


Keystone Commons

A Life Fulfilling Retirement Community

Holistic Harbors Memory Care/Cottage January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 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) 	2 9:30- Fitness Dice-(P) 10:30- Communion w/ Deacon Tom-IL DINING ROOM 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Let's Talk Massachusetts-(E) 2pm- Card Games: UNO-(S) 3pm- Hilarious Headlines-(C) 6:00- Travel Videos-(MS)	3 9:30- Coloring Norman Rockwell-(S) 10:00- Funny Videos-FR-(S) 10:30- Gentle Exercises-(P) 1pm- Norman Rockwell An American Portrait Documentary-(E) 2pm- Winter Bingo-(S) 3pm- What is it?-(C) 4pm-Whistle While we Work-(T) 6:00- Popcorn Club-FR-(S)	4 9:30- Drumming w/ Marilyn-(P) 10:30- Morning Prayer and Adult Coloring-(R) 12:30- Rosary-(R) 1pm- Words in a Word- Massachusettes-(C) 2pm- Music Therapy w/ Sarah the Fidler-(MT) 3pm-Word Games and Puzzles-(C)	5 9:30- Yoga with Marilyn-(M) 10:30- Finish the Lyric-(S) 1pm- Table Top Toppers-(T) 2pm-Mike and Dan Performs-3A 3pm- Holistic Helpers- Making Boston Cream Icebox Cake-(T)	6 9:30- Meditation and Massage-(M) 10:30- John Thorpe Performs-2A 11:30- Lunch Outing at Unos 2pm-Andrea Bocelli "mix" live Concert **Boston 2021 - FR-(S) 3:30- Winter Hand Massage and Manicures-(E)	7 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)
8 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)	9 9:30- Fitness Dice- (P) 10:30- Communion w/Deacon Tom-ILD -(R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Adult Coloring-(T) 2pm- Beanie Baby Bingo-(S) 3pm- Travel Video- Plymouth-(C) 6pm- Puzzle Time-(T)	10 9:30- Cycling Travel- (P) 10:30- Manicures and Hand Treatments-(E) 1pm- Fireplace Chat-(E) 2pm- Musical Bingo-(S) 3pm- Dominos-(S) 4:00- Whistle While We Work- (T)	11 9:30- Drumming/ Marilyn-(P) 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary- (R) 1:00- Paint by Numbers-(AT) 2pm- Tom Ricardi Presents Birds of Prey Live- 3A-(C) 3pm- Funny Videos-(E)	12 9:30- Yoga with Marilyn- (M) 10:00- Coffee House-3A 10:30- T Bone Performs-3A 1pm-Sing-A-Long(S) 2pm- Reminiscing Corner-(E) 3:00-Holistic Helpers- Cranberry Breakfast Cake-(T)-2A	13 9:30- Making Cards-(E) 10:30- Get Fit w/ Marilyn-(P) 1pm-Trip to Elite Nutrition Shop for a Cranberry Energizing Drink 3pm-Cranberry Cake Social and Visiting Cape Cod -(S)-3A	14 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)
15 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)	16 Martin Luther King Day 9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Communion w/ Deacon Tom ILD- (R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm-Baking Cupcakes-(E) 2pm- Let's Talk- Fenway-(E) 3pm- Boston Puzzle-(T) 6pm- Travel Videos-(MS)	17 Massage Therapist 1-4 9:30- Chef's Club Cooking-3A Meatloaf, Mashed and veggie Boston Cream Pie Dessert 12pm- TV DINNER LUNCHEON "Cheers" 2pm- Puzzle Time-(T) 3:30- Chorus Practice-(MT)-3A 4:00- Whistle While We Work- (T)	18 9:30- Drumming w/ Marilyn-(P) 10:30- Laughter Yoga w/ Rob-C-(M) 12:30- Rosary-(R) 1pm- Manicures-(E) 2pm- Dominos-(C) 3pm- In Concert- Andre Reiu-(E)	19 9:30- Yoga with Marilyn-(M) 10:30- Adult Coloring- Boston-(T) 1pm- Manicures-(E) 2pm- Richie Mitnik Performs-3A-(MT) 3:00- Holistic Helpers- Making Fluffernutters-2A-(T)	20 Dr. Seuss Day 9:30- Meditation & Massage-(M) 10:30- Who was Dr. Seuss Youtube-(C) 1:00- Rosary- (R) 2pm- Dr's Seuss's Cat in the Hat Movie-(S) 3:30- Walking Club-(P)	21 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 2pm- Steve the Duo Performs-(S)-3A 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)
22 Chinese New Year Begins 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)	23 9:30- Fitness Dice- (P) 10:30- Communion w/Deacon Tom-ILD -(R) 10:30- Music Therapy w/Rusty-C-(MT) 1:00-Resident Council -(T) 2pm- Card Bingo-(S) 3:30 Travel Videos- (MS)	24 9:30- Cycling Travel-(P) 10:30- Large Map Puzzles-(T) 1pm- Rendered Root- Read Aloud w/ Jamie Gagnon- 1 st Floor Piano Rm 2:00- Line Dancing Class-3A 3:00- Working on Shadowboxes-(E) 4:00- Whistle While We Work- (T)	25 9:30- Drumming w/ Marilyn- (P) 10:30- Meditation w/ Rob-3A-(M) 11:30- Chinese New Year Luncheon 12:30- Rosary-(R) 1pm- Chinese New Year Coloring-(T) 2pm-Scenic Ride 3pm- Carol Burnett Show- (E)	26 Massachusetts College Day Wear your MA College Gear 9:30- Yoga with Marilyn-(M) 10:30- Reminiscing Corner-(R) 1pm- Manicures 2pm- Willie Nininger Performs-3A 3pm- Holistic Helpers- Tollhouse Chocolate Chip Cookies-(T)	27 9:30- Meditation & Massage-(M) 10:00- Artsong w/ Amy-(AT) 1:00- Rosary- (R) 2pm- Bubble Collage-(AT)-2A 3:30- Walking Club-(P)	28 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)
29 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)	30 9:30- Fitness Dice- (P) 10:00- Massage & Meditation- (M) 10:30- Music Therapy w/Rusty-C-(MT) 1:30- Catholic Mass-(R)-IL Dining Rm 2pm-Bingo-(S) 3:30- Travel Videos-(MS)	31 9:30- Billiards-(S)-3A 9:30- Strength Training-(P) 10:30- Singalong w/ Don-3A 1pm- Chorus Practice w/Don-3A 2pm- Boston Celtics and Popcorn-(S) 3:00- Walking Club 4:00- Whistle While We Work- (T)	Monthly Birthdays 1/2-Debbie Walsh 1/5- Angel Torres 1/6- Evelyn Pilon 1/8- Bob Hughs 1/13- Sophie Gazda "100" 1/18- Josephine Carter 1/21- Ray Provost 1/22- Pat Young 1/26- Bobby Kelley 1/31- Louise Sedelow	Code Key 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	Everyday Activities 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	Monthly Theme 