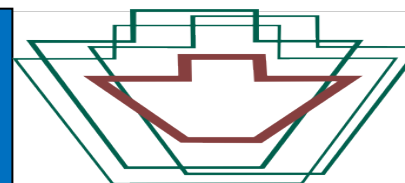




INTERIM MEMORY CARE
HOLISTIC PROGRAM
JULY 2021



Keystone
Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> <p>Summer Olympics</p>	<p>*Activities are Subject to Change</p> <p>Amy Creasia Programming Specialist ACreasia@keystonesenior.com</p> <p>Sarah Langston Activity Assistant for Holistic Harbors Program</p>	<p>Room Key 2A- 2nd Floor Activity Room 3A- 3rd Floor Activity Room L- Library FR- Fireside Room ILD- IL Dining Room C- Courtyard T- Theater PR- Piano Room FL- Front Lobby</p>	<p>Code Key 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 PT-Pet Therapy</p>	<p>1</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Baseball in the Courtyard-(P) 1:00- Words in a Word-2A-(C) 2:00- Facebook Photo Catch-up- Trip Down Memory Lane-3A- (E) 3:00- Happy Hour-2A-(S) 6:30- Popcorn Club-2A-(S)</p>	<p>2</p> <p>9:30- Smile Club Meets-2A- (T) 10:30- Cheerleader Try-outs-3A 11:30- Lunch Out at Barstow's 2:30- Michael Goodwin Presents "Songs and Stories of the US and Old Glory via Zoom- 3A 3pm- Friday Crafting-2A-(AT) 6:30- Read Aloud with Brooke- FR</p>	<p>3</p> <p>9:30 - Coffee and Words of Wisdom-2A-(C) 10:00- Be Fit with Lynn-2A- (P) 10:30- White Board Games-2A-(C) 2pm- Jim Harkins Performs-3A-(MT) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>
<p>4</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Matinee-FR-(S) Day of Rest and Face Timing with Families</p>	<p>5</p> <p>9:30- Making Bread-2A-(MS) 10:30- Communion w/Deacon Tom ILD-(R) 11:00- Courtyard Stroll-C-(P) 1:00- Aromatherapy & Massage-2A-(M) 2:00- Balloon Volleyball-3A-(P) 3:15- Wii Bowling-T-(P) 3:30- Would you Rather-2A-(S) 6:00- Puzzle Time- FR- (C)</p>	<p>6</p> <p>9:30- Spring Sing-2A-(MT) 10:00- Pet Therapy/ Winter-2A-(PT) 10:30- Meditation/Yoga with Rob-3A 10:30- Knitting Corner-L- (T) 1:00- Nickels-2A-(S) 2:00- Painting Class-3A-(AT) 2:30- Bingo for Prizes-2A-(S) 3:30-Whistle While we Work-2A-(T) 6:30- Popcorn Club-FR-(S)</p>	<p>7</p> <p>9:30- Coffee Talk-2A-(T) 10:30- Corn Hole- Courtyard-P 12:30- Rosary- 3A- (R) 1:00- Scenic Ride-FL-(MS) 1:30pm- Keystone Canaries Chorus Concert- 3A 2:30-Seasonal Bingo- 2A- (S) 3:30- Wii Bowling- Theater 6:00- Travel Documentary-FR-(MS)</p>	<p>8</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Arthritis Exercises-2A-(P) 11:30- McDonalds Take-Out/Lunch 1:00- Hang Man-(C) 2:00-Race Car Racing in the Hallway 3:00-Happy Hour-2A-(S) 6:30- Popcorn Club- 2A-(S)</p>	<p>9</p> <p>9:30- Smile Club Meets-2A- (MS) 10:30- Painting Ceramics-2A- (AT) 1pm-Cycling Class-T- (P) 2:30- John Thorpe Performs-2A-(MT) 3pm- Friday Crafting-2A-(AT) 6:30- Read Aloud with Brooke- FR</p>	<p>10</p> <p>9:30 - Coffee and Words of Wisdom-2A-(C) 10:00- Be Fit with Lynn-2A- (P) 10:30- White Board Games-2A-(C) 2:15- Easy Trivia-2A-(C) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>
<p>11</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Matinee-FR-(S) Day of Rest and Face Timing with Families</p>	<p>12</p> <p>9:30- Making Cookies for the Post Office workers for Postal Worker Month-2A-(MS) 10:30-Communion w/ Deacon Tom ILD-(R) 11:00- Courtyard Stroll-C-(P) 1pm-Aromatherapy & Massage-2A-(M) 2:00- Hip Hop Dance Class from a chair with Ronda-3A "NEW" 3:15-Wii Bowling- T-(P) 3:30-Hang Man-2A-(C) 6:00- Puzzle Time-FR-(C)</p>	<p>13</p> <p>9:30- Spring Sing-2A-(MT) 10:00- Pet Therapy/Winter-2A-(PT) 10:30- Knitting Corner-2A-(L) 1:00- Nickels-2A-(S) 2:00- Painting Class-3A-(AT) 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work-2A-(T) 6:30- Popcorn Club-FR-(S)</p>	<p>14 Bastille Day Passport to Fun: France 9:30- Hubbard Coffee Chat-3A 10:30- Corn Hole- Courtyard 12:30-Rosary-3A-(R) 1:30- French Bingo-2A-(S) 2:30- Tea and Croissants- 