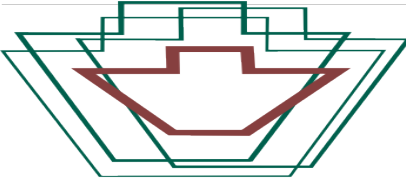




INTERIM MEMORY CARE
HOLISTIC PROGRAM
JUNE 2022



Keystone Commons
A Life Fulfilling Retirement Community

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>Amy Creasia Programming Specialist ACreasia@keystonesenior.com Sarah Langston Activity Assistant for Holistic Harbors Program</p>	<p>1</p> <p>9:30- Coffee Talk-(T) 10:30- Mediation with Rob-3A-(M) 12:30- Rosary- 3A- (R) 1pm-Walking Club Outside-(T) 2pm- Blowfish Art-(AT) 3:30- Ocean Toss Game-3A-(P) 3:45- Pet Visits w/Keeper-3A-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p>2</p> <p>9:30- Concentration Puzzles-(C) 10:30- Johnny P Performs-3A-(S) 1pm- Manicures in the Courtyard(T) 2pm- Under the Sea Racing-3A(S) 3:00- Holistic Helpers- Under the Sea Snack Mix-(T) 6:00- Popcorn Club- FR-(S)</p>	<p>3</p> <p>9:30- Smile Club Meets- (MS) 10:30- Get Fit w/Sarah-(P) 11:30- Outing- Picnic at Quabbin 12:30- Rosary- (R) 2pm- Diablo Ballet- Coppelia- 3A-(E) 3:00- Sing Along w/ Deb-FR-(S) 6:00- Peaceful Scenes & Massage-(M)</p>	<p>4</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- White Board Games-(C) 2:15- Easy Trivia-(C) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p>5</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>6</p> <p>9:30- Coffee Chat-(S) 10:30-Communion w/ Deacon Tom ILD-(R) 1pm- Men's Wii Bowling- Theater 2:30- Corn Hole- Courtyard-(P) 2:30- Music Therapy w/Rusty-C-(MT) 3:15- Table Talk-FR-(E) 6:00- Puzzle Time- FR- (T)</p>	<p>7</p> <p>9:30- Flowers Sing-(MT) 10:00- Pet Therapy/ Winter-(PT) 10:30- Gentle Exercises-(P) 1:00- A to Z (C) 2:30- Bubbles and Water Games- Courtyard 3:30-Whistle While we Work-(T) 6:00- Popcorn Club-FR-(S)</p>	<p>8</p> <p>9:30- Coffee Talk-(T) 10:30- Laughter Yoga-(E) 12:30- Rosary- 3A- (R) 1pm- Walking Club Outside-(T) 2pm-Ice Cream Trip to Randalls 3pm- Ocean Categories Game-(C) 3:45- Pet Visits w/Keeper-3A-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p>9</p> <p>9:30- Concentration Puzzles-(C) 10:30- ArtSong w/ Amy-(AT) 1pm- Manicures in the Courtyard(T) 2pm- Richie Mitnik Performs-3A-(MT) 3:00-Holistic Helpers-SeaShell Pasta Salad-(T) 6:00- Popcorn Club-FR-(S)</p>	<p>10</p> <p>9:30- Smile Club Meets- (MS) 10:30- Get Fit w/Sarah-(P) 12:30- Rosary-(R) 1:00- Walking Club Outside-(P) 2:30- Men's Group- Fish and Chips and The Perfect Storm- Theater 6:00- Peaceful Scenes & Massage-(M)</p>	<p>11</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- White Board Games-(C) 2:15- Sing- Along- FR-(MT) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p>12</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>13</p> <p>9:30- Making Bread-(MS) 10:30- Communion w/ Deacon Tom-ILD- (R) 1pm- Men's Wii Bowling- Theater 2:00- Balloon Volleyball-3A-(P) 2:30- Music Therapy w/Rusty-C-(MT) 3:15-You be the Judge -(C) 6:00- Puzzle Time-FR-(T)</p>	<p>14 Flag Day</p> <p>9:30- Adult Coloring-(T) 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) 3:30- I Hear Memories-(E) 6:00- Popcorn Club-FR-(S)</p>	<p>15</p> <p>9:30- Coffee Chat-2A 10:30- Ballroom Dancing with Michael and Sierra- 3A-(E) 12:30- Rosary-3A 1pm- Brianna's