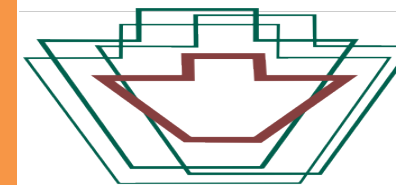






MEMORY CARE "COTTAGE" MAY 2023



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p>  <p>FLUTTER INTO SPRING!</p>	<p>1</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/Deacon Tom-ILD -(R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Adult Coloring-(T) 2pm- Baking w/ Marilyn-(E) 3pm- Butterfly Meditation and Massage-(M) 6pm- Puzzle Time-(T)</p>	<p>2</p> <p>9:30- Morning Sing-(MT) 10:00- Butterfly Bingo-(S) 1pm- Growing Butterflies-(T) 2pm- Popcorn Club- Feeling Butterflies-(S) 3pm-Butterfly Painting-(AT) 6:00- Popcorn Club-T-(S)</p>	<p>3</p> <p>9:30- Drumming w/Marilyn-(P) 10:30- Meditation w/Rob-(M)-3A 12:30- Rosary-3A 1pm- Butterfly Adult Coloring-(AT) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Card Games-(S) 6pm- Travel Documentary-(S)</p>	<p>4</p> <p>10:00- Coffee House-(S)-3A 10:30- T-Bone Performs-(S)-3A 1pm- Axe Throwing w/ the cottage-(P)-2A 3:00-Holistic Helpers-Making Butterfly Cupcakes-(T)</p>	<p>5 Cinco de Mayo</p> <p>9:30- Smile Club Meets-(MS) 10:30-Los Caballeros- Mariachi Festa Band via Youtube-3rd 11:30- Taco Lunch 1pm- Cinco de Mayo Photo Shoot Billiards Room-(E) 2pm- Popcorn Club-(S) 6:00- Peaceful Scenes & Massage-(M)</p>	<p>6 Kentucky Derby</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 10:30- Kentucky Derby Coverage 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>7</p> <p>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)</p>	<p>8</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/Deacon Tom-ILD -(R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Adult Coloring-(T) 2pm- Sarah the Fiddler Performs-3A 3pm- Spring Meditation and Massage-(M) 6pm- Puzzle Time-(T)</p>	<p>9</p> <p>9:30-Cycling Travel-(P) 10:00- Funny Videos-FR-(S) 10:30- Manicures and Hand Treatments-(E) 1pm-Coffee Filter Butterflies-(S) 2pm-Vintage Spring Radio Hour-(E) 3:00- Making Hats for Mother's Day Event-(AT) 6:00- Popcorn Club-FR-(S)</p>	<p>10</p> <p>9:30- Drumming w/ Marilyn-(P) 10:30- Daily Reflections and spiritual music-(R) 12:30- Rosary- 3A- (R) 1pm-Monarch Butterfly Migration Documentary-3A 2pm- Singalong w/ Susie Q-(MT) 3pm- Word Games and Puzzles-(C) 6pm- Travel Documentary-(MS)</p>	<p>11</p> <p>9:30- Coffee and Chronicles-(S) 10:30- Adaptive Boxing-3-(P) 1pm- Dominos-(C) 2pm-Mike and Dan Performs-(S)-3A 3:00-Holistic Helpers-Making Cinnamon Roll Butterflies-(T)</p>	<p>12 Mother's Day Tea</p> <p>9:30- Smile Club Meets-(MS) 10:00- Decorating and Setting for Tea Party- IL Dining Room 1pm- Rosary-3A 2:30- Tea Party- IL Dining Room Gregorio Malonte Performs For Our Keystone Ladies Only!! 6pm- Walking Club-(P)</p>	<p>13</p> <p>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)</p>
