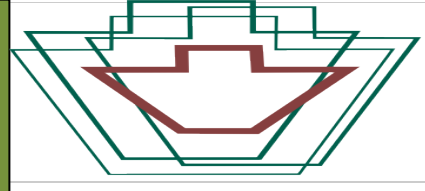







INTERIM MEMORY CARE  
**HOLISTIC PROGRAM**  
 MAY 2021



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><u>Monthly Theme</u></p>  <p style="text-align: center;">SECRET HERB GARDEN</p>	<p style="text-align: center;">*Activities are Subject to Change            Amy Creasia            Programming Specialist  <a href="mailto:ACreasia@keystonesenior.com">ACreasia@keystonesenior.com</a>            Sarah Langston            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</p>	<p><u>Room Key</u>            2A- 2<sup>nd</sup> Floor Activity Room            3A- 3<sup>rd</sup> Floor Activity Room            L- Library            FR- Fireside Room            ILD- IL Dining Room            C- Courtyard            T- Theater            PR- Piano Room            FL- Front Lobby</p>	 <p style="text-align: center;">Mother's Day Tea Party for all of our Keystone Ladies            If you have a decorated hat from previous years please wear on the 11<sup>th</sup> to the party. We will be making hats for others who may not have one. Supplies will be limited.</p>	 <p style="text-align: center;">MEMORIAL DAY            REMEMBER AND HONOR</p>	<p style="text-align: center;"><b>1- Kentucky Derby Day</b>            9:15 - Coffee and Words of Wisdom-2A-(C)            10:00- Be Fit with Lynn-2A- (P)            10:30- White Board Games-2A-(C)            2:30- Dime Bingo-3A- (S)            3:30- Kentucky Derby Picks and Review-FR-(MS)            3:45pm- Manicures &amp; Melodies-2A-(MS)</p>
<p style="text-align: center;">2</p> <p style="text-align: center;"><b>Day of Rest and Face Timing with Families</b>            If you need assistance Danielle is in the building from 9-3pm</p>	<p style="text-align: center;">3</p> <p>9:30- Making Bread-2A-(MS)            10:30- Communion with Deacon Tom ILD-(R)            11:00- Courtyard Stroll-C-(P)            1:00- Aromatherapy &amp; Massage-2A-(M)            2:00- Balloon Volleyball-3A-(P)            3:15- Wii Bowling-T-(P)            3:30- Would you Rather-2A-(E)            6:00- Puzzle Time- FR- (C)</p>	<p style="text-align: center;">4</p> <p>9:30- Tuesday Tunes-2A-(MT)            10:30- Yoga with Rob-3A-(M)            10:30- Knitting Corner-2A- (L)            1:00- Brianna's Playlist- PR-(MT)            2:00- Painting Class-3A-(AT)            2:30- Dime Bingo-2A-(S)            3:30-Whistle While we Work-2A-(T)            6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">5- Cinco De Mayo</p> <p>9:30- Coffee Talk-2A-(T)            10:30- Sittercize with Sarah-2A- (P)            12:30- Rosary- 3A- (R)            1:00- Scenic Ride-FL-(MS)            1pm- Chorus Practice via Zoom-(MT) 3<sup>rd</sup> Floor Act Room            2:30- Chips and Salsa and Making Paper Flowers- 2A-(AT)            3:15- Wii Bowling- T- (P)            6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">6</p> <p>9:30- Concentration Puzzles-2A-(C)            10:30- Drumming on the 3A-(P)            1pm- Prayer Service with Rev. Luis-3A-(R)            2pm-Mother's Day Hat Making-3<sup>rd</sup> Floor Activity Room            3:00- Happy Hour- 2A-(S)            6:30- Popcorn Club-T-(S)</p>	<p style="text-align: center;">7</p> <p>9:30- Smile Club Meets-2A- (MS)            10:30- Painting Ceramics-2A- (AT)            1pm-Cycling Class-T- (P)            2pm- Pollinator Races- 3A-(S)            3pm- Lescher Ballet- Once Upon A Time via Zoom- 3A- (MS)            6:30- Read Aloud with Brooke- FR-(S)</p>	<p style="text-align: center;">8</p> <p>9:15 - Coffee and Words of Wisdom-2A-(C)            10:00- Be Fit with Lynn-2A- (P)            10:30- White Board Games-2A-(C)            2:30- Dime Bingo-2A-(S)            3:30- Documentary-FR-(MS)            3:45pm- Manicures &amp; Melodies-2A-(MS)</p>
