



Keystone Commons

A Life Fulfilling Retirement Community

Holistic Harbors Memory Care/Cottage July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p>  <p>Summer Olympics</p>	<p>*Activities are Subject to Change Marilyn Thomas Activity Assistant for Holistic Harbors Program</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 E-Emotional</p>	<p>Everyday Activities 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>1 9:30- Yoga with Marilyn- (M) 10:30- Baseball in the Courtyard-(P) 1pm- Red white and Blue Manicures and Patriotic Music (MS) 2:00- Kaboom Bingo-(S) 3:30- Musical Memories -(E)</p>	<p>2 9:30- Meditation and Massage-MS) 10:00-Making Red Velvet Cupcakes-(T) 11:00- Lunch Out at Barstows 1pm- Rosary- (R) 2:30- Michael Goodwin Presents "Songs and Stories of the US and Old Glory via Zoom- 3A(S) 3:30- Laugh Out Loud Videos-(E)</p>	<p>3 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15 Keystone Cruisers-(P) 2pm- Jim Harkins Patriotic Performance- 3A-(MT) 3:00- Tabletop Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>4</p>  <p>10:00- Chalice of Salvation-(R) 10:45- SingAlong-(MT) 11:45- BBQ for Lunch 1:00 Chair Yoga-(M) 2:30 Word Searches-(C) 6:00- Soothing Music and Massage-(MS)</p>	<p>5 9:30- Fitness Dice-(P) 10:00- Massage & Meditation-(M) 10:30- No Communion 1pm- Summer 50's Sing-(MT) 2pm- Paint by numbers-(AT) 3:30- Lawrence Welk-(MT)</p>	<p>6 9:30- Billiards-(S)-3A 9:30- Cycling Travel- (P) 10:30- Pet Therapy w/ Winter-(PT) 10:30-Reminiscing- 4th of July-(E) 1pm- Whiteboard Games-(C) 2:00- Bingo- (S) 3:00- Orange Cream Roll -(S) 4:00- Whistle While We Work- (T)</p>	<p>7 9:30- Drumming w/ Marilyn-(P) 10:30-Painting with Marilyn-(AT) 1:30pm- Keystone Canaries Chorus Concert- 3A 2:30- Scenic Ride with Marilyn 3:30- Backyard Olympics Junk Drawer Detective-(C)</p>	<p>8 9:30- Yoga with Marilyn- (M) 10:30- Patriotic Sing-Along 11:00- McDonalds Take Out Luncheon 1pm- Manicures & Melodies- (MS) 2:00-Finish the Lyric-(C) 3:30- -(E)</p>	<p>9 9:30- Smile Club Card Making 10:30- Wheel of Fortune-(C) 1pm- Rosary- (R) 2:30- John Thorpe Performs- 2A- (MT) 3pm- Bouncing Ball Sing-along-(MT)</p>	<p>10 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>11 10:00 Chalice of Salvation-(R) 10:45- 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>12 9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion in the IL Dining Room- (R) 1:00- Baking Cookies for Postal Workers Appreciation-(MS) 2:00- Hip Hop Dance Class from a chair with Ronda-3A"NEW" 3:30- Laugh Out Loud Videos- (E)</p>	<p>13 9:30- Billiards-(S)-3A 9:30- Cycling Travel-(P) 10:30-Laughter Yoga with Rob-(E) 10:30- Pet Therapy w/ Winter-(PT) 11:00- Table Talk- Word Searches-(C) 1:00- Whiteboard Games-(C) 2:00- Bingo- (S) 3:00- Laugh Out Loud Videos-(MS) 4:00- Whistle While We Work- (T)</p>	<p>14 Bastille Day Passport to Fun- France 9:30- Drumming w/ Marilyn- (P) 10:30-French Foods/Culture 2:00- Rusty Music Therapy-(MT) 2pm- Tea and Croissants- (S) 3:00- A to Z- Picnic-(C)</p>	<p>15 9:30- Yoga with Marilyn- (M) 10:30-Putting Event- Golf Green 11:30- Men's Pizza and Beer Social 2pm- Mike Tourville and Danny Perform- 3A 3:30- Musical Memories- (E)</p>	<p>16 9:30- Meditation & Massage- (M) 10:30- Alphabet Soup -(C) 11:30- Papa Ginos Outing 1:00- Rosary- (R) 2pm- Big Ball BowlingGame-(P) 3:30- Adult Coloring-(AT)</p>	<p>17 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>18 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>19 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) 2pm Larry Batter Performs-3A-(S) 3:30 Travel Videos- (MS)</p>	<p>20 9:30- Billiards-(S)-3A 9:30- Strength Training-(P) 10:30-Storyboard- Going on a Picnic-(C) 10:30- Pet Therapy w/ Winter-(PT) 11:00- Table Talk- Word Find-(C) 1pm- Whiteboard Games-(C) 2:00- Bingo-(S) 3:00- The Rat Pack in Concert- (MS) 4:00- Whistle While We Work- (T)</p>	<p>21 9:30- Drumming w/ Amy- (P) 10:30- Atkins- Coffee and Donuts 1pm-Chorus with Don- 3A-(MT) 2:00- Rusty Music Therapy- (MT) 3:00- Shake a Memory-(E)</p>	<p>22 9:30- Yoga with Amy- (M) 10:30- Bocce Competition Courtyard 11:30 Birthday Luncheon Delivered 1pm- Manicures and Melodies-(MS) 2pm-Popcorn Club-(S) 3:30-Musical Memories-(E)</p>	<p>23 9:30- Meditation & Massage- (M) 10:30- Beauty Parlor-(MS) 1pm-Rosary- (R) 2pm-Adult Coloring- (AT) 3:00- Lawrence Welk (MT)</p>	<p>24 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>25 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>26 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>27 9:30- Billiards-(S)-3A 9:30- Strength Training- (P) 10:30- Pet Therapy w/ Winter-(PT) 10:30-Olympic Stamped Rings-(AT) 11:00- Table Talk- Reminiscing 2:00- Bingo-(S) 3:00- Greatest Olympic Moments on Youtube-(E) 4:00- Whistle While We Work-(T)</p>	<p>28 9:30- Drumming w/ Marilyn- (P) 10:30- Berkshire Hills Music School Performs-3A 1:00-Brianna's Playlist-2A-(MT) 2:00- Rusty Music Therapy- (MT) 2:00- Bus Leaves for Randalls for ice cream 3:00- Word in a Word- (C)</p>	<p>29 9:30- Yoga with Marilyn- (M) 10:30- Collaborative Art Project-(AT) 1pm- Manicures & Melodies- (MS) 2:00-Clapping Jacks Card Game-(C) 3:30-Musical Memories -(E)</p>	<p>30 Wear Your Favorite Teams Jersey Day 9:30- Smile Club Card Making 10:30- Wheel of Fortune-(C) 1pm- Rosary- (R) 2pm- Olympian Medal Ceremony 4:30- Olympian Celebratory Dinner</p>	<p>31 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>