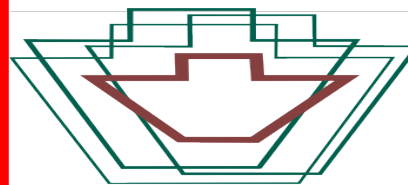




**INTERIM MEMORY CARE  
HOLISTIC PROGRAM  
JULY 2022**



**Keystone  
Commons**  
*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Monthly Theme</b></p>	<p><b>Monthly Birthdays</b></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><i>*Activities are Subject to Change</i></p> <p style="text-align: center;"><b>Amy Creasia</b> <i>Programming Specialist</i> <a href="mailto:ACreasia@keystonesenior.com">ACreasia@keystonesenior.com</a> <b>Sarah Langston</b> <i>Activity Assistant for Holistic Harbors Program</i></p>	<p><b>Room Key</b></p> <p>2A- 2<sup>nd</sup> Floor Activity Room 3A- 3<sup>rd</sup> Floor Activity Room L- Library FR- Fireside Room ILD- IL Dining Room C- Courtyard T- Theater PR- Piano Room FL- Front Lobby</p>	<p><b>Code Key</b></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 style="text-align: center;"><b>1</b></p> <p>9:30- Smile Club Meets- (MS) <b>10:30- John Thorpe Performs-(MT)</b> 12:30- Rosary- (R) 1pm- Walking Club Outside-(P) 2pm- Bowling in the Hallways-(P) 3:00- Sing Along w/ Deb-FR-(S) 6:00- Peaceful Scenes &amp; Massage-(M)</p>	<p style="text-align: center;"><b>2</b></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 &amp; Melodies-(MS)</p>
<p style="text-align: center;"><b>3</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Matinee-FR-(S)</p> <p style="text-align: center;"><b>Day of Rest and Face Timing with Families</b></p>	<p style="text-align: center;"><b>4</b></p> <p>4<sup>th</sup> of July Cook-Out Luncheon</p>	<p style="text-align: center;"><b>5</b></p> <p>9:30- Flowers Sing-(MT) <b>10:00- Pet Therapy/ Winter-(PT)</b> 10:30- Gentle Exercises-(P) 1:00- A to Z (C) 2:30- Putting Green-(P) Courtyard 3:30-Whistle While we Work-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;"><b>6</b></p> <p>9:30- Coffee Talk-(T) <b>10:30- Laughter Yoga-(E)</b> 12:30- Rosary- 3A- (R) <b>1pm- Lifelong Therapeutics "Barre Exercises"-3A</b> 2pm- Easy Trivia(C) 3:45- Pet Visits w/Keeper-B-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;"><b>7</b></p> <p>9:30- Concentration Puzzles-(C) 10:30- Drumming Class-(P)-3A 1pm- Manicures in the Courtyard(T) <b>2pm- Steve and Tom the Duo Perform-3A- Newbies</b> <b>3:00-Holistic Helpers-Lady Bug Snacks-(T)</b> 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;"><b>8</b></p> <p>9:30- Smile Club Meets- (MS) <b>10:00- Coffee House-3A</b> <b>10:30- Larry Batter perform-3A</b> <b>12pm- Fiesty Old Fools- Men's Group Foot Long Hotdog Luncheon- Pub</b> 1:00- Walking Club Outside-(P) 2pm- Horseshoes in the Courtyard 6:00- Peaceful Scenes &amp; Massage-(M)</p>	<p style="text-align: center;"><b>9</b></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 &amp; Melodies-(MS)</p>
<p style="text-align: center;"><b>10</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Matinee-FR-(S)</p> <p style="text-align: center;"><b>Day of Rest and Face Timing with Families</b></p>	<p style="text-align: center;"><b>11</b></p> <p>9:30- Making Bread-(MS) <b>10:30- Communion w/ Deacon Tom-ILD-(R)</b> 1pm- Men's Wii Bowling- Theater 1pm- Name that Sitcom-(C) 2:00- Balloon Volleyball-3A-(P) <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15-You be the Judge -(C) 6:00- Puzzle Time-FR-(T)</p>	<p style="text-align: center;"><b>12</b></p> <p>9:30- Adult Coloring-(T) <b>10:00- Pet Therapy w/Winter-(PT)</b> 10:30- Gentle Exercises-(P) <b>1pm- Rendered Root- Read Aloud with Jamie Gagnon-Courtyard</b> <b>2:00- Lady Bug Project-(AT)</b> 3:30- Chorus Practice-(MT)-2A 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;"><b>13</b></p> <p>9:30- Coffee Chat-2A <b>10:30- Meditation w/ Rob-3A-(M)</b> 12:30- Rosary-3A <b>1pm- Brianna's Playlist-(MT)</b> 2pm- Lady Bug Game-(C) 3:00- Words in a Word- Lady Bug-(C) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;"><b>14</b></p> <p>9:30- Concentration Puzzles-(C) <b>10:30- Glow Drumming Class-3A</b> <b>1:30- Caretenders Presents "Chair Yoga"- 3A</b> <b>2:30- Lady Bug Toss- 3A</b> <b>3:00- Holistic Helpers- Lady Bug Pizzas with Cottage-(T)</b> 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;"><b>15</b></p> <p>9:30- Smile Club Meets-(MS) 10:30- Get Fit w/ Sarah-(P) <b>11:30- Picnic in the Park</b> 12:30- Rosary- (R) <b>2pm- Spiritual Candlelight Service-(R)</b> 3:30- Spiritual Singing-(MT) 6:00- Peaceful Scenes &amp; Massage-(M)</p>	<p style="text-align: center;"><b>16</b></p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- White Board Games-(C) <b>2pm- Honky Tonk Piano Man-(S)</b> 3:30- Documentary-(MS) 3:45pm- Manicures &amp; Melodies-(MS)</p>
