

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

APPLEWOOD COMMUNITY

BOWL ME OVER DAY 1
 9:30 Chronicles & Monthly Gazette (C)
 10:00 Bowling (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Football WS (C)
 2:00 MD Tailgate (MD)
 2:15 Football Fever Mining (C)
 3:00 Dice & Card Football (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

MONARCH BUTTERFLY DAY 2
 9:30 Chronicles & Sunday News (EDLS)
 10:00 Mass in the Pub (SP)
 10:15 Monarch Migration you tube (C)
 11:00 Lets plan our garden (P)
 11:15 Hydrate & Handwash & Lunch Bunch (EDLS)
 1:30 Flight of the Butterflies you tube (C)
 2:00 Snack Cart (P)
 2:30 Table top games of choice (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

STEINBRENNER ERA BEGINS 1973 3
 9:30 Chronicles (C)
 10:00 Silver Sneakers (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Greatest Moments in Baseball (C)
 2:00 Snack Cart (P)
 2:30 Junk Drawer Baseball (C)
 3:00 Scrabble (C)
 4:30 Dinner Crew (EDLS)
 6:00 spa Night (SM)

ZIG ZAG DAY 4
 9:30 Chronicles (C)
 10:00 Noodle Ball (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Word in a Word (C)
 2:00 **MIND DIET (MD)**
 2:30 ZZZebras - you tube (MS)
 3:00 ZZZipper boards MS)
 4:30 Dinner Crew (EDLS)
 6:00 Tuesday Night Bowlers (MS)

COFFEE AROUND THE WORLD 5
 9:30 Chronicles (C)
 10:00 Table Volley (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 MOCHA categories (C)
 2:00 Coffee & Countries (MS)
 3:00 UNO (C)
 4:30 Dinner Crew (EDLS)
 6:00 Mid Week Meditation (SM)

HAPPY BIRTHDAY NANCY LOPEZ 6
 9:30 Chronicles & Chats (C)
 10:00 Mass & Rosary in the Pub (SP)
 10:15 Putting Around (E)
 11:00 Hydrate & Handwash & Lunch Bunch (EDLS)
 1:30 Do you know (golf terms) (C)
 2:00 **MIND DIET (MD)**
 2:30 Logical golf Puzzle (C)
 3:00 Word in 9 GOLF (C)
 4:30 Dinner Crew (EDLS)
 6:00 Puzzle time (C)

OLD ROCK DAY 7
 9:00 Chronicles (C)
 10:00 Yoga Stretch (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 ROCKS category (C)
 2:00 Snack Cart (P)
 3:00 Happy Hour (MS)
 3:30 1:1 Visits (P)
 4:30 Dinner Crew (EDLS)
 6:00 BINGO (C)

ELVIS LIVES DAY 8
 9:00 Chronicles (C)
 10:00 Noodle Ball (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 ELVIS Word in a word (C)
 2:00 **MIND DIET (MD)**
 2:30 Music Reminisce & Sing along (M)
 3:00 Elvis IQ (C)
 4:30 Dinner Crew (EDLS)
 6:00 Karaoke (MS)

SOUPS ON DAY 9
 9:00 Chronicles & Sunday News (C)
 10:00 Mass in the pub (SP)
 10:15 Matching Soup Cans (C)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Vegetable soup puzzles (C)
 2:00 Snack Cart (P)
 2:30 Shades of Art (A)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn time (MS)

COLLEGE NATIONAL CHAMPIONSHIP GAME 10
 9:30 Chronicles and Sports Updates (C)
 10:00 Monday Yoga (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Football Mining (C)
 2:00 Snack Cart (P)
 3:00 Amazing Mining (C)
 4:30 Dinner Crew (EDLS)
 6:00 Spa Night (SM)

