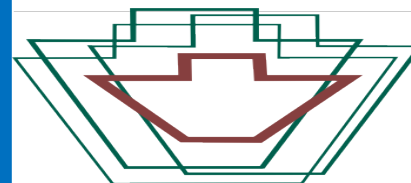




# INTERIM MEMORY CARE HOLISTIC PROGRAM JANUARY 2023



# Keystone Commons

A Life Fulfilling Retirement Community

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|---|--|--|--|---|
| <p>1</p> <p>10:30- Mass on TV-2A-(R)<br/>1:30- Exercise-2A-(P)<br/>2:30- Popcorn Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>  | <p>2</p> <p>10:30- Communion w/ Deacon Tom- IL DINING ROOM<br/>10:30- Music Therapy w/Rusty-C-(MT)<br/>1:00-Men's Wii Bowling- Theater<br/>2pm- Balloon Volleyball-3A<br/>3:15- Wii Bowling- Theater-(P)<br/>3:30- Hilarious Headlines-(C)<br/>6:00- Puzzle Time- FR-(T)</p>                           | <p>3</p> <p>9:30- Coloring Norman Rockwell-(S)<br/>10:00- Funny Videos-FR-(S)<br/>10:30- Gentle Exercises-(P)<br/>1pm- Norman Rockwell An American Portrait Documentary-FR<br/>2pm- Winter Bingo-(S)<br/>3:30-Whistle While we Work-(T)<br/>6:00- Popcorn Club-FR-(S)</p> | <p>4</p> <p>9:30- Coffee Talk-(T)<br/>10:30- Get Fit w/ Sarah-(P)<br/>12:30- Rosary- 3A- (R)<br/>1:00- Music Therapy w/ Sarah the Fidler-(MT)<br/>2pm- Cycling through Massachusetts-(T)-(P)<br/>3:45- Pet Visits w/Keeper-B-(PT)<br/>6pm- Travel Documentary-FR-(MS)</p>                          | <p>5</p> <p>9:30- Concentration Puzzles-(C)<br/>10:30- Adaptive Boxing via Zoom-3A-(P)<br/>1pm- Manicures-(E)<br/>2pm-Mike and Dan Performs-3A<br/>3pm- Holistic Helpers- Making Boston Cream Icebox Cake-(T)<br/>6pm- Popcorn Club-FR-(S)</p>   | <p>6</p> <p>9:30- Smile Club Meets-(MS)<br/>10:00- Massachusetts- Word in a Word-(C)<br/>10:30- John Thorpe Performs-2A<br/>11:30- Lunch Outing at Unos<br/>2pm-Andrea Bocelli "mix" live Concert **Boston 2021 - FR-(S)<br/>3pm- Drumming Class-3A_(P)<br/>6:00- Peaceful Scenes &amp; Massage(M)</p> | <p>7</p> <p>9:30 - Coffee and Words of Wisdom-(C)<br/>10:00- Be Fit with Lynn- (P)<br/>2:15- Singalong-(S)-FR<br/>3:30- Documentary-FR-(MS)<br/>3:45pm- Manicures &amp; Melodies-(MS)</p>                                 |
| <p>8</p> <p>10:30- Mass on TV-2A-(R)<br/>1:30- Exercise-2A-(P)<br/>2:30- Popcorn Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>   | <p>9</p> <p>9:30-Popcicle Stick Project<br/>10:30- Communion w/ Deacon Tom- ILD-(R)<br/>10:30- Music Therapy w/Rusty-C-(MT)<br/>1pm- Divine Mercy Prayer Group-(T)<br/>2pm- Corn Hole- IL Dining Room-(P)<br/>3:15-Wii Bowling- Theater-(P)<br/>3:15- Hang Man-FR-(C)<br/>6:00- Puzzle Time-FR-(T)</p> | <p>10</p> <p>9:30- Paint by Numbers-(S)<br/>10:00- Funny Videos-FR-(S)<br/>10:30- Gentle Exercises-(P)<br/>1pm- Arts and Crafts-(AT)<br/>2pm- Musical Bingo-(S)<br/>3:30-Whistle While we Work-(T)<br/>6:00- Popcorn Club-FR-(S)</p>                                      | <p>11</p> <p>9:30- Coffee Talk-(T)<br/>10:30- Meditation w/Rob-3A-(M)<br/>12:30- Rosary- 3A- (R)<br/>1:00- You be the Judge-(C)<br/>2pm- Tom Ricardi- Birds of Prey Show-3A-(C)<br/>3:45- Pet Visits