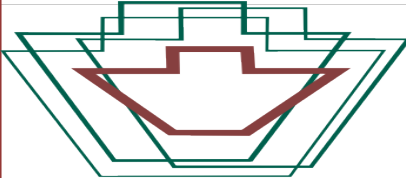








INDEPENDENT LIVING JULY 2022



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 style="text-align: center;">Amy Creasia Programming Specialist ACreasia@keystonesenior.com</p>	<p>INTRODUCING OUR MEN'S GROUP</p> <p>FIESTY OLD FOOL'S</p> <p>Look for Men Only Events throughout the month</p> 	 <p>STARRY NIGHT BALL</p> <p>DRESS YOUR BEST FOR OUR FIRST BALL- DANCING AND COCKTAILS GOLD AND SPARKLE IS THE THEME</p>	<p style="text-align: center;">1</p> <p>9:30- Billiards 10:30- Strength Training-3A 12:30- Rosary-3A 1pm- Rummikub- Billiards Room 2pm- Pokeno-3A 3pm- Poker- Billiards Room 4pm- Happy Hour Lady Bug Punch</p>	<p style="text-align: center;">2</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary Lynn's Choice-T 3:00- Dime Bingo-3A</p>
<p style="text-align: center;">3</p> <p>Mass at St Elizabeth's 2pm- Rummikub-Billiards</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">4</p> <p>12:45pm- 4th of July Cook-Out</p>  <p>2pm- Popsicle Social IL Dining Room</p>	<p style="text-align: center;">5</p> <p>9:15- Pet Therapy w/Winter- Vestibule 10:30- Chair Exercises-3A 10:30- Knitting Corner- 1st Floor 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 style="text-align: center;">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 Therapeutics "Barre Exercises"-3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/Keeper- Billiards Room 6:30- Rummikub-Billiards</p>	<p style="text-align: center;">7</p> <p>9:30- Coffee and Chronicles-3A 10:30- Glow Drumming Class-3A 1pm- Fire Safety Meeting- TBD 2pm- Steve and Tom the Duo Perform- 3A- Newbies 3:30- Firefly Meditation and Massage 6:30- Popcorn Club- Theater</p>	<p style="text-align: center;">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 4pm- Happy Hour-Lightning Bug 6:30- Scrabble- Billiards</p>	<p style="text-align: center;">9</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynn's Choice-T 3:00- Dime Bingo-3A</p>
<p style="text-align: center;">10</p> <p>Mass at St Elizabeth's 2pm- Rummikub- Billiards</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">11</p> <p>9:30- Shopping in Ludlow 10:30- Communion w/Deacon Tom- IL Dining Room 1:00-Men's Wii Bowling- Theater 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:30- Cycling Class-3A 6:45- Quarter Bingo with Fredi in the Pub</p>	<p style="text-align: center;">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 style="text-align: center;">13</p> <p>9:30- Hubbard Coffee Chat-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 style="text-align: center;">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 6:30- Popcorn Club- Theater</p>	<p style="text-align: center;">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 4pm-Happy Hour-Pub 6:30- Scrabble-Billiards</p>	<p style="text-align: center;">16</p> <p>1:00- Wii Bowling for Newbies 2pm- Gary Honky Tonk Piano-3A 3:15- Dime Bingo-Pub</p>
<p style="text-align: center;">17</p> <p>Mass at St Elizabeth's 2pm- Rummikub-Billiards</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">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 style="text-align: center;">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 5:30- Granby Outdoor Concert- Dan Kane Singers- picnic dinner</p>	<p style="text-align: center;">20</p> <p>9:30-Hubbard Coffee Chat-3A 10:30- Brain Games-3A 12:30- Rosary- 3rd Floor 1pm- Catching Fireflies Game-B 1pm- Creative Writing-3A 2:30- Dime Bingo-3A 3:30- LifeLong Therapeutics-3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/ Keeper- Billiards Room 6:30- Rummikub-Billiards</p>	<p style="text-align: center;">21</p> <p>9:30- Coffee and Chronicles-3A 10:30- Drumming Class-3A 11:30- Monthly Birthday Luncheon 1pm- Triominos-Billiards Room 1pm- Manicures-3A 1pm- Bugs are our Friends Ted Talk-3A 2pm- Button Lady Bug Project-3A Sign up in Activity Room 6:30- Popcorn Club- Theater</p>	<p style="text-align: center;">22</p> <p>9:30- Billiards 10:00- Walking Club in Ludlow 12:30- Rosary-3A 1:00- Food Committee Meeting-P 1pm- Rummikub- Billiards Room 2pm-Bug Racing 3pm-Pokeno-3A 4pm- Happy Hour- Pub</p>	<p style="text-align: center;">23</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynn's Choice-T 3:00- Dime Bingo-3A</p>
<p style="text-align: center;">24</p> <p>Mass at St Elizabeth's 2pm- Rummikub-Pub</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">25</p> <p>9:30- Shopping in Chicopee 10:30- Communion w/Deacon Tom- II Dining Room 1:00- Scrabble- Billiards Room 2pm- Loom Knitting- Pub Sign up with Activities 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:30- Canasta-Billiards Room 6:45- Quarter Bingo with Fredi-pub</p>	<p style="text-align: center;">26</p> <p>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 3:30- Blackjack-(dollar buy-in)- Pub 6:30- Popcorn Club- Theater</p>	<p style="text-align: center;">27</p> <p>9:30- Hubbard Coffee Chat-3A 10:30- Meditation w/ Rob-3A 11:30- Lunch Outing Hollands Maine Attraction 12:30- Rosary- 3A 2:30pm- Quarter Bingo-3A 3:15- Strength Training-3A 4:00- Wine Down Wednesday- Marketing Office 6:30- Rummikub- Billiards</p>	<p style="text-align: center;">28</p> <p>Starry Night Ball</p> <p>9:30- Coffee and Chronicles-3A 10:30- Decorating for Special Dinner 1pm- Manicures and make-overs for the dinner- Pub 3:00- Starry Night Dancing Ball with "Just Len" Newbie- 3A 5:15pm-Starry Night Dinner- II Dining</p> 	<p style="text-align: center;">29</p> <p>9:30- Billiards 10:30- Chair Zumba-3A 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 style="text-align: center;">30</p> <p>1:00- Wii Bowling for Newbies 1:45- Documentary- Lynn's Choice-T 3:00- Dime Bingo-3A</p>
<p style="text-align: center;">31</p>						