2A-(S) 3:15- Cycling through France-3A 3:15- Wii Bowling- Theater 6:00- Travel Documentary-FR-(MS)</p>	<p>15</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30-Putting Event- Golf Green-(P) 11:30- Men's Pizza and Beer Social 2pm- Mike Tourville and Danny Perform- 3A -(S) 3:00-Happy Hour- 2A-(S) 6:30- Popcorn Club- 2A-(S)</p>	<p>16</p> <p>9:30- Smile Club Card for Postal Workers-2A- (MS) 10:30- Get Fit-2A-(P) 11:30- Trip to Papa Ginos 1pm- Cycling Class-T-(P) 2:15pm- Racing the Olympians-3A 3:15- Friday Crafting-2A-AT) 6:30- Read Aloud with Brooke-FR</p>	<p>17</p> <p>9:30 - Coffee and Words of Wisdom-2A-(C) 10:00- Be Fit with Lynn-2A- (P) 10:30- White Board Games-2A-(C) 2:15- Saturday Sing-along-2A-(MT) 3:30- Documentary-2A-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>
<p>18</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundae Matinee-FR-(S) Day of Rest and Face Timing with Families</p>	<p>19</p> <p>9:30- Making Muffins-2A-(MS) 10:30- Communion w/Deacon Tom-ILD -(R) 11:00- Courtyard Stroll-C- (P) 1:00-Resident Council -2A-(T) 2pm Larry Batter Performs-3A 3:15-Wii Bowling- T-(P) 3:30- Tea and Muffin Social-2A-(MS) 6:00- Puzzle Time-FR-(C)</p>	<p>20</p> <p>9:30- Spring Sing-2A-(MT) 10:00- Pet Therapy/ Winter-2A-(PT) 10:30- Meditation/Yoga with Rob-3A 10:30- Knitting Corner-2A- (L) 1:00- Nickels-2A-(S) 2:00- Painting Class- 3A-(AT) 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work- 2A-(T) 6:30- Popcorn Club-T-(S)</p>	<p>21</p> <p>9:30- Coffee Talk-2A- (T) 10:30- Coffee and Donuts- Atkins 12:30- Rosary- 3A-(R) 1pm- Chorus Practice via Zoom-(MT) 3rd Floor Act Room 1pm- Scenic Ride-FL-(MS) 2:00- Seasonal Bingo -2A-(S) 3:15- Wii Bowling-T-(P) 6:00- Travel Documentary-FR-(MS)</p>	<p>22</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Bocce- Courtyard 11:30- Monthly Birthday Luncheon 1pm- Collaborative Craft-2A-(AT) 3:00- Happy Hour-2A-(S) 6:30-Popcorn Club-2A-(S)</p>	<p>23</p> <p>9:30- Smile Club Meet-2A-(MS) 10:30- Get Fit-2A-(P) 1pm- Cycling Class-T-(P) 2:15- Horse Racing-2A- (S) 3pm- Friday Crafting- 2A- (AT) 6:30- Read Aloud with Brooke- FR</p>	<p>24</p> <p>9:30 - 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 2:15-Easy Trivia-2A-(C) 3:30- Documentary-2A-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>
<p>25</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing with Families</p>	<p>26</p> <p>9:30- Making Bread-2A-(MS) 10:30- Communion w/Deacon Tom-ILD-(R) 11:00- Courtyard Stroll- C-(P) 1pm-Aromatherapy & 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>27</p> <p>9:30- Spring Sing-2A- (MT) 10:00- Pet Therapy/Winter-2A-(PT) 10:30- Knitting Corner- 2A-(L) 1:00- Nickels- 2A-(S) 2:00- Painting Class- 3A-(AT) 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work-2A-(T) 6:00- Popcorn Club-T-(S)</p>	<p>28</p> <p>9:30- Coffee Talk-2A-(T) 10:30- Berkshire Hills Music School Performs-IL Dining Room 12:30- Rosary- 3A-(R) 1:00- Music Therapy w/Brianna-2A-(MT) 2:00- Randalls for Ice Cream 3:15- Wii Bowling- T-(P) 6:00- Travel Documentary-FR-(MS)</p>	<p>29</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30-Making Olympian Crowns-3A 1:00- Bird Talk-2A-(MS) 2:00-Sports Food Social- Popcorn Peanuts and Crackerjacks-Pub 3:00- Happy Hour-2A-(S) 6:30- Popcorn Club- 2A-(S)</p>	<p>30 Wear Your Favorite Teams Jersey Day 9:30- Smile Club Meet-2A-(MS) 10:30- Get Fit-2A-(P) 1pm- Cycling Class-T-(P) 2pm- Olympian Medal Ceremony 4:30- Olympian Celebratory Dinner 6:30- Read Aloud with Brooke- FR</p>	<p>31</p> <p>9:30 - Coffee and Words of Wisdom-2A-(C) 10:00- Be Fit with Lynn-2A- (P) 10:30- White Board Games-2A-(C) 2:15- Saturday Sing-along-2A-(MT) 3:30- Documentary-2A-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>