(S)-3A 9:30- Cycling Travel-(P) 10:30- Laughter Yoga with Rob Rivest via Zoom-(M) 11:00- Table Talk- Word Searches-(C) 2:00- Flower Power Bingo- (S) 3:00- Laugh Out Loud Videos-(MS) 4:00- Whistle While We Work- (T)</p>	<p>12 Passport to Fun: Mediterranean 9:30- Drumming w/ Marilyn- (P) 10:00- Scenic Ride- (MS) 1pm- Brianna's Playlist-2A- (MT) 2:00- Rusty Music Therapy- (MT) 3:00- A to Z- Flowers-(C)</p> 	<p>13 9:30- Yoga with Marilyn- (M) 10:30-Larry Batter Performs-3A-(MT) 1pm- Manicures & Melodies- (MS) 1:30- Fireside Happy Hour- (S) 2:00- Floral Ceramics-(AT) 3:00- Junk Drawer Detective- (C)</p>	<p>14 9:30- Meditation & Massage- (M) 10:30- Alphabet Soup -(C) 1:00- Rosary- (R) 2pm- Flower Power Corn Hole-C-(P) 3:30- Adult Coloring-(AT)</p>	<p>15 9:00- Spiritual Music-(R) 10:00-Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1:00- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>16 10:00 Chalice of Salvation-(R) 11:00 Walking Club-(P) 1:00- Chair Yoga-(M) 2:30- Penny Ante-(E) 3:30 Dominos-(S) 6:00- Soothing Music & Massage-(MS)</p>	<p>17 9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion in the IL Dining Room-(R) 11:00- Table Talk-Nickels- (S) 1:00- Resident Council- (C) 2:00 -Baking Muffins -(MS) 3:30 Travel Videos- (MS)</p>	<p>18 9:30- Billiards-(S)-3A 9:30- Cycling Travel-(P) 10:30- Making Cake for Decorating 11:00- Table Talk- Paint by Numbers-(AT) 1pm- Cake Decorating with Danielle 2:00- Bingo-(S) 3:00- The Rat Pack in Concert- (MS) 4:00- Whistle While We Work- (T)</p>	<p>19 9:30- Drumming w/ Marilyn- (P) 10:00- Scenic Ride- (MS) 1:00- Chorus w/Don- (MT) 2:00- Rusty Music Therapy- (MT) 3:00- Shake a Memory-(E)</p> 	<p>20 9:30- Yoga with Marilyn- (M) 10:30- Flower Gardens of Japan-(MS) 11:30- Monthly Birthday Luncheon Delivered to Room 2pm-Mike Tourville Performs-3A-(S) 3:00- Manicures-(MS)</p>	<p>21 9:30- Meditation & Massage- (M) 10:30- Scarf Exercises- (P) 1pm-Rosary- (R) 2pm-Adult Coloring- (AT) 2pm- French Fry Friday-(S) 3:00- Lawrence Welk (MT)</p>	<p>22 9:00- Spiritual Music-(R) 10:00- Balloon Toss-(P) 11:15 Keystone Cruisers-(P) 2:00- Musical Melodies and Adult Coloring-(AT) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>23/30 10:00 Chalice of Salvation-(R) 11:00- Walking Club-(P) 1:00 Chair Yoga-(M) 2:30- Sing and Swing-(MT) 3:30 Dominos-(S) 6:00- Soothing Music & Massage-(MS)</p>	<p>24 10:00- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion in the IL Dining Room- (R) 11:00- Table Talk- Puzzles-(T) 1:00- Baking-(MS) 2:00- Manicures & Sing-a-Long-(MS) 3:30- Funny Animal Videos- (MS)</p> <p>31- Memorial Day- Activities TBA</p>	<p>25 9:30- Billiards-(S)-3A 9:30- Strength Training- (P) 10:30-Chef's Club- Making Dessert-(MS) 11:00- Table Talk- Reminiscing 11:30- Family Style Luncheon- 3A 2:00- Bingo-(S) 3:00- The Secret World of Plants-(MS)- Documentary 4:00- Whistle While We Work-(T)</p>	<p>26 9:30- Drumming w/ Marilyn- (P) 10:00- Scenic Ride- (MS) 1:00-Brianna's Playlist-2A-(MT) 2:00- Rusty Music Therapy- (MT) 3:00- Word in a Word- (C)</p> 	<p>27 Red Nose Day 9:30- Yoga with Marilyn-(M) 10:30- Ballroom Dancing with Michael and Sierra- 3A-(P) 1pm- Manicures-2A- (MS) 2pm- Dubai Miracle Garden Video Tour-(MS) 3:00- Red Nose Photo Shoot (E)</p>	<p>28 9:30- Meditation & Massage- (M) 10:30- Courtyard Chat - (S) 1:00- Rosary- (R) 1:00- Afternoon Matinee 2:00-Adult Coloring- (AT) 3:30- Links- (P)</p>	<p>29 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15 Keystone Cruisers-(P) 1:00-Popcorn Club-(S) 3:00- Tabletop Tasks-(T) 6:00- Chorus Practice-(MT)</p>

