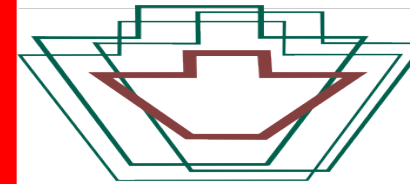




ASSISTED LIVING JULY 2022



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>Monthly Birthdays</p> <p>7/5- Sandy Gosselin 7/25- Betty Perry 7/8- Stanley Ziemian 7/30- Carolyn Harrington 7/8- Patricia Gould 7/8- June Beattie 7/17- Merle Lavoie 7/19- Mary Ellen Fish 7/20- Babbette Laberge 7/20- Charlotte Bureau 7/22-Nancy Cavin 7/23- Elaine Laushway</p>	<p>*Activities are Subject to Change</p> <p>Amy Creasia Programming Specialist ACreasia@keystonesenior.com</p>	<p>INTRODUCING OUR MEN'S GROUP FIESTY OLD FOOL'S Look for Men Only Events throughout the month</p> 	 <p>STARRY NIGHT BALL DRESS YOUR BEST FOR OUR FIRST BALL- DANCING AND COCKTAILS GOLD AND SPARKLE IS THE THEME</p>	<p>1</p> <p>9:30- Billiards 10:30- Strength Training-3A 12:30- Rosary-3A 1pm- Rummikub- Billiards Room 2:00pm- Pokeno-3A 3pm- Poker- Billiards Room 6:30- Scrabble- Billiards Room</p>	<p>2</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynn's Choice-Theater 3:00- Dime Bingo-3A</p>
<p>3</p> <p>10:30- Adult Coloring- Billiards Room 1pm- Puzzle Making Library 2pm- Billiards with Charlie- Billiards Room</p>	<p>4</p> <p>4th of July Cook-Out Luncheon</p> 	<p>5</p> <p>9:15- Pet Therapy w/Winter- Vestibule 10:30- Knitting Corner- 1st Floor 10:30- Chair Exercises-3A 1pm- Facebook Photo Catch up 3rd Floor Activity Room Trip down memory lane 2pm- Painting Class- 3A 3:30- Blackjack Gold- Free 25.00 Grand Pot--3A 6:30-Popcorn Club-Theater</p>	<p>6</p> <p>9:30- Hubbard Coffee Chat-3A 10:30- Bus Trip to Eric Carle Museum and Lunch at Johnny's Roadside Diner 12:30- Rosary- 3A 1pm- Lifelong Therapuetics "Barre Exercises"-3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/Keeper Billiards Room 6:30- Rummikub-Billiards</p>	<p>7</p> <p>9:30- Coffee and Chronicles-3A 10:30- Glow Drumming Class-3A 1pm- Pitch- Billiards Room 2pm- Steve and Tom the Duo Perform-3A- Newbies 3:30- Firefly Meditation and Massage-3A 3:45- Happy Hour-3A 6:30- Popcorn Club- Theater</p>	<p>8</p> <p>9:30- Billiards 10:00- Coffee House-3A 10:30- Larry Batter perform-3A 12pm- Fiesty Old Fools- Men's Group Foot Long Hotdog Luncheon- Pub 12:30- Rosary-3A 1pm-Rummikub -Billiards Room 2pm- Pokeno-3A 3pm- Poker- Billiards Room 6:30- Scrabble- Billiards Room</p>	<p>9</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynn's Choice-Theater 3:00- Dime Bingo-3A</p>
<p>10</p> <p>10:30- Adult Coloring- Billiards Room 1pm- Puzzle Making Library 2pm- Billiards with Charlie- Billiards Room</p>	<p>11</p> <p>9:30- Shopping in Ludlow 10:30- Communion w/Deacon Tom- II Dining Room 1:00-Men's Wii Bowling- Theater 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:30- Cycling Class-3A 6:30- Puzzle Parlor -Library Join others in putting a jigsaw puzzle together</p>	<p>12</p> <p>9:15- Pet Therapy w/Winter-Vestibule 9:30- Billiards 10:30- Meditation w/ Rob-3A 1pm- Rendered Root- Read Aloud with Jamie Gagnon-Courtyard 2:30- Lady Bug Art Project-3A 3:30- Chorus Practice-3A 6:30- Popcorn Club-Theater</p>	<p>13</p> <p>9:30- Hubbard Coffee Chat-3A 12:30- Rosary-3A 10:30- Strength Training-3A 12:30- Rosary-3A 1pm- Triominos-Billiards Room 2pm- Bug Bingo-3A 3:30- Slideshow Presentation on Ludlow w/ Patrick from the Ludlow Library-3A 6:30- Rummikub-Billiards</p>	<p>14</p> <p>9:30- Coffee and Chronicles-3A 10:30- Bocce in the Courtyard 1:30- Caretenders Presents "Hydration"- 3A 2:30- Lady Bug Toss- 3A 3:30- Meditation and Massage-3A 3:30- Happy Hour-3A 6:30- Popcorn Club- Theater</p>	<p>15</p> <p>9:30- Billiards 10:30-Walking Club Outing 12:30- Rosary-3A 1pm- Rummikub- Billiards Room 2:30- Belly Dancing Class w/ Madelyn-3A 3pm- Poker- Billiards Room 6:30- Scrabble- Billiards Room</p>	<p>16</p> <p>1:00- Wii Bowling for Newbies 2pm- Honky Tonk Piano Man- 3A 3:15- Dime Bingo-Pub</p>