Playlist-(MT) 2pm- Under the Sea Bingo-(S) 3:45- Pet Visits w/Keeper-3A-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p>16 Celebrating Our Keystone Dads</p> <p>9:30- Concentration Puzzles-(C) 10:30-Fitness Class w/ Sarah-(P) 12pm- Burger Bar for Keystone Gentlemen in the Courtyard with Sarah the Fiddler 2pm- Shooting Range-(S) 3:00- Holistic Helpers- Octopus Pizzas with Cottage-(T) 6:00- Popcorn Club-FR-(S)</p>	<p>17</p> <p>9:30- Smile Club Meets-(MS) 10:30- Get Fit w/ Sarah-(P) 12:30- Rosary- (R) 1pm- Cycling Class-T-(P) 2pm- Spiritual Candlelight Service-(R) 3:30- Spiritual Singing-(MT) 6:00- Peaceful Scenes & Massage-(M)</p>	<p>18</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- White Board Games-(C) 2:15- Easy Trivia-(C) 3:30- Documentary-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p>19 Father's Day</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>20</p> <p>9:30- Making Muffins-(MS) 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) 3:15- Hang Man-(C) 6:00- Puzzle Time-FR-(T)</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 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p>22</p> <p>9:30- Coffee Talk- (T) 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary- 3A-(R) 1:00- Finish the Phrase-(C) 2pm- Name that Tune-(MT) 3:30- LifeLong Therapeutics-3A 3:45- Pet Visits w/Keeper-3A-(PT) 6:00- Travel Documentary-FR-(MS)</p>	<p>23</p> <p>9:30- Concentration Puzzles-(C) 10:30- Drumming Class-3A-(P) 11:30- Monthly Birthday Luncheon 1:00-Manicures-3A 2pm-Mike and Dan Performs Courtyard Weather Permitting 3:00- Holistic Helpers- Fish Cupcakes with Cottage-(T) 6:00- Popcorn Club- FR-(S)</p>	<p>24</p> <p>9:30- Smile Club Meets-(MS) 10:30- Get Fit w/Sarah- (P) 12:30- Rosary-3A 1pm-Cycling Class- T- (P) 2pm- Race Car Racing-3A-(S) 3:30- Table Talk-(E) 6:00- Peaceful Scenes & Massage-(M)</p>	<p>25</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- White Board Games-(C) 2:15- SingAlong-(S) 3:30- Documentary-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p>26</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>27</p> <p>9:30- Coffee Chat-(S) 10:30- Communion w/Deacon Tom-IL Dining Room 1:00- Men's Wii Bowling- Theater 2pm- Balloon Volleyball-3A 2:30- Music Therapy w/Rusty-C-(MT) 3:15- Word in a Word-(C) 6:00- Puzzle Time- FR-(T)</p>	<p>28</p> <p>9:30- Adult Coloring-(T) 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) 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p>29</p> <p>9:30- Coffee Talk- (T) 10:30- Exercises with Sarah-(P) 12:30- Rosary- 3A-(R) 1:00- Walking Club Outside-(T) 2pm-Scenic Ride and Milkshakes 2pm- Lisa Carter Performs-3A-(S) 3:30- LifeLong Therapeutics-3A 3:45- Pet Visits w/Keeper-3A-(PT) 6:00- Travel Documentary-FR-(MS)</p>	<p>30 Under the Sea Day Wear Blue or Green</p> <p>9:30- Coffee and Chronicles-3A 10:30- Fitness Class w/ Sarah-(P) 11:30- Under the Sea Lunch 1pm- Under the Sea Photo Opt-Billiards Room 2pm- T- Bone Performs- Courtyard Weather Permitting 6:00- Popcorn Club- FR- (S)</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>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>