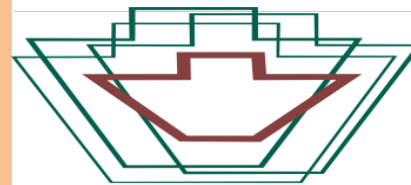

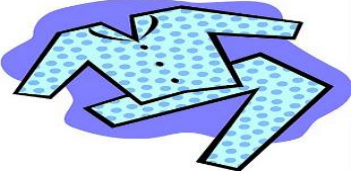






**INTERIM MEMORY CARE
HOLISTIC PROGRAM
JANUARY 2022**



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> <p>PANCAKES & PAJAMAS</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><i>*Activities are Subject to Change</i></p> <p>Amy Creasia Programming Specialist ACreasia@keystonesenior.com Sarah Langston Activity Assistant for Holistic Harbors Program</p>	<p><i>Wear your Pajamas to Lunch for a Pajama Party on Jan. 27th</i></p> 	 <p>Men's Pancake Breakfast January 20th at 9:00am Sign up with Activities</p>	<p style="text-align: center;">1</p> 
<p style="text-align: center;">2</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 style="text-align: center;">3</p> <p>9:30- Coffee Chat-2A-(S) 10:30-Communion w/ Deacon Tom ILD-(R) 11:30- Outing to Friendly's 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 style="text-align: center;">4</p> <p>9:30- New Year Sing-2A-(MT) 10:00- Pet Therapy/ Winter-2A-(PT) 10:30- Artsong w/Amy-2A-(AT) 1:00- Backward Rummy- 2A- (C) 2:30- Bingo for Prizes-2A-(S) 3:30-Whistle While we Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">5</p> <p>9:30- Coffee Talk-2A-(T) 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary- 3A- (R) 1:00- Room Visits-2A-(S) 2pm- Sarah the Fiddler Performs-3A 3:30- Wii Bowling- Theater-(P) 3:30- Sing Along w/Deb- youtube-FR 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">6</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Drumming Class-3A-(P) 1:00- Words in a Word-2A-(C) 2pm- Willie Nininger performs-3A-(MT) 3:00-Holistic Helpers- Waldorf Salad-2A-(T) 6:00- Popcorn Club- 2A-(S)</p>	<p style="text-align: center;">7</p> <p>9:30- Smile Club Meets-2A- (MS) 10:30- Get Fit w/Sarah-2A-(P) 12:30- Rosary-(R) 1pm-Cycling Class-T- (P) 2pm- Zingers-2A-(S) 3:30- 50's Singing-(MT) 6:00- Peaceful Scenes & Massage- 2A-(M)</p>	<p style="text-align: center;">8</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 style="text-align: center;">9</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 style="text-align: center;">10</p> <p>9:30- Making Bread-2A-(MS) 10:30- Communion w/ Deacon Tom- ILD- (R) 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 style="text-align: center;">11</p> <p>9:30- Adult Coloring-2A-(E) 10:00- Pet Therapy w/Winter-2A-(PT) 10:30- Chef's Club-3A-(E) Breakfast Casserole, and Hashbrowns 11:30- Family Style Luncheon-3A 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work-2A-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">12</p> <p>Passport to Fun: Pancakes around the World</p> <p>9:30- Coffee Talk-2A-(T) 10:00- Warm up with Panera for Soup and Bread Trip 12:30- Rosary-3A-(R) 1pm- Chorus w/ Don Live- 3A-(MT) 2:30- Pancake Game-2A-(C) 3:30- Wii Bowling- Theater-(P) 6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">13</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30-Fitness Class w/ Sarah-2A-(P) 1:00- Get a Clue-2A-(C) 2pm- Hang Man-(C) 3:00-Holistic Helpers- Winter Dessert to go with Dinner-2A-(E) 6:00- Popcorn Club- 2A-(S)</p>	<p style="text-align: center;">14</p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Get Fit w/ Sarah-2A-(P) 12:30- Rosary- (R) 1pm- Cycling Class-T-(P) 2pm- Crafting w/ The Cottage-(AT) 3:30- Spiritual Singing-(MT) 6:00- Peaceful Scenes & Massage- 2A-(M)</p>	<p style="text-align: center;">15</p> <p>10:00- Be Fit with Lynn-2A- (P) 10:30- White Board Games-2A-(C) 2:00- Gary "Honky Tonk" Piano Performs-3A-(MT) 3:30- Documentary-2A-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>