w/Keeper-B-(PT)<br/>6pm- Travel Documentary-FR-(MS)</p>                                       | <p>12</p> <p>9:30- Concentration Puzzles-(C)<br/>10:00- Coffee House-3A<br/>10:30- T Bone Performs-3A<br/>1pm- Manicures-(E)<br/>1:30- Adaptive Boxing via Zoom-3A-(P)<br/>3:00-Holistic Helpers- Cranberry Breakfast Cake-(T)<br/>6:00- Popcorn Club-FR-(S)</p>   | <p>13</p> <p>9:30- Smile Club Meets-(MS)<br/>10:30- Harvesting Cranberries-(E)-3A<br/>12:30- Rosary-(R)<br/>1pm-Trip to Elite Nutrition Shop for a Cranberry Energizing Drink<br/>3pm-Cranberry Cake Social and Visiting Cape Cod -(S)-3A<br/>6:00- Peaceful Scenes &amp; Massage-(M)</p>              | <p>14</p> <p>9:30 - Coffee and Words of Wisdom-(C)<br/>10:00- Be Fit with Lynn- (P)<br/>10:30- White Board Games-(C)<br/>2pm- Easy Trivia-(C)<br/>3:30- Documentary-FR-(MS)<br/>3:45pm- Manicures &amp; Melodies-(MS)</p> |
| <p>15</p> <p>10:30- Mass on TV-2A-(R)<br/>1:30- Exercise - 2A-(P)<br/>2:30- Popcorn Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>  | <p>16</p> <p>9:30- Making Bread-(MS)<br/>10:30- Communion w/ Deacon Tom-ILD-(R)<br/>10:30- Music Therapy w/Rusty-C-(MT)<br/>1pm- Divine Mercy Prayer Group-(T)<br/>2pm- Belly Dancing w/ Madelyn-3A<br/>3:15- Words in a Word-(C)<br/>6:00- Puzzle Time-FR-(T)</p>                                     | <p>17 <b>Massage Therapist 1-4pm</b></p> <p>9:30- Chef's Club Cooking-3A Meatloaf, Mashed and veggie Boston Cream Pie Dessert<br/>12pm- TV DINNER LUNCHEON "Cheers"<br/>2pm- Winter Bingo-(S)<br/>3:30- Whistle While we Work-(T)<br/>6:00- Popcorn Club-FR-(S)</p>       | <p>18</p> <p>9:30- Coffee Chat-2A<br/>10:30- Laughter Yoga w/ Rob-C-(M)<br/>12:30- Rosary-3A<br/>1pm- Balla Kouyate &amp; World Vision: Traditional Malian Music from Massachusetts-FR-(S)<br/>2pm-Cycling Class-(T)<br/>3:45- Pet Visits w/ Keeper-B-(PT)<br/>6pm- Travel Documentary-FR-(MS)</p> | <p>19</p> <p>9:30- Concentration Puzzles-(C)<br/>10:30- Adaptive Boxing via Zoom-3A-(P)<br/>1pm- Manicures-(E)<br/>2pm- Richie Mitnik Performs-3A-(S)<br/>3pm- Holistic Helpers- Making Fluffernutters-(T)<br/>6:00- Popcorn Club-FR-(S)</p>   | <p>20 <b>Dr Seuss Day</b></p> <p>9:30- Smile Club Meets-(MS)<br/>10:00- Who was Dr Seuss-(C)<br/>10:30- Get Fit w/ Sarah-(P)<br/>12:30- Rosary- (R)<br/>1pm- Toss the Cat in the Hat Game-3A<br/>2pm- Seuss Racing-3A<br/>3pm- Drumming Class-3A<br/>6:00- Peaceful Scenes &amp; Massage-(M)</p>       | <p>21</p> <p>9:30 - Coffee and Words of Wisdom-(C)<br/>10:00- Be Fit with Lynn- (P)<br/>2pm- Steve the Duo Performs-3A-(S)<br/>3:30- Documentary-(MS)<br/>3:45pm- Manicures &amp; Melodies-(MS)</p>                       |