<p style="text-align: center;">9 Mother's Day</p> <p>10:30- Mass on TV-2A-(R)            1:30- Exercise with Danielle- 2A-(P)            2:30- Popcorn Club-FR-(S)  <b>Day of Rest and Face Timing with Families</b>            If you need assistance Danielle is in the building from 9-3pm</p>	<p style="text-align: center;">10</p> <p>9:30- Making Bread-2A-(MS)            10:30-Communion w/ Deacon Tom ILD-(R)            11:00- Courtyard Stroll-C-(P)            1pm-Aromatherapy &amp; Massage-2A-(M)            2:00- Balloon Volleyball -3A- (P)            3:15-Wii Bowling- T-(P)            3:30-Hang Man-2A-(C)            6:00- Puzzle Time-FR-(C)</p>	<p style="text-align: center;">11</p> <p>9:30- Spring Sing-2A-(MT)            10:30- Walking through the Tulips-FR-(MS)            2:00- Mother's Day Tea Party-3A-(MS)            3:00- Dave Colucci Performs-3A-(MT)            6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;">12 Passport to Fun: Mediterranean</p> <p>9:30- Coffee Talk-2A-(T)            10:30- Sittercize with Sarah-2A- (P)            12:30- Rosary- 3A-(R)            1:00- Music Therapy w/Brianna-2A-(MT)            1:00- Scenic Ride-FL-(MS)            2:30- Herbal Health Benefits and Tasting-2A- (MS)            3:15- Wii Bowling- T- (P)            6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">13</p> <p>9:30- Concentration Puzzles-2A-(C)            10:30- Larry Batter Performs-3A-(MT)            1pm- Manicures-2A-(MS)            2pm- Card Bingo-2A-(S)            3:00- Happy Hour-2A-(S)            6:00- Popcorn Club- T- (S)</p>	<p style="text-align: center;">14</p> <p>9:30- Smile Club Meet-2A- (MS)            10:30- Painting Ceramics-2A- (AT)            1pm- Cycling Class-T-(P)            2pm- Flower Power Corn Hole- C-(P)            3pm- Friday Crafting-2A-(AT)            6:30- Read Aloud with Brooke-FR-(S)</p>	<p style="text-align: center;">15</p> <p>9:15 - Coffee and Words of Wisdom-2A-(C)            10:00- Be Fit with Lynn-2A- (P)            10:30- White Board Games-2A-(C)            1pm- Wii Bowling for Newbies-T            2:30- Dime Bingo-2A-(S)            3:30- Documentary-2A-(MS)            3:45pm- Manicures &amp; Melodies-2A-(MS)</p>
<p style="text-align: center;">16</p> <p>10:30- Mass on TV-2A-(R)            1:30- Exercise with Danielle- 2A-(P)            2:30- Popcorn Club-FR-(S)  <b>Day of Rest and Face Timing with Families</b>            If you need assistance Danielle is in the building from 9-3pm</p>	<p style="text-align: center;">17</p> <p>9:30- Making Muffins-2A-(MS)            10:30- Communion w/Deacon Tom- II D-(R)            11:00- Courtyard Stroll-C- (P)            1:00-Resident Council -2A-(T)            1:30pm Balloon Volleyball- 3A-(P)            3:15-Wii Bowling- T-(P)            3:30- Tea and Muffin Social-2A-(MS)            6:00- Puzzle Time-FR-(C)</p>	<p style="text-align: center;">18</p> <p>9:30- Spring Sing-2A-(MT)            10:30- Yoga with Rob-3A-(M)            10:30- Knitting Corner-2A- (L)            1:00- Making Floral Pens- 2A- (AT)            2:00- Painting Class- 3A-(AT)            3:30- Whistle While We Work- 2A-(T)            6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;">19</p> <p>9:30- Coffee