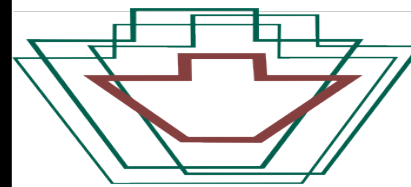


INTERIM MEMORY CARE  
HOLISTIC PROGRAM  
NOVEMBER 2021



**Keystone Commons**  
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Monthly Theme</b></p>	<p><b>1</b></p> <p>9:30- Coffee Chat-2A-(S) 10:30-Communion w/ Deacon Tom ILD-(R) 11:00- Adult Coloring-2A- (T) 1pm- Aromatherapy and Massage-2A 2pm- Balloon Volleyball-3A-(P) 3:15- Table Talk-FR-(E) 3:15- Wii Bowling-T-(P) 6:00- Puzzle Time- FR- (C)</p>	<p><b>2</b></p> <p>9:30- November Sing-2A-(MT) <b>10:30- Meditation/Yoga with Rob-3A</b> 1:00- Room Visits-2A-(S) <b>2:00- Roger Hart Presents- Lancaster County- Amish- Slideshow-3A</b> 3:30-Whistle While we Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p><b>3 Covid Booster Clinic Holistic- 12-1:30pm</b></p> <p>9:30- Coffe Talk-2A-(T) 10:30- Corn Hole-Courtyard-(P) 10:30- Knitting Corner- Library-(T) 12:30- Rosary- 3A 1:00- Room Visits-2A-(S) 2:30- Seasonal Bingo-2A-(S) 3:30- Wii Bowling- Theater 3:30- Sing Along w/ Deb-Youtube-FR 6:00- Travel Documentary-FR-(MS)</p>	<p><b>4 National Candy Day</b></p> <p>9:30- Concentration Puzzles-2A-(C) <b>10:00- Pet Therapy/ Winter-2A-(PT)</b> 10:30- Drumming Class-3A-(P) 1:00- Jelly Bean Tasting-(MS) 2:00- Zumba with Daisy-T-(P) <b>3:00-Holistic Helpers- Biscuits to go with Dinner-2A-(E)</b> 6:00- Popcorn Club- 2A-(S)</p>	<p><b>5</b></p> <p>9:30- Smile Club Meets-2A- (T) <b>10:30- John Thorpe Performs-(S)-2A</b> 1pm- Cycling Class-T-(P) 2pm- Cow Racing-2A-(S) <b>3:30- Cow Bell Painting -2A-(AT)</b> 6:00- Peaceful Scenes &amp; Massage-2A-(M)</p>	<p><b>6</b></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 Singalong-2A-(S) 3:30- Documentary-FR-(MS) 3:45pm- Manicures &amp; Melodies-2A-(MS)</p>
<p><b>7</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>	<p><b>8</b></p> <p>9:30- Coffee Chat-2A-(S) 10:30-Communion w/ Deacon Tom ILD-(R) 11:00- Adult Coloring-2A- (T) 1pm- Aromatherapy and Massage-2A 2pm- Balloon Volleyball-3A-(P) <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15- Table Talk-FR-(E) 3:15- Wii Bowling-T-(P) 6:00- Puzzle Time- FR- (C)</p>	<p><b>9</b></p> <p>9:30- November Sing-2A-(MT) <b>10:00- Pet Therapy/ Winter-2A-(PT)</b> <b>10:30- Johnny P Performs-3A-(MT)</b> 1:00- Room Visits-2A-(S) <b>2:00- Cow Painting Class-3A-(AT)</b> 2:30- Bingo for Prizes-2A-(S) 3:30-Whistle While we Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p><b>10</b></p> <p>9:30- Coffee Talk-2A-(T) <b>10:30- Laughter Yoga-C-(M)</b> <b>11:30- Outing to Cracker Barrel</b> 12:30- Rosary- 3A- (R) 1:00- Room Visits-2A-(S) <b>2pm- Line Dancing Class with Jennifer- 3A</b> 3:30- Wii Bowling- Theater-(P) 3:30- Sing Along w/Deb- youtube-FR 6:00- Travel Documentary-FR-(MS)</p>	<p><b>11 Veteran's Day</b></p> <p>9:30- Concentration Puzzles-2A-(C) <b>10:30- Berkshire Hills Music School</b> <b>12:00- Veterans Luncheon- Invitation Only Event-ILD</b> 1:00- Words in a Word-2A-(C) <b>2:00- Mike Tourville Presents Patriotic Tunes-3A-(MT)</b> <b>3:00-Holistic Helpers- Autumn Salad to go with Dinner-2A-(E)</b> 6:00- Popcorn Club- 2A-(S)</p>	<p><b>12</b></p> <p>9:30- Smile Club Meets-2A- (MS) <b>10:30- 155 Best Cow Puns that are Legen-dairy-2A-(E)</b> 1pm-Cycling Class-T- (P) 2pm- <b>3:30- Diablo Ballet- Nutcracker-3A-(S)</b> 6:00- Peaceful Scenes &amp; Massage-2A-(M)</p>	<p><b>13</b></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 &amp; Melodies-2A-(MS)</p>
