Keystone Place at Richland Creek
A Life Fulfilling Retirement Community

Keystone Place at Richland Creek
April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30 Primary Benefit Keys: AT = Art Therapy/Crafts CP = Cognitive ME = Meditation/Yoga/Tai Chi MS = Multi-Sensory MT = Music Therapy OT = Other PT = Pet Therapy PH = Physical RE = Religious SO = Social TO = Task Oriented	31 Location Keys: MC = Memory Care AL = AL Activity Rm IL = IL Activity Rm LO = Lobby FR = Fitness room LB = Library PB = Pub	1 **10:30a** Walk & Talk (IL, OT) **11:30a** Meet the New Resident Social (AL **1p** Chair Exercise (MC, OT) **2p** Games (AL, OT) **4p** Bowling (MC, OT) **4p** Chair Volleyball (AL, OT)	2 **10a** Morning Stretch (MC, OT)
3 **1p** Sit & Stretch (MC, OT)	4 **10:30a** Coffee Talk (AL, OT) **11a** Morning Walk (MC, OT) **12p** Walk & Talk (IL, OT) **1p** Shopping Day (LO, OT)	5 **10:30a** Chair Exercise (AL, OT) **10:30a** YMCA (LO, OT) **11a** Sit & Stretch (MC, OT) **12p** Genesis Rehab Seminar (AL, OT) **12:30p** Tech Tuesday (IL, OT) **2p** Bridge with Bud (PB, OT) **4:30p** Tipsy Tuesday (PB, OT)	6 **10:30a** Sit and Stretch (FR, OT) **11:30a** Bible Study (LB, OT) **12:30p** Lunch Out (LO, OT) **3p** Table Tennis (MC, OT)	7 **10a** Morning Stretch (MC, OT) **10:30a** Coffee Chat (AL, OT) **12p** Exercise With Genesis (AL, OT) **1p** Monthly Birthday Celebration (IL, OT) **2p** Sing Along with Brittany (AL, OT) **4:30p** Thirsty Thursday (PB, OT)	8 **10:30a** Walk & Talk (IL, OT) **11:30a** Donut and Coffee Social (AL, OT) **1p** Chair Exercise (MC, OT) **2:30p** Board Games (AL, OT)	9 **10a** Morning Stretch (MC, OT) **3p** Puzzles/ Crosswords (AL, OT)
10 **1p** Sit & Stretch (MC, OT)	11 **10:30a** Coffee Talk (AL, OT) **11a** Morning Walk (MC, OT) **12p** Walk & Talk (IL, OT) **1p** Shopping Day (LO, OT) **2:30p** Charades (AL, OT)	12 **10:30a** Chair Exercise (AL, OT) **11a** Blood Pressure Checks (IL, OT) **11a** Sit & Stretch (MC, OT) **12:30p** Tech Tuesday (IL, OT) **2p** Bridge with Bud (PB, OT) **3p** Bingo (IL, OT) **4:30p** Tipsy Tuesday (PB, OT)	13 **10:30a** Sit and Stretch (FR, OT) **11:30a** Bible Study (LB, OT) **12:30p** Scrabble (AL, OT) **3p** Bracelet Making (AL, OT)	14 **10a** Morning Stretch (MC, OT) **10:30a** Coffee Chat (AL, OT) **12p** Exercise With Genesis (AL, OT) **2p** Sing Along with Brittany (AL, OT) **4:30p** Thirsty Thursday (PB, OT)	15 **10:30a** Walk & Talk (IL, OT) **11:30a** Chef Chat with Residents (PB, OT **1p** Chair Exercise (MC, OT) **3p** Easter Jeopardy Trivia (AL, OT)	16 **10a** Morning Stretch (MC, OT)
17 **1p** Sit & Stretch (MC, OT)	18 **10:30a** Coffee Talk (AL, OT) **11a** Morning Walk (MC, OT) **12p** Walk & Talk (IL, OT) **1p** Shopping Day (LO, OT) **2:30p** Canasta (AL, OT)	19 **10:30a** Chair Exercise (AL, OT) **10:30a** Puzzles (MC, OT) **11a** Craft with Dawn (IL, OT) **11a** Sit & Stretch (MC, OT) **12:30p** Tech Tuesday (IL, OT) **2p** Bridge with Bud (PB, OT) **3:30p** Cooking Demo with Lilly (IL, OT) **4:30p** Tipsy Tuesday (PB, OT)	20 **10:30a** Sit and Stretch (FR, OT) **11:30a** Bible Study (LB, OT) **3p** Golf Keystone Style (AL, OT)	21 **10a** Morning Stretch (MC, OT) **10:30a** Coffee Chat (AL, OT) **12p** Exercise With Genesis (AL, OT) **2p** Sing Along with Brittany (AL, OT) **4:30p** Thirsty Thursday (PB, OT)	22 **10:30a** Walk & Talk (IL, OT) **11:30a** Resident Council Meeting (PB, OT **1p** Chair Exercise (MC, OT) **3p** Book of the Month Meeting (LB, OT)	23 **10a** Morning Stretch (MC, OT)
24 **1p** Sit & Stretch (MC, OT)	25 **10:30a** Coffee Talk (AL, OT) **11a** Morning Walk (MC, OT) **12p** Walk & Talk (IL, OT) **1p** Shopping Day (LO, OT)	26 **10:30a** Chair Exercise (AL, OT) **11a** Sit & Stretch (MC, OT) **12:30p** Tech Tuesday (IL, OT) **2p** Bridge with Bud (PB, OT) **3p** Cornhole (IL, OT) **4:30p** Tipsy Tuesday (PB, OT)	27 **10:30a** Sit and Stretch (FR, OT) **11:30a** Bible Study (LB, OT) **12:30p** Lunch Brought In (IL, OT) **3p** Noodle Ball (MC, OT) **3p** Trivia (AL, OT)	28 **10a** Morning Stretch (MC, OT) **10:30a** Coffee Chat (AL, OT) **12p** Exercise With Genesis (AL, OT) **2p** Sing Along with Brittany (AL, OT) **4:30p** Thirsty Thursday (PB, OT)	29 **10:30a** Walk & Talk (IL, OT) **11:30a** Cards with Nancy (AL, OT) **1p** Chair Exercise (MC, OT) **3p** After Lunch Bingo (AL, OT)	30 **10a** Morning Stretch (MC, OT)