Talk-2A- (T)            10:30- Sittercize with Sarah-2A- (P)            12:30- Rosary- 3A-(R)            1pm- Music Therapy 1 on 1's            1pm- Scenic Ride-FL-(MS)            2:30- Baking -2A-(MS)            3:15- Wii Bowling-T-(P)            6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">20</p> <p>9:30- Concentration Puzzles-2A-(C)            10:30- Drumming- 3A- (P)            11:30- Monthly Birthday Luncheon Delivered to Room            2pm-Mike Tourville Performs-3A-(S)            3:15-Happy Hour-2A-(S)            6:00- Popcorn Club- T- (S)</p>	<p style="text-align: center;">21</p> <p>9:30- Smile Club Meet-2A-(M)            10:30- Fitness Dice- 2A-(P)            1pm- Cycling Class-T-(P)            2:15pm-Pollinator Racers- 1.00 buy-in 3<sup>rd</sup> Floor Act Room            3pm- Friday Crafting- 2A- (AT)            6:30- Read Aloud with Brooke- FR-(S)</p>	<p style="text-align: center;">22</p> <p>9:15 - Coffee and Words of Wisdom-2A-(C)            10:00- Be Fit with Lynn-2A- (P)            10:30- White Board Games-2A-(C)            1pm- Wii Bowling for Newbies-T            2:30- Dime Bingo-2A-(S)            3:30- Documentary-2A-(MS)            3:45pm- Manicures &amp; Melodies-2A-(MS)</p>
<p style="text-align: center;">23/30</p> <p>10:30- Mass on TV-2A-(R)            1:30- Exercise with Danielle- 2A-(P)            2:30- Popcorn Club-FR-(S)  <b>Day of Rest and Face Timing with Families</b>            If you need assistance Danielle is in the building from 9-3pm</p>	<p style="text-align: center;">24/31(Memorial Day)</p> <p>9:30- Making Bread-2A-(MS)            10:30- Communion w/Deacon Tom- ILD-(R)            11:00- Courtyard Stroll- C-(P)            1pm-Aromatherapy &amp; Massage-2A-(M)            1:30 pm Balloon Volleyball Competition- 3A-(P)            3:15-Wii Bowling- T-(P)            3:30- Wheel of Fortune-2A-(C)            6:00- Puzzle Time- FR-(C)</p>	<p style="text-align: center;">25</p> <p>9:30- Spring Sing-2A- (MT)            10:30-Chef's Club- Herbed Picnic 3<sup>rd</sup> Floor Activity Room            1:00- Botanical Garden Tour-T-(MS)            2:00- Painting Class- 3A-(AT)            3:00- Dime Bingo-2A-(S)            6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;">26</p> <p>9:30- Coffee Talk-2A-(T)            10:30- Sittercize with Sarah-2A-(P)            12:30- Rosary- 3A-(R)            1:00- Scenic Ride-FL-(MS)            1pm- Music Therapy w/ Brianna-2A-(MT)            2:30- Baking -2A-(MS)            3:15- Wii Bowling- T-(P)            6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">27</p> <p>9:30- Concentration Puzzles-2A-(C)            10:30- Ballroom Dancing with Michael and Sierra- 3A-(MS)            1pm- Manicures-2A- (MS)            2pm- Card Bingo-2A-(S)            3:00- Happy Hour-2A-(S)            6:00- Popcorn Club- T- (S)</p>	<p style="text-align: center;">28</p> <p>9:30- Smile Club Meets-2A- (MS)            10:30- Painting Ceramics-2A- (AT)            1pm-Cycling Class-T- (P)            2pm- Sing Along-T-(MT)            3pm- Friday Crafting- 2A-(AT)            6:30- Read Aloud with Brooke- FR-(S)</p>	<p style="text-align: center;">29</p> <p>9:15 - Coffee and Words of Wisdom-2A-(C)            10:00- Be Fit with Lynn-2A- (P)            10:30- White Board Games-2A-(C)            1pm- Wii Bowling for Newbies-T            2:30- Dime Bingo-2A-(S)            3:30- Documentary-2A-(MS)            3:45pm- Manicures &amp; Melodies-2A-(MS)</p>