<p style="text-align: center;">16</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundae Matinee-FR-(S)</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">17</p> <p>9:30- Making Muffins-2A-(MS) 10:00- Communion w/Deacon Tom- ILD -(R) 10:30- Berkshire Hills Performs-3A 1:00-Resident Council -2A-(T) 2pm- Balloon Volleyball-3A-(P) 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 style="text-align: center;">18</p> <p>Massage Therapist- 1-4</p> <p>9:30- December Sing-2A-(MT) 10:00- Pet Therapy/ Winter-2A-(PT) 10:30- Get Fit w/Sarah-(P) 1pm- Line Dancing w/ Jen-3A 2:30- Bingo for Prizes-2A-(S) 3:30- Whistle While We Work- 2A-(T) 6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;">19</p> <p>9:30- Coffee Talk-2A- (T) 10:30- Meditation and Yoga w/Rob-3A-(M) 12:30- Rosary- 3A-(R) 1:00- Adult Coloring-(T) 2:30- Take Out- Subway-2A 3:15- Wii Bowling-T-(P) 6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">20</p> <p>9:00- Men's Pancake Breakfast-3A 10:30- Drumming Class-3A-(P) 1:00- Words in a Word-2A-(C) 2pm- Karaoke party- 3A-(S) 3pm- Holistic Helpers- Making Croissants to go with Dinner-(T) 6pm- Popcorn Club- 2A-(S)</p>	<p style="text-align: center;">21</p> <p>9:30- Smile Club Meets-2A-(MS) 10:00- Coffee House-3A 10:30- Larry Batter Performs- 3A 12:30- Rosary-3A 1pm-Cycling Class- T- (P) 2pm- Crafting w/ the Cottage-(AT) 3:30- Table Talk-(E) 6:00- Peaceful Scenes & Massage- 2A-(M)</p>	<p style="text-align: center;">22</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 style="text-align: center;">23/30</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundae Matinee-FR-(S)</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">24/31</p> <p>9:30- Making gingerbread-2A-(MS) 10:30- Communion 1pm- Aromatherapy 2:00 pm Balloon Volley 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 style="text-align: center;">25</p> <p>9:30- December Sing-2A- (MT) 10:00- Pet Therapy/Winter-2A-(PT) 10:30- Get Fit w/ Sarah-(P) 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 style="text-align: center;">26</p> <p>9:30- Coffee Talk-2A-(T) 10:30- Laughter Yoga-C-(M) 1:30- Chorus Concert- 3A 2:30- Seasonal Bingo-2A-(S) 3:15- Wii Bowling-T-(P) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">27</p> <p>Wear your Pajamas to Dinner</p> <p>9:30- Concentration Puzzles-2A-(C) 10:30- Drumming Class-3A-(P) 11:30- Monthly Birthday Luncheon And Pajama Party Luncheon 1:00- Get a Clue-(C) 2pm- Bowling in the Hallways -(P) 3:00-Holistic Helpers- Chex Mix- 2A-(T) 6:45- T- Bone Performs-3A-(S)</p>	<p style="text-align: center;">28</p> <p>9:30- Smile Club Meets-2A-(MS) 10:30- Get Fit w/ Sarah-2A-(P) 1pm- Pancake Relay Race-3A-(S) 2pm- Game Day-3A-(S) 3:30- Finish the Lyric-(C) 6:00- Peaceful Scenes & Massage- 2A-(M)</p>	<p style="text-align: center;">29</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-(C) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-2A-(MS)</p>