


Keystone Commons

A Life Fulfilling Retirement Community

Holistic Harbors Memory Care/Cottage June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>Monthly Birthdays</p> <p>6/3 Jane Machado 6/27 Jean McPherson 6/5 Carol Jachym 6/29 Jan Schermerhorn 6/7 Betty Mack 6/13 Cynthia Lincoln 6/17 James Dunn 6/17 Marion Dolan 6/19 Irene Giguere 6/21 Betty Davey 6/22 Alice Beauchemin 6/23 Joan Pierce 6/23 Barbara Scott 6/24 Jackie Boardway</p>	<p>*Activities are Subject to Change</p> <p>Marilyn Thomas Cottage Coordinator</p>	<p>1</p> <p>9:30- Drumming w/ Marilyn-(P) 10:30- Meditation w/Rob-(M) 12:30- Rosary-(R) 1pm- Puzzle Making-(T) 2pm- Blowfish Art w/ 2nd Floor-(AT) 3:30- Lawrence Welk-(E)</p>	<p>2</p> <p>9:30- Yoga with Marilyn-(M) 10:30- Johnny P Performs-3A-(MT) 1pm- Men's Woodworking-(T) 2pm- Birds and Bloom on the Patio-(E) 3:00- Holistic Helpers- Under the Sea Snack Mix-(T)</p>	<p>3</p> <p>9:30- Smile Club Card Making 10:30- Hang Man-(C) 11:30- Outing Quabbin Picnic 1pm- Rosary- (R) 2pm- Virtual Aquarium Tour-(E) 3:30- Lawrence Welk-(E)</p>	<p>4</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1:00- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>5</p> <p>10:00- Chalice of Salvation-(R) 10:45- SingAlong-(MT) 1:00 Chair Yoga-(M) 2:30 Word Searches-(C) 6:00- Soothing Music and Massage-(MS)</p>	<p>6</p> <p>9:30- Fitness Dice-(P) 10:30- Communion w/ Deacon Tom ILD-(R) 1pm- Under the Sea Coloring-(AT) 2:30- Music Therapy w/ Rusty-(MT) 3:30- Travel Videos-(MS)</p>	<p>7</p> <p>9:30- Cycling Travel- (P) 10:00- Pet Therapy/ Winter-(PT) 10:30- Manicures and Hand Treatments-(E) 1:00- A to Z -(C) 2pm- Bubbles and Water Games in the Courtyard w/ 2nd Floor-(S) 3:00- Laugh Out Loud Videos- (MS) 4:00- Whistle While We Work- (T)</p>	<p>8</p> <p>9:30- Drumming/ Marilyn-(P) 10:30- Laughter Yoga-(E) 12:30- Rosary-(R) 2pm- Ice Cream Trip to Randalls 3pm- Ocean Categories Game-(C)</p>	<p>9</p> <p>9:30- Yoga with Marilyn- (M) 10:30- Artsong w/Amy-2A-(AT) 1pm- Sing-A-Long 2pm- Richie Mitnik Performs-3A-(MT) 3:00- Holistic Helpers-SeaShell Pasta Salad-(T)</p>	<p>10</p> <p>9:30- Smile Club Card Making 10:30- Painting Underwater Scenes-(AT) 1pm- Rosary- (R) 2pm- Nail Art Waterworks-(E) 3:30- Lawrence Welk-(E)</p>	<p>11</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>12</p> <p>10:00 Chalice of Salvation-(R) 10:45- SingAlong(MT) 1:00- Chair Yoga-(M) 2:00- Collaborative Craft-(AT) 3:30- Puzzle Club-(S) 6:00- Soothing Music & Massage-(MS)</p>	<p>13</p> <p>9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion w/ Deacon Tom ILD- (R) 1pm- Words in a Word-(C) 2:30- Music Therapy w/Rusty-C-(MT) 3:30- Travel Videos-(MS)</p>	<p>14 Flag Day</p> <p>9:30- Billiards-(S)-3A 10:00- Pet Therapy w/Winter-(PT) 10:00- Coffee House-3A-(S) 10:30- Gary Honky Tonk Performs 1pm- Rendered Root- Read Aloud with Jamie Gagnon-Courtyard 2:00- Collaborative Flag Project with the Cottage- (AT) 3:00- Laugh Out Loud Videos-(MS) 4:00- Whistle While We Work- (T)</p>	<p>15</p> <p>9:30- Drumming w/ Marilyn-(P) 10:30- Ballroom Dancing w/ Michael and Sierra-3A-(E) 12:30- Rosary-(R) 1pm- Dominos-(C) 2pm- Briannas Playlist-(MT) 3:30- 4K Aquarium