<p style="text-align: center;"><b>17</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundae Matinee-FR-(S)</p> <p style="text-align: center;"><b>Day of Rest and Face Timing with Families</b></p>	<p style="text-align: center;"><b>18</b></p> <p>9:30- Making Muffins-(MS) <b>10:30- Communion w/Deacon Tom-ILD -(R)</b> 1:00-Resident Council -(T) <b>2pm- Dave Colucci Performs-3A-(S)</b> <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15- Hang Man-(C) 6:00- Puzzle Time-FR-(T)</p>	<p style="text-align: center;"><b>19</b></p> <p>9:30- Summer Sing-(MT) <b>10:00- Pet Therapy/ Winter-(PT)</b> 10:30- Chef's Club <b>1pm- Rendered Root- Read Aloud with Jamie Gagnon-Courtyard</b> <b>2:30pm- Line Dancing Class-3A</b> 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;"><b>20</b></p> <p>9:30- Coffee Talk- (T) 10:30- Exercises w/ Sarah-(P) 12:30- Rosary- 3A-(R) 1:00- Finish the Phrase-(C) 2pm- Name that Tune-(MT) <b>3:30- LifeLong Therapeutics-3A</b> 3:45- Pet Visits w/Keeper-B-(PT) 6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;"><b>21</b></p> <p><b>9:30- Concentration Puzzles-(C)</b> <b>10:30- ArtSong w/ Amy-(AT)</b> <b>11:30- Monthly Birthday Luncheon</b> 1:00-Manicures-3A 2pm- Musical Bingo-2A-(S) <b>3:00- Holistic Helpers- Lady bug Cookies-(T)</b> 6:00- Popcorn Club- FR-(S)</p>	<p style="text-align: center;"><b>22</b></p> <p>9:30- Smile Club Meets-(MS) 10:30- Get Fit w/Sarah- (P) 12:30- Rosary-3A <b>1pm-Outing for Ice Cream-(S)</b> 2pm- Race Car Racing-3A-(S) 3:30- Table Talk-(E) 6:00- Peaceful Scenes &amp; Massage-(M)</p>	<p style="text-align: center;"><b>23</b></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 &amp; Melodies-(MS)</p>
<p style="text-align: center;"><b>24</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundae Matinee-FR-(S)</p> <p style="text-align: center;"><b>Day of Rest and Face Timing with Families</b></p>	<p style="text-align: center;"><b>25</b></p> <p>9:30- Coffee Chat-(S) <b>10:30- Communion w/Deacon Tom-IL Dining Room</b> 1:00- Men's Wii Bowling- Theater 2pm- Balloon Volleyball-3A <b>2:30- Music Therapy w/Rusty-C-(MT)</b> 3:15- Word in a Word-(C) 6:00- Puzzle Time- FR-(T)</p>	<p style="text-align: center;"><b>26 Massage Therapist 1-4pm</b></p> <p>9:30- Adult Coloring-(T) <b>10:00- Pet Therapy/ Winter-(PT)</b> 10:30- Sing Along w/Don-3A <b>1pm- Keystone Canaries Chorus Practice w/ Don-3A</b> 2pm- Ice Cream Cone Social-(S) 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;"><b>27</b></p> <p>9:30- Coffee Talk- (T) <b>10:00- Trip to the Butterfly Museum</b> <b>10:30- Mediation w/Rob-3A-(M)</b> 12:30- Rosary- 3A-(R) 1:00- Walking Club Outside-(T) 2:30- Quarter Bingo-3A-(S) 3:45- Pet Visits w/Keeper-B-(PT) 6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;"><b>28 Starry Night Ball</b></p> <p>9:30- Coffee and Chronicles-3A 10:30- Fitness Class w/ Sarah-(P) <b>11:30- Starry Night Luncheon</b> <b>1pm- Manicures and make-overs-(E)-Pub</b> <b>3pm- Starry Night Ball w/ Just Len- Newbie-3A-(S)</b> 6:00- Popcorn Club- FR- (S)</p>	<p style="text-align: center;"><b>29</b></p> <p>9:30- Smile Club Meets-(MS) 10:30- Get Fit w/Sarah- (P) 12:30- Rosary-3A <b>1pm- Fiesty Old Fools Western in the Theater</b> <b>1pm- Painting Ceramic Bug-(AT) w/ Cottage</b> 3:30- Table Talk-(E) 6:00- Peaceful Scenes &amp; Massage-(M)</p>	<p style="text-align: center;"><b>30</b></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 &amp; Melodies-(MS)</p>
<b>31</b>						