<p>17</p> <p>10:30- Adult Coloring- Billiards Room 1pm- Puzzle Making Library 2pm- Billiards with Charlie- Billiards Room</p>	<p>18</p> <p>10:30- Communion w/Deacon Tom- II Dining Room 1pm- Men's Wii Bowling- Theater 1:00- Scrabble- Billiards Room 2pm- Dave Colucci Performs-3A 3:15-Wii Bowling- Theater 3:30- Canasta- Billiards Room 6:30- Puzzle Parlor -Library Join others in putting a jigsaw puzzle together</p>	<p>19</p> <p>9:15- Pet Therapy w/Winter- Vestibule 9:30- Billiards 10:30- Chef's Club 1pm- Rendered Root- Read Aloud with Jamie Gagnon-Courtyard 2:30pm- Line Dancing Class-3A 3:30- Blackjack-(dollar buy-in)- Pub 6:30- Popcorn Club- Theater</p>	<p>20</p> <p>9:30-Hubbard Coffee Chat-3A 10:30- Brain Games-3A 12:30- Rosary- 3rd Floor 1pm- Creative Writing-3A 1pm- Catching Fireflies Game- Billiards Room 2:30- Dime Bingo-3A 3:30- LifeLong Therapuetics-3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/Keeper-Billiards Room 6:30- Rummikub-Billiards</p>	<p>21</p> <p>9:30- Coffee and Chronicles-3A 10:30- Drumming Class-3A 11:30- Monthly Birthday Luncheon 1pm- Triominos-Billiards Room 1pm- Bugs are our Friends Ted Talk 2pm-Shadow Theater Virtually-T 3:15- Meditation and Relaxation-3A 3:30- Happy Hour-3A 6:30- Popcorn Club- Theater</p>	<p>22</p> <p>9:30- Billiards 10:00- Walking Club in Ludlow 12:30- Rosary-3A 1pm- Rummikub- Billiards Room 2pm-Race Car Racing 3pm-Pokeno-3A 5:45- Sarah the Fiddler Outdoor Concert at Storrowtown and Picnic</p>	<p>23</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynns Choice-T 3:00- Dime Bingo-3A</p>
<p>24</p> <p>10:30- Adult Coloring- Billiards Room 1pm- Puzzle Making- Library 2pm- Billiards with Charlie- Billiards Room</p>	<p>25</p> <p>9:30- Shopping Chicopee 10:30- Communion w/Deacon Tom- II Dining Room 1:00- Scrabble- Billiards Room 2pm- Loom Knitting-Pub Sign up w/ Activities 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:30- Canasta-Billiards Room 6:30- Puzzle Parlor -Library</p>	<p>26 Massage Therapy 1-4pm 9:15- Pet Therapy w/Winter- Vestibule 9:30- Billiards 10:30- Sing Along w/Don-3A 10:30- Knitting Corner- 1st Floor 1pm- Canasta- Billiards Room 1pm- Keystone Canaries Chorus Practice w/ Don-3A 2pm- Painting Class-3A 3:30- Blackjack-(dollar buy-in)- Pub 6:30- Popcorn Club- Theater</p>	<p>27</p> <p>9:30- Hubbard Coffee Chat-3A 10:30- Meditation w/ Rob-3A 12:30- Rosary- 3A 1pm- Poker- Billiards Room 2pm- Quarter Bingo-3A 3:15- Strength Training-3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/Keeper- Billiards Room 6:30- Rummikub- Billiards</p>	<p>28</p> <p>Starry Night Ball 9:30- Coffee and Chronicles-3A 10:30- Decorating for Special Dinner 11:30- Starry Night Luncheon 1pm- Manicures and make-overs-P 3:00- Starry Night Dancing Ball with "Just Len"- New-3A</p>	<p>29</p> <p>9:30- Billiards 10:30- Chair Zumba-3A 11:30- Lunch out Villa Rose 12:30- Rosary-3A 1pm- Rummikub- Billiards Room 1pm- Fiesty Old Fools Western in the Theater 2pm- Pokeno-3A 4pm-Happy Hour-Pub 6:30- Scrabble-Billiards</p>	<p>30</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynns Choice-T 3:00- Dime Bingo-3A</p>
<p>31</p>						