Viewing-(E)</p>	<p>16 Celebrating Our Keystone Dads</p> <p>9:30- Yoga with Marilyn-(M) 12pm- Burger Bar for Keystone Gentlemen in the Courtyard with Sarah the Fiddler 2pm- Shooting Range-(S) 3:00- Holistic Helpers- Octopus Pizzas with 2nd Floor-(T)</p>	<p>17</p> <p>9:30- Meditation & Massage-(M) 10:30- Ocean Toss Game-(P) 1:00- Rosary- (R) 2pm- Spring- A Time for Renewal- Non- Denominational Service-(R) 3:30- Adult Coloring-(AT)</p>	<p>18</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>19- Father's Day</p> <p>10:00 Chalice of Salvation-(R) 11:00 Walking Club-(P) 1:00- Chair Yoga-(M) 2:30- Penny Ante-(E) 3:30 Dominos-(S) 6:00- Soothing Music & Massage-(MS)</p>	<p>20</p> <p>9:30- Fitness Dice- (P) 10:30- Communion w/Deacon Tom- ILD- (R) 1:00- Resident Council -(T) 2pm- Willie Nininger Performs-3A-(S) 2:30- Music Therapy w/Rusty-C-(MT) 3:30 Travel Videos- (MS)</p>	<p>21 Massage Therapist 1-4pm</p> <p>9:30- Spring Sing-(MT) 10:00- Pet Therapy/ Winter-(PT) 10:30- Chef's Club- Grill and Chill Courtyard 1pm- Rendered Root- Read Aloud with Jamie Gagnon-Courtyard 2:30pm- Line Dancing Class-3A 4:00- Whistle While We Work- (T)</p>	<p>22</p> <p>9:30- Drumming w/ Marilyn- (P) 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary-(R) 1pm- Dominos-(C) 3:00- Shake a Memory-(E) 3:30- Lawrence Welk- (E)</p>	<p>23</p> <p>9:30- Yoga with Marilyn-(M) 10:30- Summer Manicures & Massage 11:30- Monthly Birthday Luncheon 1pm Puzzle social-(T) 2pm- Mike and Dan Performs Courtyard Weather Permitting 3:00- Holistic Helpers- Fish Cupcakes with 2nd Floor-(T)</p>	<p>24</p> <p>9:30- Meditation & Massage(M) 10:00- Bored Games (Word in a word) 1pm- Rosary-(R) 2pm- Reminiscing Old Photos-(E) 3:00- Adult Coloring-(AT)</p>	<p>25</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>26</p> <p>10:00 Chalice of Salvation-(R) 11:00- Walking Club-(P) 1:00 Chair Yoga-(M) 2:30- Sing and Swing-(MT) 3:30 Dominos-(S) 6:00- Soothing Music & Massage-(MS)</p>	<p>27</p> <p>9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion w/ Deacon Tom ILD- (R) 1pm- Words in a Word-(C) 2:30pm- Rusty Music Therapy-(MT) 3:30- Travel Videos-(MS)</p>	<p>28</p> <p>9:30- Billiards-(S)-3A 9:30- Strength Training-(P) 10:00- Pet Therapy /Winter-(PT) 10:30- Sing Along w/Don-3A 1pm- Keystone Canaries Chorus Practice w/ Don-3A 2pm Ice Cream Cone Social-(S) 3:00- Walking Club 4:00- Whistle While We Work-(T)</p>	<p>29</p> <p>9:30- Drumming w/Marilyn-(P) 10:30- Scattagories-(C) 12:30- Rosary-(R) 1pm- Dominos-(C) 2pm- Lisa Carter Performs-(MT) 2pm- Scenic Ride and Milkshakes 3:30- Funny Videos-(E)</p>	<p>30 Under the Sea Day Wear Blue or Green</p> <p>9:30- Yoga with Marilyn-(M) 10:30- Dolphin Virtual Show-(E) 11:30- Under the Sea Lunch 1pm- Under the Sea Photo Opt- Billiards Room 2pm- T- Bone Performs- Courtyard Weather Permitting</p>	<p>Code Key</p> <p>P- Physical C- Cognitive M- Meditation/Yoga/Tai Chi MT- Music Therapy AT- Art Therapy/Crafts MS- Multi-Sensory T- Task Oriented S- Social R- Religious E- Emotional</p>	<p>Everyday Activities</p> <p>9:00- Coffee Chat 9:30- Let's Get Acquainted with the Day 11:00- Table Set 2:30- Snack 4:00- Table Set 7:00- Classical Music/Movie</p>