LET IT SNOW 11
 9:30 Chronicles & Forecasts (C)
 10:00 Silver Sneakers (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Snow themed Men's you tube (C)
 2:00 **MIND DIET (MD)**
 2:30 Snowflake Crafts (A)
 3:00 Intentify the States (C)
 4:30 Dinner Crew (EDLS)
 6:00 Tuesday Night Bowlers (MS)

NATIONAL HOT TEA DAY 12
 9:30 Daily Chronicles & Chats (C)
 10:00 Soccer (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 History of tea (MS)
 2:00 Tea & Cookies (P)
 2:30 Hot Tea Puzzle (C)
 3:00 Who am I ? (C)
 4:30 Dinner Crew (EDLS)
 6:00 Head to toe Relaxation (SM)

FIRST FRISBEE DAY 13
 9:30 Daily Chronicles (C)
 10:00 Noodle Ball (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Frisbee Fun Facts (C)
 2:00 **MIND DIET (MD)**
 2:30 DIY Frisbee (A)
 3:30 Card games (C)
 4:30 Dinner Crew (EDLS)
 6:00 Leisure color (A)

WINTER TIME MEMORIES DAY 14
 9:30 Chronicles (C)
 10:00 Snowballs toss (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Reminisce Snow Day (C)
 2:00 Snack Cart (P)
 2:30 Sensory & Snow (C)
 3:00 Happy Hour (MS)
 4:30 Dinner Crew (EDLS)
 6:00 BINGO (C)

PENTAGON ANNIVERSARY 15
 9:30 Chronicles (C)
 10:00 Silver Sneakers (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 hx of the Pentagon (MS)
 2:00 **MIND DIET (MD)**
 2:30 Name 5 project (C)
 3:30 Banagrams (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

MR.SANDMAN DAY 16
 9:30 Chronicles & Sunday News (C)
 10:00 Mass in the Pub (SP)
 10:15 All About Sand (MS)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Kinetic Sand Squeeze (C)
 2:00 Snack Cart (P)
 3:00 Dice game (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

SNOWFLAKE DAY 17
 9:30 Chronicles (C)
 10:00 Monday Mind Set (E)
 11:00 Hydrate & Handwash (EDLS)
 11:15 Kitchen Time & Lunch Bunch (MS)
 1:30 Science Behind Snowflakes (MS)
 2:00 Snow Flake Cart (P)
 2:30 Science Behind Snowflakes (MS)
 3:00 Coffee Filter Snowflakes (A)
 4:30 Dinner Crew (EDLS)
 6:00 Spa Night (SM)

GOURMET COFFEE DAY 18
 9:30 Chronicles (C)
 10:00 Noodle Ball (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 How's & Whys of Coffee (MS)
 2:00 **MIND DIET (MD)**
 2:30 Coffee Ground Usages (C)
 3:00 Name the President (C)
 4:30 Dinner Crew (EDLS)
 6:00 Tuesday Night Bowlers (MS)

DOUBLE THE FUN DAY 19
 9:30 Chronicles (C)
 10:00 Table Volley (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Word in a word (C)
 2:00 Snack Cart (EDLS)
 2:30 Art in the Woods (A)
 3:30 Table top Games (C)
 4:30 Dinner Crew (EDLS)
 6:00 Aromatherapy (SM)

Z IS THE LETTER OF THE DAY 20
 9:30 Chronicles (C)
 10:00 Mass & Rosary in the PUB (SP)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Z games (C)
 2:00 **MIND DIET (MD)**
 2:30 Word Searches (C)
 3:30 Matching (C)
 4:30 Dinner Crew (EDLS)
 6:00 Shading (A)

SQUIRREL APPREIATION DAY 21
 9:30 Chronicles (C)
 10:00 Nut Toss (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Squirrel Amazing Facts (C)
 2:00 Squirrel Fun you tub & Snacks e (C)
 3:00 Happy Hour (MS)
 3:30 1:1 Visits
 4:30 Dinner Crew (EDLS)
 6:00 BINGO (MS)