<p>14 Mother's Day</p> <p>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)</p> 	<p>15</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Scenic Ride 2pm- Balloon Volleyball-3A-(P) 3pm- Name that Tune-(S) 6pm- Travel Videos-(MS)</p>	<p>16</p> <p>9:30- Hang Man-(C) 10:30- Berkshire Hills Performs 1pm- Finish the Line-(C) 2pm-Shadow Boxes 3pm-Bubble Art 4:00- Whistle While We Work- (T) Massage Therapist 1-4</p>	<p>17</p> <p>9:30- Drumming w/Marilyn-(P) 10:30- Laughter Yoga-Cottage-(M) 12:30- Rosary-3A 1pm-Outdoor Bubble Social 2pm- Banana Split w/ 2A-(S) 3pm- Card Games-(S)</p>	<p>18</p> <p>9:30- Concentration Puzzles-(C) 9:30- Yoga w/Marilyn-(M) 10:30- Finish the Lyric-(C) 1pm- 1pm-Spring Manicures-(T) 2pm- Mike and Dan Performs-(S) 3pm- Holistic Helpers- Making Celery and Cream Cheese Butterflies-(T)</p>	<p>19</p> <p>9:30- Meditation & Massage-(M) 10:00 -Baking Cookies 11:00- Lunch Outing to Wood and Tap-(S) 12:30- Rosary-(R)-3A 1pm- Butterfly Collaborative Project 3pm- Popcorn Club-(S) 6pm- Walking Club-(P)</p>	<p>20</p> <p>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)</p>
<p>21</p> <p>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)</p>	<p>22</p> <p>9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:30- Music Therapy w/Rusty-C-(MT) 1:30- Catholic Mass- II Dining Room 3pm- Making Floral Centerpieces(AT) 6:00- Puzzle Time-FR-(T)</p>	<p>23</p> <p>9:30- Morning Sing-(MT) 10:00- Bingo-(S) 1pm- Rendered Root- Read Aloud w/ Jamie Gagnon- 1st Floor Piano Rm 2pm- Line Dancing-3A 3pm- Painting-(AT) 6:00- Popcorn Club-T-(S)</p>	<p>24</p> <p>9:30- Drumming w/ Marilyn-(P) 10:30- Daily Reflections-(R) 12:30- Rosary-3A 1pm- Bingo-(S) 2pm- Bocce in the Courtyard-(P) 3pm- Wind Down Wednesday-(E) 6:00- Travel Documentary-FR-(MS)</p>	<p>25</p> <p>9:30- Yoga w/ Marilyn-(M) 10:30- Adaptive Boxing-3A 1pm- Manicures-(T) 2pm- Richie Mitnik Performs-3A 3pm- Holistic Helpers- Making a Butterfly cake-(T)</p>	<p>26</p> <p>9:30- Smile Club Meets-(MS) 10:30-Spring-Sing&decorating for Luncheon 11:30- Butterfly Luncheon 12:30- Rosary-3A 1:00- Butterfly Wings Photoshoot 2pm- Outing for Ice Cream 6pm- Sing Along-(MT)</p>	<p>27</p> <p>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)</p>
<p>28</p> <p>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)</p>	<p>29 Memorial Day</p> <p>9:30- Coffee Chat-(S) 10:30-Bubble Talk Memorial Day BBQ 2pm-Bingo-(S) 3pm- Outdoor Social-C-(S) 6pm- Travel Videos-(MS)</p> 	<p>30</p> <p>9:30- Adult Coloring-(T) 10:30- Singalong w/Don-(S)-3A 1pm- Chorus Practice w/Don-3A 2pm-Coffee and snack social 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p>31</p> <p>9:30- Coffee Talk-(T) 10:30- Meditation w/Rob-(M)-3A 12:30- Rosary-3A-(R) 1pm- Free Paint to "Bach"-(AT) 2pm- Penny Ante-(E) 3:45- Pet Visits w/ Keeper-(B)-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p>Code Key</p> <p>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</p>	<p>Everyday Activities</p> <p>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</p>	<p>Monthly Birthdays</p> <p>5/6- Theresa Walsh 5/27- Bobbie Bidwell 5/30- Bessie Guerette 5/31-Jane Kuzdzal</p>