
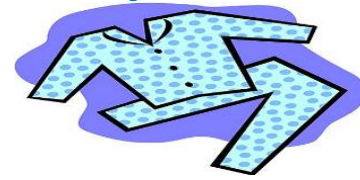




# Keystone Commons

*A Life Fulfilling Retirement Community*

## Holistic Harbors Memory Care/Cottage January 2022



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|--|---|---|--|---|
| <p><b>Monthly Theme</b></p> <p><b>PANCAKES &amp; PAJAMAS</b></p>   | <p><b>Code Key</b><br/>           P- Physical<br/>           C- Cognitive<br/>           M- Meditation/Yoga/Tai Chi<br/>           MT- Music Therapy<br/>           AT- Art Therapy/Crafts<br/>           MS- Multi-Sensory<br/>           T- Task Oriented<br/>           S- Social<br/>           R- Religious<br/>           E-Emotional</p>               | <p><b>Everyday Activities</b><br/>           9:00- Coffee Chat<br/>           9:30- Let's Get Acquainted with the Day<br/>           11:00- Table Set<br/>           2:30- Snack<br/>           4:00- Table Set<br/>           7:00- Classical Music/Movie</p>   | <p>*Activities are Subject to Change<br/>           Marilyn Thomas<br/>           Activity Assistant for Holistic Harbors Program</p>   | <p><i>Wear your Pajamas to Lunch for a Pajama Party on Jan. 27<sup>th</sup></i></p>    |  <p><b>Men's Pancake Breakfast</b><br/>           January 20<sup>th</sup> at 9:00am<br/>           Sign up with Activities</p>  | <p>1</p>   |
| <p>2</p> <p>10:00- Chalice of Salvation-(R)<br/>           10:45- SingAlong-(MT)<br/>           1:00 Chair Yoga-(M)<br/>           2:30 Word Searches-(C)<br/>           6:00- Soothing Music and Massage-(MS)</p>  | <p>3</p> <p>9:30- Fitness Dice-(P)<br/>           10:00- Massage &amp; Meditation- (M)<br/>           10:30-Communion w/ Deacon Tom ILD-(R)<br/>           11:30- Outing to Friendlys<br/>           2:30pm- Rusty Music Therapy-(MT)<br/>           3:30- Travel Videos-(MS)</p>   | <p>4</p> <p>9:30- Billiards-(S)-3A<br/>           9:30- Cycling Travel- (P)<br/>           10:00- Pet Therapy/ Winter-(PT)<br/>           10:30- Artsong w/Amy-2A-(AT)<br/>           1pm- Go Fish-(C)<br/>           2:00- Bingo- (S)<br/>           3:00- Laugh Out Loud Videos- (MS)<br/>           4:00- Whistle While We Work- (T)</p>  | <p>5</p> <p>9:30- Drumming w/ Marilyn-(P)<br/>           10:30-Meditation w/Rob-(M)-3A<br/>           12:30- Rosary-(R)<br/>           1pm- Free Painting- (AT)<br/>           2pm- Sarah the Fiddler Performs<br/>           3:30- Lawrence Welk-(E)</p>   | <p>6</p> <p>9:30- Yoga with Marilyn- (M)<br/>           10:30-Reindeer Hunting-(P)<br/>           1pm-Zingers -(C)<br/>           2pm- Willie Nininger performs-3A-(MT)<br/>           3:00-Holistic Helpers-Waldorf Salad-(T)</p>  | <p>7</p> <p>9:30- Smile Club Card Making<br/>           10:30-Ceramic Painting w/Holistic-2A-(AT)<br/>           1pm- Rosary- (R)<br/>           2pm- Bingo w/ Laurie and Judy- (S)<br/>           3:30-Lawrence Welk-(E)</p>                                      | <p>8</p> <p>9:00- Spiritual Music-(R)<br/>           10:00- Relaxing Massage-(MS)<br/>           11:15- Keystone Cruisers-(P)<br/>           1:00- Popcorn Club-(S)<br/>           3:00- Table Top Tasks-(T)<br/>           6:00- Chorus Practice-(MT)</p>  |
