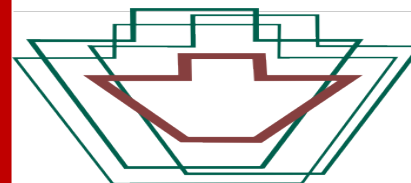






**INTERIM MEMORY CARE
HOLISTIC PROGRAM
DECEMBER 2021**



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>Code Key</p> <p>P- Physical E- Emotional 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>Room Key</p> <p>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>1</p> <p>9:30- Coffe Talk-2A-(T) 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary- 3A-(R) 1:30- Cocoa and Cookies and Decorating the Tree for Christmas-3A-(MS) 2:30- Seasonal Bingo-2A-(S) 3:30- Wii Bowling- Theater-(P) 3:30- Sing Along w/ Deb-Youtube-FR 6:00- Travel Documentary-FR-(MS)</p>	<p>2</p> <p>9:30- Concentration Puzzles-2A-(C) 10:00- Coffee House-3A-(S) 10:30- Willie Ninger Performs-3A 1pm- Gingerbread Adult Coloring 2:00- Gingerbread Men Races-3A-(S) 3:00- Holistic Helpers- Making Bread and Honey Butter-2A-(T) 6:30- Popcorn Club- Theater</p>	<p>3</p> <p>9:30- Smile Club Meets-2A- (T) 10:30-Get Fit w/Sarah -2A-(P) 1pm- Cycling Class-T-(P) 2pm- Making Gingerbread-2A-(MS) 3:30- Decorating the Gingerbread 6:00- Peaceful Scenes & Massage-2A-(M)</p>	<p>4</p> <p>9:30 - Brianna's Playlist-2A_(MT) 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 & Melodies-2A-(MS)</p>
<p>5</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Matinee-FR-(S)</p> <p>Day of Rest and Face Timing with Families</p>	<p>6</p> <p>9:30- Coffee Chat-2A-(S) 10:30-Communion w/ Deacon Tom ILD-(R) 11:30- Outing to Olive Garden 1pm- Aromatherapy and Massage-2A 2pm- Balloon Volleyball-3A-(P) 2:30- Music Therapy w/Rusty-C-(MT) 3:15- Table Talk-FR-(E) 3:15- Wii Bowling-T-(P) 6:00- Puzzle Time- FR- (C)</p>	<p>7</p> <p>9:30- December Sing-2A-(MT) 10:00- Pet Therapy/ Winter-2A-(PT) 10:30- Artsong w/Amy-2A-(AT) 1:00- Chorus Practice w/Don-3A-(MT) 2:30- Bingo for Prizes-2A-(S) 3:30-Whistle While we Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p>8</p> <p>9:30- Coffee Talk-2A-(T) 10:30- Laughter Yoga-2A-(P) 12:30- Rosary- 3A- (R) 1:00- Room Visits-2A-(S) 2pm- Table For 2 Performs-3A-(MT) 3:30- Wii Bowling- Theater-(P) 3:30- Sing Along w/Deb- youtube-FR 5:30- Bright Nights Trip</p>	<p>9</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Drumming Class-3A-(P) 1:00- Words in a Word-2A-(C) 2pm- Reindeer Hunting-2A-(MS) 3:00-Holistic Helpers- Winter Salad-2A-(T) 6:00- Popcorn Club- 2A-(S)</p>	<p>10</p> <p>9:30- Smile Club Meets-2A- (MS) 10:30- Get Fit w/Sarah-2A-(P) 1pm-Cycling Class-T- (P) 2pm- Salt Dough Ornaments-(AT) 3:30- Holiday Trivia-2A-(C) 6:00- Peaceful Scenes & Massage-2A-(M)</p>	<p>11</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>12</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Matinee-FR-(S)</p> <p>Day of Rest and Face Timing with Families</p>	<p>13</p> <p>9:30- Making Bread-2A-(MS) 10:30- Communion w/ Deacon Tom-ILD- (R) 1pm-Chorus Practice w/Don-3A- (MT) 2pm- Balloon Volleyball-3A-(P) 2:30- Music Therapy w/Rusty-C-(MT) 3:15-Wii Bowling- T-(P) 3:15- Table Talk-FR-(E) 6:00- Puzzle Time-FR-(C)</p>	<p>14</p> <p>9:30- Adult Coloring-2A-(E) 10:00- Pet Therapy w/Winter-2A-(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) 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p>15</p> <p>Passport to Fun: Christmas Around the World</p> <p>9:30- Coffee Talk-2A-(T) 10:00- Dunkin Run and Scenic Ride 12:30- Rosary-3A 1pm- Line Dancing w/Jennifer-3A 3:30- Christmas Treasures: The History & Origins of the Season's Greatest Traditions-FR- (E) 3:30- Wii