THE EYES HAVE IT 22
 9:30 Chronicles (C)
 10:00 Bowling (E)
 11:00 Hydrate & Handwash (EDLS)
 1:30 Concentration (C)
 2:00 SMIND DIET (MD)
 2:30 Eye Glass Art (A)
 3:30
 4:30 Dinner Crew (EDLS)
 6:00 Kareoke (M)

CASABLANCA DAY 23
 9:30 Chronicles (C)
 10:00 Mass in the pub (SP)
 10:15 Ring Toss (E)
 11:00 Hydrate & handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Secret Quote (C)
 2:00 Snack Cart (P)
 3:00 Secret Quote & Fun Facts (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

CALIFORNIA GOLD MINE 24
 9:30 Chronicles (C)
 10:00 Yoga (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 California Golds Rush (MS)
 2:00 Snack Cart (P)
 2:30 Mixed Up gold rush (C)
 3:00 Applewood Arts (A)
 4:30 Dinner Crew (EDLS)
 6:00 Nail SPahhhh (SM)

TEA & TRIVIA 25
 9:30 Chronicles (C)
 10:00 Teapot twist (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Matching teapots (C)
 2:00 **MIND DIET (MD)**
 2:30 Scrabble (C)
 3:30 Current Events & Coffee (P)
 4:30 Dinner Crew (EDLS)
 6:00 Tuesday Night Bowler (MS)

DOGLAS MACARTHUR DAY 26
 9:30 Chronicles (C)
 10:00 Mid Week Stretching (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Hangman (C)
 2:00 Snack Cart (EDLS)
 2:30 Ring toss (E)
 3:30 Crosswords (C)
 4:30 Dinner Crew (EDLS)
 6:00 Go through the motions (SM)

CLASHING CLOTHES DAY 27
 9:30 Chronicles (C)
 10:00 Mass & Rosary in the Pub (SP)
 10:15 Kitchen Bake for a Marine (P)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Word in a Word (C)
 2:00 **MIND DIET (MD)**
 2:30 Art in the Woods (A)
 4:30 Dinner Crew (EDLS)
 6:00 Banana grams (C)

HAPPY BIRTHDAY ALAN ALDA 28
 9:30 Chronicles (C)
 10:00 Mash up (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Bowling (P)
 2:00 Snack Cart (P)
 3:00 Happy Hour (MS)
 3:30 1:1 visits (P)
 4:30 Dinner Crew (EDLS)
 6:00 BINGO (MS)

NATIONAL PUZZLE DAY 29
 9:30 Chronicles & Chats (C)
 10:00 Bowling (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Puzzle Art (A)
 2:00 **MIND DIET (MD)**
 2:30 Table top Games (C)
 3:30 Price is Right (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

SPARE DAY 30
 9:30 Chronicles (C)
 10:00 Mass & Rosary in the Pub (SP)
 10:15 Bowling (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Dice & Strikes (C)
 2:00 Snack Cart (P)
 3:00 Bowling Detective (C)
 4:30 Dinner Crew (EDLS)
 6:00 Popcorn Time (MS)

INSPIRE YOUR HEART WITH ART 31
 9:30 Chronicles (C)
 10:00 Silver Sneakers (E)
 11:00 Hydrate & Handwash (EDLS)
 11:30 Lunch Bunch (EDLS)
 1:30 Museum & Art Gallery Tour (C)
 2:00 Snack Cart (P)
 2:30 Puzzle time (C)
 3:30 Dominoes (C)
 4:30 Dinner Crew (EDLS)
 6:00 Spaaaa Night (SM)

January 2022

* ACTIVITIES ARE SUBJECT TO CHANGE

Keystone Place at Newbury Brook Program Memory Care - Holistic Harbors - Social (S), Cognitive (C), Music (M), Art (A), Stress Management (SM), Spiritual (SP), Every Day Life Skills (EDLS), Multi Sensory (MS), Purposeful (P), Humor (H), Mind Diet (MD) * Calendar is subject to change