| <p>22 <b>Chinese New Year Begins</b></p> <p>10:30- Mass on TV-2A-(R)<br/>1:30- Exercise - 2A-(P)<br/>2:30- Sundae Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>  | <p>23</p> <p>9:30- Making Muffins-(MS)<br/>10:30- Communion w/Deacon Tom-ILD -(R)<br/>10:30- Music Therapy w/Rusty-C-(MT)<br/>11:30-Resident Council -(T)<br/>1pm- Divine Mercy Prayer Group-(T)<br/>2pm- Corn Hole-ILD-(P)<br/>3:15- Arts and Crafts-(AT)<br/>6:00- Puzzle Time-FR-(T)</p>            | <p>24</p> <p>9:30- Morning Sing-(MT)<br/>10:00- Sittercize-(P)<br/>1pm- Rendered Root- Read Aloud w/ Jamie Gagnon- 1<sup>st</sup> Floor Piano Rm<br/>2:00- Line Dancing Class-3A<br/>3:30- Whistle While We Work-(T)<br/>6:00- Popcorn Club-T-(S)</p>                     | <p>25</p> <p>9:30- Coffee Talk- (T)<br/>10:30- Meditation w/ Rob-3A-(M)<br/>11:30- Chinese New Year Luncheon<br/>12:30- Rosary- 3A-(R)<br/>1pm- Chinese New Year Coloring-(T)<br/>2pm-Scenic Ride<br/>3:45- Pet Visits w/Keeper-B-(PT)<br/>6:00- Travel Documentary-FR-(MS)</p>                    | <p>26 <b>Massachusetts College Day Wear your MA College Gear</b></p> <p>9:30- Concentration Puzzles-(C)<br/>10:30-Adaptive Boxing via Zoom-(P)<br/>1:00-Manicures-(E)<br/>2pm- Willie Ninger Performs-3A<br/>3pm- Holistic Helpers- Tollhouse Chocolate Chip Cookies-(T)<br/>6pm- Popcorn Club- FR-(S)</p> | <p>27</p> <p>9:30- Smile Club Meets-(MS)<br/>10:00- Artsong w/ Amy-(AT)<br/>12:30- Rosary-3A<br/>1:00- Walking Club-(P)<br/>2pm- Bubble Collage-(AT)<br/>3pm- Drumming Class-2A<br/>6:00- Peaceful Scenes &amp; Massage-(M)</p>  | <p>28</p> <p>9:30 - Coffee and Words of Wisdom-(C)<br/>10:00- Be Fit with Lynn- (P)<br/>10:30- White Board Games-(C)<br/>2:15- SingAlong-(S)<br/>3:30- Documentary-(MS)<br/>3:45pm- Manicures &amp; Melodies-(MS)</p>     |
| <p>29</p> <p>10:30- Mass on TV-2A-(R)<br/>1:30- Exercise - 2A-(P)<br/>2:30- Sundae Matinee-FR-(S)</p> <p><b>Day of Rest and Face Timing with Families</b></p>   | <p>30</p> <p>9:30- Coffee Chat-(S)<br/>10:30- Music Therapy w/Rusty-C-(MT)<br/>1:30- Catholic Mass- IL Dining Room-(R)<br/>2:30- Balloon Volleyball- 3A-(P)<br/>3:15-Table Talk-FR-(E)<br/>6:00- Puzzle Time- FR-(T)</p>   | <p>31</p> <p>9:30- Adult Coloring-(T)<br/>10:30- Singalong w/ Don-3A<br/>1pm- Chorus Practice w/Don-3A<br/>2pm- Easy Trivia-FR-(C)<br/>3:30- Whistle While We Work-(T)<br/>6:00- Popcorn Club-T-(S)</p>   | <p><b>Monthly Birthdays</b></p> <p>1/2-Debbie Walsh<br/>1/5- Angel Torres<br/>1/6- Evelyn Pilon<br/>1/8- Bob Hughs<br/>1/13- Sophie Gazda "100"<br/>1/18- Josephine Carter<br/>1/21- Ray Provost<br/>1/22- Pat Young<br/>1/26- Bobby Kelley<br/>1/31- Louise Sedelow</p>                           | <p><b>Room Key</b></p> <p>2A- 2<sup>nd</sup> Floor Activity Room<br/>3A- 3<sup>rd</sup> Floor Activity Room<br/>L- Library<br/>FR- Fireside Room<br/>ILD- IL Dining Room<br/>C- Courtyard<br/>T- Theater<br/>PR- Piano Room<br/>FL- Front Lobby</p>  | <p><b>Code Key</b></p> <p>P- Physical<br/>E- Emotional<br/>C- Cognitive<br/>M- Meditation/Yoga/Tai Chi<br/>MT- Music Therapy<br/>AT- Art Therapy/Crafts<br/>MS- Multi-Sensory<br/>T- Task Oriented<br/>S- Social<br/>R- Religious<br/>PT-Pet Therapy</p>   | <p><b>Monthly Theme</b></p>    |