



Keystone Commons

A Life Fulfilling Retirement Community

Holistic Harbors Memory Care/Cottage December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</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- Drumming w/ Marilyn-(P) 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary-(R) 1:30- Cocoa and Cookies and Decorating the Tree for Christmas-3A 2pm- Go Fish-(C) 3:30- Lawrence Welk-(E)</p>	<p>2 9:30- Yoga with Marilyn-(M) 10:00- Coffee House-3A-(S) 10:30- Willie Nininger Performs-3A 1pm-Chair Exercises-(P) 2pm-Mariah Carey Merry Christmas You- Youtube Special -(MS) 3:00- Holistic Helpers- Making Bread and Honey Butter-2A-(T)</p>	<p>3 9:30- Smile Club Meets-(E) 10:30- Beauty Parlor- (MS) 1pm- Rosary- (R) 2pm- Making Gingerbread-2A-(MS) 3:30- Decorating the Gingerbread</p>	<p>4 9:00- Spiritual Music-(R) 10:30- Brianna's Playlist-(MT) 11:15 Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Tabletop Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>5 10:00- Chalice of Salvation-(R) 10:45- SingAlong-(MT) 1:00 Chair Yoga-(M) 2:30 Word Searches-(C) 6:00- Soothing Music and Massage-(MS)</p>	<p>6 9:30- Fitness Dice-(P) 10:00- Massage & Meditation- (M) 10:30-Communion w/ Deacon Tom ILD-(R) 11:30- Outing at Olive Garden 2:30pm- Rusty Music Therapy-(MT) 3:30- Travel Videos-(MS)</p>	<p>7 9:30- Billiards-(S)-3A 9:30- Cycling Travel- (P) 10:00- Pet Therapy/ Winter-(PT) 10:30- Artsong w/Amy-2A-(AT) 1pm- Chorus Practice w/Don-3A-(MT) 2:00- Bingo- (S) 3:00- Laugh Out Loud Videos- (MS) 4:00- Whistle While We Work- (T)</p>	<p>8 9:30- Drumming w/ Marilyn-(P) 10:30-Laughter Yoga-(M) 12:30- Rosary-(R) 2pm- Table for Two Performs-3A-(MT) 3:30- Lawrence Welk-(E) 5:30- Bright Nights Trip</p>	<p>9 9:30- Yoga with Marilyn- (M) 10:30-Reindeer Hunting-(P) 1pm- Holiday Trivia-(C) 2pm- Making Holiday Pop Up Cards- (T) 3:00-Holistic Helpers- Winter Salad-2A-(T)</p>	<p>10 9:30- Smile Club Card Making 10:30- Gingerbread House Game-(C) 1pm- Rosary- (R) 2pm- Salt Dough Ornaments-(AT) 3:30-Lawrence Welk Christmas Show-(E)</p>	<p>11 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>12 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>13 9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion w/ Deacon Tom ILD- (R) 1pm-Chorus Practice w/Don-3A- (MT) 2:30- Music Therapy w/Rusty-C-(MT) 3:30-Travel Videos-(MS)</p>	<p>14 9:30- Billiards-(S)-3A 9:30- Cycling Travel-(P) 10:00- Pet Therapy/Winter-(PT) 10:30- Chef's Club-3A-(MS) Gingerbread Men Pizzas 11:30- Family Style Luncheon-3A 1:30- Mike Tourville and Dan-3A-(S) 3:00- Laugh Out Loud Videos-(MS) 4:00- Whistle While We Work- (T)</p>	<p>15 Passport to Fun: Christmas Around the World 9:30- Drumming w/ Marilyn-(P) 10:00- Dunkin Run and Scenic Ride 12:30- Rosary-(R) 1pm- Line Dancing w/Jennifer-3A 3:30- Christmas Treasures: The History & Origins of the Season's Greatest Traditions-FR- (E) 3:30-Lawrence Welk-(E)</p>	<p>16 9:30- Yoga with Marilyn-(M) 10:30-Holiday Crafting- (T) 1pm- Making Cookies-(T) 2pm- Holiday Drawing Board-2A-(AT) 3:00-Holistic Helpers- Holiday Dessert to go with Dinner-2A-(E)</p>	<p>17 9:30- Meditation & Massage-(M) 10:30- Quick Words-(C) 1:00- Rosary- (R) 2pm- Holiday Bingo with Laurie and Judy-(S) 3:30- Adult Coloring-(AT)</p>	<p>18 9:00- Spiritual Music-(R) 10:30- Brianna's Playlist-(MT) 11:15- Keystone Cruisers-(P) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>19 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>20 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 -2A-(T) 2pm- Dave Colucci Performs-2A-(MT) 2:30- Music Therapy w/Rusty-C-(MT) 3:30 Travel Videos- (MS)</p>	<p>21 Massage Therapist- 1-4 9:30- Billiards-(S)-3A 9:30- Strength Training-(P) 10:00- Pet Therapy/Winter-(PT) Holiday Party for Staff Only Activity Room 1pm-Holiday Classic- (MS) 3:00- 4:00- Whistle While We Work- (T)</p>	<p>22 9:30- Drumming w/ Marilyn- (P) 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary-(R) 1pm- Dominos-(C) 2:30- Take Out- Dairy Queen Blizzards-2A-(S) 3:00- Shake a Memory-(E)</p>	<p>23 Resident Holiday Party 9:30- Yoga with Marilyn-(M) 10:30- Merry Manicures-(E) 11:30- Holiday Luncheon-2A-(MS) 1pm- Holiday Photo Shoot-(E) 2pm- Holiday Boston Pops Concert-(MS) 6:45- Richie Mitnik Holiday Spectacular-3A</p>	<p>24 9:30- Meditation & Massage(M) 10:30- Beauty Parlor-(MS) 1pm- Christmas Service with Lessons and Hymns-3A-(R) 2:30- Michael Goodwin Christmas Eve Special -3A 3:00- Adult Coloring-(AT)</p>	<p>25 9:00- Spiritual Music-(R) 2:00- Musical Melodies and Adult Coloring-(AT) </p>
<p>26 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>27 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) 1pm-Fireside Finish the Phrase-(C) 2:30pm- Rusty Music Therapy-(MT) 3:30- Manicures and Sing Along-(E)</p>	<p>28 Pedicures-1-4- Sign Up in 3A 9:30- Billiards-(S)-3A 9:30- Strength Training- (P) 10:00- Pet Therapy/Winter-2A-(PT) 1pm- Decorate the Gingerbread House Game-2A-(C) 2:00- Bingo-(S) 3:00- Holiday Documentary-(S)</p>	<p>29 9:30- Drumming w/ Marilyn- (P) 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary-(R) 1pm- Dominos-(C) 2:30-Andre Rieu « The Christmas I love- Youtube Special-(MS) 6:30- Bright Nights overflow Trip</p>	<p>30 9:30- Yoga with Marilyn-(M) 10:30- Whats New in 2022-(MS) 1pm- Baking- (T) 2pm- Lawrence Welk New Years Show-(MT) 3:00-Holistic Helpers- Holiday Sherbert Cocktail -2A-(T)</p>	<p>31 9:30- Meditation & Massage-(M) 10:30- Quick Words-(C) 1:00- Rosary- (R) 2pm- New Years Adult Coloring-(AT) 3pm- New Year's Celebration with Patrick Tobin-3A</p>	<p>*Activities are Subject to Change Marilyn Thomas Activity Assistant for Holistic Harbors Program</p>