<p><b>14</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>	<p><b>15</b></p> <p>9:30- Making Cow Patties-2A-(T) <b>10:30-Magdalena Presents Uncommon Sense-3A</b> 11:00- Courtyard Stroll-C-(P) 1pm-Aromatherapy &amp; Massage-2A 2pm- Balloon Volleyball-3A-(P) <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15-Wii Bowling- T-(P) 3:15- Table Talk-FR-(E) 6:00- Puzzle Time-FR-(C)</p>	<p><b>16 Massage Therapist 1-4 Sign up 3A</b></p> <p>9:30- Farmhouse Adult Coloring-2A <b>10:00- Pet Therapy w/Winter-2A</b> <b>10:30- Chef's Club-3A</b> <b>Laughing Cow Chicken</b> <b>11:30- Family Style Luncheon-3A</b> 1:00- Room Visits-2A-(S) 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p><b>17 Passport to Fun: India- Cow Capital of the World</b></p> <p>9:30- Coffee Talk-2A-(T) <b>10:00- Scenic Ride and Hot Cocoa</b> 12:30- Rosary-3A <b>2:00 pm- Milking Cow Races-3A-(S)</b> 3:30- Sing Along w/Deb- Youtube-FR 3:30- Wii Bowling- Theater 6:00- Travel Documentary-FR-(MS)</p>	<p><b>18</b></p> <p>9:30- Concentration Puzzles-2A-(C) 10:30-Fitness Class w/ Sarah-2A-(P) 1:00- Get a Clue-2A-(C) <b>2:00- Milk and Cookies Social-2A-(S)</b> 3:00-Holistic Helpers- Autumn Dessert to go with Dinner-2A-(E) 6:00- Popcorn Club- 2A-(S)</p>	<p><b>19</b></p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Get Fit-2A-(P) 1pm- Cycling Class-T-(P) 2pm- 3:15- Friday Crafting-2A-(AT) 6:00- Peaceful Scenes &amp; Massage-2A-(M)</p>	<p><b>20</b></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) <b>2:00- Jim Harkins Performs-3A-(MT)</b> 3:30- Documentary-2A-(MS) 3:45pm- Manicures &amp; Melodies-2A-(MS)</p>
<p><b>21</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundae Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>	<p><b>22</b></p> <p>9:30- Making Muffins-2A-(MS) 10:30- Communion w/Deacon Tom-ILD -(R) 11:00- Courtyard Stroll-C- (P) <b>1:00-Resident Council -2A-(T)</b> 2pm- Balloon Volleyball-3A-(P) <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15-Wii Bowling- T-(P) 3:30- Quick Words-2A-(C) 6:00- Puzzle Time-FR-(C)</p>	<p><b>23</b></p> <p>9:30- November Sing-2A-(MT) <b>10:00- Pet Therapy/ Winter-2A-(PT)</b> <b>10:00- Art Song w/Amy-2A-(AT)</b> <b>10:00-Making Sides for Dinner-3A</b> <b>12pm- Staff and Resident Potluck-3A</b> <b>2pm- T-Bone Performs-IL Dining Room</b> 3:30- Whistle While We Work- 2A-(T) 6:00- Popcorn Club-T-(S)</p>	<p><b>24</b></p> <p>9:30- Coffee Talk-2A- (T) <b>10:30- Meditation and Yoga w/Rob-3A</b> <b>11:30- Take Out "Chinese"-2A</b> 12:30- Rosary- 3A-(R) 1:00- Adult Fall Coloring-(T) 2:30- Seasonal Bingo-2A 3:15- Wii Bowling-T-(P) 6:00- Travel Documentary-FR-(MS)</p>	<p><b>25</b></p>	<p><b>26</b></p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Get Fit-2A-(P) 1pm- Cycling Class-T-(P) 2:15- Horse Racing-2A- (S) 3pm- Friday Crafting- 2A- (AT) 6:00- Peaceful Scenes &amp; Massage-2A-(M)</p>	<p><b>27</b></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 &amp; Melodies-2A-(MS)</p>
<p><b>28</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Club-FR-(S)</p>	<p><b>29</b></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 <b>2:00 pm Balloon Volleyball Competition- 3A-(P)</b> <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15-Wii Bowling- T-(P) 3:15- Table Talk-FR-(E) 6:00- Puzzle Time- FR-(C)</p>	<p><b>30</b></p> <p><b>Pedicures-1-4- Sign Up in 3A</b></p> <p>9:30- November Sing-2A- (MT) <b>10:00- Pet Therapy/Winter-2A-(PT)</b> <b>10:00- Coffee House-3A</b> <b>10:30- Larry Batter Performs-3A</b> <b>11:30- Holy Cow Lunch-2A</b> 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>*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><b>Code Key</b></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 PT-Pet Therapy</p>	<p><b>Room Key</b></p> <p>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><b>Monthly Birthdays</b></p> <p>11/3- George Perrault 11/10- Marty Zielinski 11/23- Patricia Berwaldt 11/23- Georgette Dupont "102"</p>