




Keystone Commons

A Life Fulfilling Retirement Community

Holistic Harbors Memory Care/Cottage November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>1</p> <p>9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion in the IL Dining Room- (R) 1pm- Aromatherapy and Massage-(E) 2:00- Men's Group-(MS) 3:30- Cute Cow Videos-(E)</p>	<p>2</p> <p>9:30- Billiards-(S)-3A 9:30- Cycling Travel- (P) 10:30- Meditation/Yoga with Rob-3A 1pm- Whiteboard Games-(C) 2:00- Roger Hart Presents- Lancaster County- Amish Slideshow-3A 3:00- 4:00- Whistle While We Work- (T)</p>	<p>3</p> <p>9:30- Drumming w/ Marilyn-(P) 10:30- Painting w/Marilyn-(AT) 12:30- Rosary-(R) 1:30- Adult Coloring- Cows-(T) 2pm- Go Fish-(C) 3:30- Lawrence Welk-(E)</p>	<p>4 National Candy Day</p> <p>9:30- Yoga with Marilyn-(M) 10:30- I have Never-(E) 10:30- Pet Therapy w/Winter-(PT) 1pm-Chair Exercises-(P) 2pm- Jelly Bean Tasting-(MS) 3:00-Holistic Helpers- Biscuits to go with Dinner-(T)</p>	<p>5</p> <p>9:30- Smile Club Meets-(E) 10:30- John Thorpe Performs-3A 1:00pm- Painting Cow Bells-(AT) 2:00- Bingo with Laurie & Judy-(S) 3:30- Laugh Out Loud Videos-(E)</p>	<p>6</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15 Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Tabletop Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>7</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>8</p> <p>9:30- Fitness Dice-(P) 10:00- Massage & Meditation- (M) 10:30-Communion w/ Deacon Tom ILD-(R) 1pm- Fall Sing- (MT) 2:30pm- Rusty Music Therapy-(MT) 3:30- Travel Videos-(MS)</p>	<p>9</p> <p>9:30- Billiards-(S)-3A 9:30- Cycling Travel- (P) 10:00- Pet Therapy/ Winter-(PT) 10:30- Johnny P Performs-3A-(MT) 1pm- Whiteboard Games-(C) 2:00- Bingo- (S) 3:00-Cow patty Social-(S) 4:00- Whistle While We Work- (T)</p>	<p>10</p> <p>9:30- Drumming w/ Marilyn-(P) 10:30-Laughter Yoga-(M) 11:30- Outing to Cracker Barrel 12:30- Rosary-(R) 2pm- Line Dancing w/Jen-3A 3:30- Lawrence Welk-(E)</p>	<p>11 Veteran's Day</p> <p>9:30- Yoga with Marilyn- (M) 10:30- Berkshire Hills Music School 12:00- Veterans Luncheon- Invitation Only Event-ILD 2pm- Mike Tourville Patriotic Performance-3A 3:00-Holistic Helpers- Autumn Salad to go with Dinner-2A-(E) 3:30-Musical Memories -(E)</p>	<p>12</p> <p>9:30- Smile Club Card Making 10:30- 155 Best Cow Puns that are Legen-dairy-2A-(E) 1pm- Rosary- (R) 2pm- Bingo with Laurie & Judy-(S) 3:30- Diablo Ballet- Nutcracker- 3A-(S)</p>	<p>13</p> <p>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>14</p> <p>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>15</p> <p>9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30-Magdalana Presents Uncommon Sense-3A 1pm- Aromatherapy and Massage-(E) 2:30pm- Rusty Music Therapy-(MT) 3:30-Travel Videos-(MS)</p>	<p>16 Massage Therapist 1-4 Sign up 3A</p> <p>9:30- Billiards-(S)-3A 9:30- Cycling Travel-(P) 10:00- Pet Therapy/Winter-(PT) 10:30- Chef's Club-3A Laughing Cow Chicken 11:30- Family Style Luncheon-3A 2:00- Bingo-(S) 3:00- Laugh Out Loud Videos-(MS) 4:00- Whistle While We Work- (T)</p>	<p>17</p> <p>Passport to Fun: India- Cow Capital of the World</p> <p>9:30- Drumming w/ Marilyn-(P) 10:00- Scenic Ride and Hot Cocoa 12:30- Rosary-(R) 1:30-Why is the Cow Sacred?-(C) 2:00 pm- Milking Cow Races-3A-(S) 3:30-Lawrence Welk-(E)</p>	<p>18</p> <p>9:30- Yoga with Marilyn-(M) 10:30- Fall Crafting- (T) 1pm- Making Cookies-(T) 2:00- Milk and Cookies Social-2A-(S) 3:00-Holistic Helpers- Autumn Dessert to go with Dinner-2A-(E)</p>	<p>19</p> <p>9:30- Meditation & Massage-(M) 10:30- Quick Words-(C) 1:00- Rosary- (R) 2pm- Bingo with Laurie & Judy-(S) 3:30- Adult Coloring-(AT)</p>	<p>20</p> <p>9:00- Spiritual Music-(R) 10:00-Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2:00- Jim Harkins Performs-3A 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>21</p> <p>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>22</p> <p>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) 2:30pm- Rusty Music Therapy-(MT) 3:30 Travel Videos- (MS)</p>	<p>23</p> <p>9:30- Billiards-(S)-3A 9:30- Strength Training-(P) 10:00- ArtSong w/Amy-2A-(AT) 10:00- Pet Therapy/ Winter-(PT) 10:00-Making Sides for Dinner-3A 12pm- Staff and Resident Potluck 2pm- T-Bone Performs-IL Dining Room 3:00- The Rat Pack in Concert- (MS) 4:00- Whistle While We Work- (T)</p>	<p>24</p> <p>9:30- Drumming w/ Marilyn- (P) 10:30- Meditation w/Rob-3A-(M) 11:30- Take Out Chinese-2A 1:30-Cow Pinata-(S) 2pm- Uno-(S) 3:00- Shake a Memory-(E)</p>	<p>25</p>  <p>HAPPY THANKSGIVING</p>	<p>26</p> <p>9:30- Meditation & Massage(M) 10:30- Beauty Parlor-(MS) 1pm-Rosary- (R) 2pm-Bingo w/Laurie & Judy-(S) 3:00-</p>	<p>27</p> <p>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>28</p> <p>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>29</p> <p>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) 2:30pm- Rusty Music Therapy-(MT) 3:30- Manicures and Sing Along-(E)</p>	<p>30</p> <p>Pedicures-1-4- Sign Up in 3A</p> <p>9:30- Billiards-(S)-3A 9:30- Strength Training- (P) 10:00- Pet Therapy/Winter-2A-(PT) 10:00- Coffee House-3A 10:30- Larry Batter Performs-3A 11:30- Holy Cow Luncheon 2:00- Bingo-(S) 3:00- Fall Foliage Documentary-(S)</p>	<p>Monthly Birthdays</p> <p>11/3- George Perrault 11/10- Marty Zielinski 11/23- Patricia Berwaldt 11/23- Georgette Dupont "102"</p>	<p>Everyday Activities</p> <p>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>Code Key</p> <p>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>*Activities are Subject to Change Marilyn Thomas Activity Assistant for Holistic Harbors Program</p>