| <p>9</p> <p>10:00 Chalice of Salvation-(R)<br/>           10:45- SingAlong(MT)<br/>           1:00-Chair Yoga-(M)<br/>           2:00-Collaborative Craft-(AT)<br/>           3:30-Puzzle Club-(S)<br/>           6:00- Soothing Music &amp; Massage-(MS)</p> | <p>10</p> <p>9:30- Fitness Dice- (P)<br/>           10:00- Massage &amp; Meditation- (M)<br/>           10:30- Communion w/ Deacon Tom ILD- (R)<br/>           1pm-Sing-a-Long- (S)<br/>           2:30- Music Therapy w/Rusty-C-(MT)<br/>           3:30-Travel Videos-(MS)</p>  | <p>11</p> <p>9:30- Billiards-(S)-3A<br/>           9:30- Cycling Travel-(P)<br/>           10:00- Pet Therapy w/Winter-2A-(PT)<br/>           10:30- Chef's Club-3A-(E)<br/>           Breakfast Casserole, and Hashbrowns<br/>           11:30- Family Style Luncheon-3A<br/>           1:30- UNO<br/>           3:00- Laugh Out Loud Videos-(MS)<br/>           4:00- Whistle While We Work- (T)</p> | <p>12</p> <p><b>Passport to Fun:</b><br/> <b>Pancakes around the World</b><br/>           9:30- Drumming w/ Marilyn-(P)<br/>           10:00- Warm up with Panera for Soup and Bread Trip<br/>           12:30- Rosary-(R)<br/>           1pm- Chorus w/ Don Live- 3A-(MT)<br/>           3:00- The Pancake Game- (C)</p> | <p>13</p> <p>9:30- Yoga with Marilyn-(M)<br/>           10:30- Manicures-(E)<br/>           1pm- Puzzle Social-(T)<br/>           2pm Shake Loose a memory-(E)<br/>           3:00-Holistic Helpers- Winter Dessert to go with Dinner-2A-(E)</p>  | <p>14</p> <p>9:30- Meditation &amp; Massage-(M)<br/>           10:30- Quick Words-(C)<br/>           1:00- Rosary- (R)<br/>           2pm- Winter Bingo with Judy and Laurie-(S)<br/>           3:30- Adult Coloring-(AT)</p>                                      | <p>15</p> <p>9:00- Spiritual Music-(R)<br/>           10:00- Relaxing Massage-(MS)<br/>           11:15- Keystone Cruisers-(P)<br/>           2:00- Gary "Honky Tonk" Piano Performs-3A-(MT)<br/>           3:00- Table Top Tasks-(T)<br/>           6:00- Chorus Practice-(MT)</p>                                       |
| <p>16</p> <p>10:00 Chalice of Salvation-(R)<br/>           11:00 Walking Club-(P)<br/>           1:00- Chair Yoga-(M)<br/>           2:30- Penny Ante-(E)<br/>           3:30 Dominos-(S)<br/>           6:00- Soothing Music &amp; Massage-(MS)</p>          | <p>17</p> <p>9:30- Fitness Dice- (P)<br/>           10:00- Communion in the IL Dining Room-(R)<br/>           10:30- Berkshire Hills Performs-3A-(S)<br/>           11:00- Table Talk-Nickels- (S)<br/>           1:00-Resident Council -2A-(T)<br/>           2:30- Music Therapy w/Rusty-C-(MT)<br/>           3:30 Travel Videos- (MS)</p>                 | <p>18 Massage Therapist- 1-4</p> <p>9:30- Billiards-(S)-3A<br/>           9:30- Strength Training-(P)<br/>           10:00- Pet Therapy/Winter-(PT)<br/>           1pm- Line Dancing w/ Jen-3A-(P)<br/>           2:00- Bingo-(S)<br/>           3:00- Sing-A-Long-(S)<br/>           4:00- Whistle While We Work- (T)</p>   | <p>19</p> <p>9:30- Drumming w/ Marilyn- (P)<br/>           10:30- Meditation w/Rob-3A-(M)<br/>           12:30- Rosary-(R)<br/>           1pm- Dominos-(C)<br/>           2:30- Take Out- Subway-2A<br/>           3:00- Shake a Memory-(E)</p>   | <p>20</p> <p>9:00- Men's Pancake Breakfast-3A<br/>           9:30- Yoga with Marilyn-(M)<br/>           10:30- Manicures-(E)<br/>           1pm Puzzle social-(T)<br/>           2pm Trivia-Who am I?