Bowling- Theater 6:00- Travel Documentary-FR-(MS)</p>	<p>16</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30-Fitness Class w/ Sarah-2A-(P) 1:00- Get a Clue-2A-(C) 2pm- Holiday Drawing Board-2A-(AT) 3:00-Holistic Helpers- Holiday Dessert to go with Dinner-2A-(E) 6:00- Popcorn Club- 2A-(S)</p>	<p>17</p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Get Fit w/ Sarah-2A-(P) 1pm- Cycling Class-T-(P) 2pm- Holiday Classic Popcorn Club-(T)-(S) 6:00- Peaceful Scenes & Massage-2A-(M)</p>	<p>18</p> <p>9:30 - Brianna's Playlist-2A-(MT) 10:00- Be Fit with Lynn-2A- (P) 10:30- White Board Games-2A-(C) 2:15- Saturday Singalong-2A-(S) 3:30- Documentary-2A-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>
<p>19</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sunda Matinee-FR-(S)</p> <p>Day of Rest and Face Timing with Families</p>	<p>20</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- Dave Colucci Performs-2A-(MT) 2:30- Music Therapy w/Rusty-C-(MT) 3:15-Wii Bowling- T-(P) 3:30- Quick Words-2A-(C) 6:00- Puzzle Time-FR-(C)</p>	<p>21 Massage Therapist- 1-4</p> <p>9:30- December Sing-2A-(MT) 10:00- Pet Therapy/ Winter-2A-(PT) Holiday Party for Staff Only Activity Room 1pm-Holiday Classic- Theater 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work- 2A-(T) 6:00- Popcorn Club-T-(S)</p>	<p>22</p> <p>9:30- Coffee Talk-2A- (T) 10:30- Meditation and Yoga w/Rob 12:30- Rosary- 3A-(R) 1:00- Adult Fall Coloring-(T) 2:30- Take Out- Dairy Queen Blizzards-2A-(S) 3:15- Wii Bowling-T-(P) 6:00- Travel Documentary-FR-(MS)</p>	<p>23 Resident Holiday Party</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Drumming Class-3A-(P) 11:30- Holiday Luncheon-2A-(MS) 1:00- Words in a Word-2A-(C) 2pm- Reindeer Hunting-2A-(MS) 6:45- Richie Mitnik Holiday Spectacular-3A</p>	<p>24</p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Story Behind the Carols-3A 12:30- Rosary-3A 1pm- Christmas Service with Lessons and Hymns-3A-(R) 2:30- Michael Goodwin Christmas Eve Special -3A 6:00- Peaceful Scenes & Massage-2A-(M)</p>	<p>25</p> 
<p>26</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p>Day of Rest and Face Timing with Families</p>	<p>27</p> <p>9:30- Making gingerbread-2A-(MS) 10:30- Communion w/Deacon Tom-ILD-(R) 1pm- Aromatherapy and Massage-2A 2:00 pm Balloon Volleyball Competition- 3A-(P) 2:30- Music Therapy w/Rusty-C-(MT) 3:15-Wii Bowling- T-(P) 3:15- Table Talk-FR-(E) 6:00- Puzzle Time- FR-(C)</p>	<p>28</p> <p>Pedicures-1-4- Sign Up in 3A</p> <p>9:30- December Sing-2A- (MT) 10:00- Pet Therapy/Winter-2A-(PT) 1pm- Decorate the Gingerbread House Game-2A-(C) 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>29</p> <p>9:30- Coffee Talk-2A-(T) 10:30- Exercise w/ Sarah-2A-(P) 12:30- Rosary-3A-(R) 1:00- Room Visits-2A-(S) 2:30- Seasonal Bingo-2A-(S) 3:15- Wii Bowling-T-(P) 6:30- Bright Nights overflow Trip</p>	<p>30</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Drumming Class-3A-(P) 1:00- -2A-(C) 2pm- -2A-(MS) 3:00-Holistic Helpers- Holiday Sherbert Cocktail -2A-(T) 6:00- Popcorn Club- 2A-(S)</p>	<p>31</p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Get Fit w/ Sarah-2A-(P) 1pm- Cycling Class-T-(P) 2pm- Game Day-3A-(S) 3pm- New Year's Celebration with Patrick Tobin-3A 6:00- Peaceful Scenes & Massage-2A-(M)</p>	<p>*Activities are Subject to Change Amy Creasia Programming Specialist ACreasia@keystonesenior.com Sarah Langston Activity Assistant for Holistic Harbors Program</p>