<br/>           3pm- Holistic Helpers- Making Croissants to go with Dinner-(T)</p>   | <p>21</p> <p>9:30- Meditation &amp; Massage(M)<br/>           10:00- Coffee House-3A<br/>           10:30- Larry Batter Performs- 3A<br/>           1pm- Rosary-(R)<br/>           2pm- Bingo w/ Laurie and Judy- (S)<br/>           3:00- Adult Coloring-(AT)</p> | <p>22</p> <p>9:00- Spiritual Music-(R)<br/>           10:00- Relaxing Massage-(MS)<br/>           11:15- Keystone Cruisers-(P)<br/>           1:00- Popcorn Club-(S)<br/>           2:00- Musical Melodies and Adult Coloring-(AT)<br/>           3:00- Table Top Tasks-(T)<br/>           6:00- Chorus Practice-(MT)</p> |
| <p>23/30</p> <p>10:00 Chalice of Salvation-(R)<br/>           11:00- Walking Club-(P)<br/>           1:00 Chair Yoga-(M)<br/>           2:30- Sing and Swing-(MT)<br/>           3:30 Dominos-(S)<br/>           6:00- Soothing Music &amp; Massage-(MS)</p>  | <p>24/31</p> <p>10:00- Fitness Dice- (P)<br/>           10:00- Massage &amp; Meditation- (M)<br/>           10:30- Communion in the IL Dining Room- (R)<br/>           11:00- Table Talk- Puzzles-(T)<br/>           1pm-Fireside Finish the Phrase-(C)<br/>           2:30pm- Rusty Music Therapy-(MT)<br/>           3:30- Manicures and Sing Along-(E)</p> | <p>25</p> <p>9:30- Billiards-(S)-3A<br/>           9:30- Strength Training- (P)<br/>           10:00- Pet Therapy/Winter-2A-(PT)<br/>           1pm- UNO- (S)<br/>           2:00- Bingo-(S)<br/>           3:00- Holiday Documentary-(S)<br/>           4:00- Whistle While We Work- (T)</p>  | <p>26</p> <p>9:30- Drumming w/ Marilyn- (P)<br/>           10:30- Laughter Yoga w/Rob-(M)<br/>           12:30- Rosary-(R)<br/>           1:30- Chorus Concert- 3A<br/>           2:30- Adult Coloring-(T)<br/>           3:30- Lawrence Welk-(E)</p>   | <p>27 Wear your Pajamas to Dinner</p> <p>9:30- Yoga with Marilyn-(M)<br/>           10:30- Manicures-(E)<br/>           11:30- Monthly Birthday Luncheon And Pajama Party Luncheon<br/>           1pm- Baking- (T)<br/>           2pm -(MT)<br/>           3:00-Holistic Helpers- Chex Mix- 2A-(T)<br/>           6:45- T- Bone Performs-3A-(S)</p> | <p>28</p> <p>9:30- Meditation &amp; Massage-(M)<br/>           10:30- Quick Words-(C)<br/>           1:00- Rosary- (R)<br/>           2pm- Bingo w/ Laurie and Judy- (S)<br/>           3:30- Lawrence Welk-(E)</p>  | <p>29</p> <p>9:00- Spiritual Music-(R)<br/>           10:00- Relaxing Massage-(MS)<br/>           11:15- Keystone Cruisers-(P)<br/>           1:00- Popcorn Club-(S)<br/>           2:00- Musical Melodies and Adult Coloring-(AT)<br/>           3:00- Table Top Tasks-(T)<br/>           6:00- Chorus Practice-(MT)</p> |