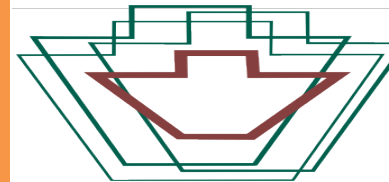




INTERIM MEMORY CARE HOLISTIC PROGRAM MAY 2023



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Monthly Theme</p>	<p style="text-align: center;">1</p> <p>9:30- Making Bread-(MS) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Walking Club-(P) 2pm- Corn Hole-(P)-ID 3:15- Words in a Word-(C) 6:00- Puzzle Time-FR-(T)</p>	<p style="text-align: center;">2</p> <p>9:30- Morning Sing-(MT) 10:00- Funny Videos-FR-(S) 10:30- Gentle Exercises-(P) 1pm- Bible Study w/ Judy, and Laurie-(R)-T 2pm- Butterfly Bingo-(S) 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">3</p> <p>9:30- Coffee Talk-(T) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary- 3A- (R) 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Making Butterfly Clings-(AT) 3:45- Pet Visits w/ Keeper-B-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">4</p> <p>9:30- Concentration Puzzles-(C) 10:00- Coffee House-(S)-3A 10:30- T- Bone Performs-3A 1:00- Manicures-(T)-3A 2pm- Penny Ante-(E) 3:00- Holistic Helpers-Making Butterfly Cupcakes-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">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- Butterfly Races-3A-(S) 3pm- Ole Drumming Class-3A-(P) 6:00- Peaceful Scenes & Massage-(M)</p>	<p style="text-align: center;">6</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Sarah- (P) 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A-(S) 2pm- Belly Dancing W/Madelyn-(P)-3A 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p style="text-align: center;">7</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;">Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">8</p> <p>9:30- Making Muffins-(T) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:00- Bulletin Board Fun-(T) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Walking Club-(P) 2pm- Sarah the Fiddler Performs-3A 3:15- Wii Bowling- Theater-(P) 3:15- Hang Man-FR-(C) 6:00- Puzzle Time-FR-(T)</p>	<p style="text-align: center;">9</p> <p>9:30- 10:00- Funny Videos-FR-(S) 10:30- Gentle Exercises-(P) 1pm- Bible Study w/ Judy, Laurie-T 2pm- Making Hats for Mother's Day Tea for those who haven't made one before-3A 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">10</p> <p>9:30- Coffee Talk-(T) 10:30- Weed and Seed the Courtyard 12:30- Rosary- 3A- (R) 1pm- Monarch Butterfly Migration Documentary-3A 2pm- Bingo-(S) 3:45- Pet Visits w/ Keeper-B-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">11</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-3-(P) 1:00- Manicures-(T) 2pm- Mike and Dan Performs-(MT)-3A 3:00- Holistic Helpers-Making Cinnamon Roll Butterflies-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">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!! 6:00- Peaceful Scenes & Massage-(M)</p>	<p style="text-align: center;">13</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A-(S) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p style="text-align: center;">14- Mother's Day</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;">15</p> <p>9:30- Making Bread-(MS) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Scenic Ride 2pm- Balloon Volleyball-(P) 3:15- Finish the Phrase-(C) 6:00- Puzzle Time-FR-(T)</p>	<p style="text-align: center;">16</p> <p>9:30- Morning Sing-(MT) 10:00- Baby Animal Videos-FR 10:30- Berkshire Hills Performs-3A 1pm- Making Tissue Flowers-(E) 2pm- Bingo for Prizes-(S) 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-FR-(S) Massage Therapist 1-4</p>	<p style="text-align: center;">17</p> <p>9:30- Coffee Chat-2A 10:30- Laughter Yoga-Cottage-(M) 12:30- Rosary-3A 1pm- Butterflies Meditation and massage-FR-(M) 2pm- Banana Split Social-(S) 3:45- Pet Visits w/ Keeper-B-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">18</p> <p>9:30- Concentration Puzzles-(C) 10:30- Muffins and Music-(MT)FR 1pm- Manicures-(T) 2pm- Willie Ninger Performs-(S) 3pm- Holistic Helpers- Making Celery and Cream Cheese Butterflies-(T) 6:00- Popcorn Club-FR-(S)</p>	<p style="text-align: center;">19</p> <p>9:30- Smile Club Meets-(MS) 10:30- Chair Yoga-(M) 11:00- Lunch Outing to Wood and Tap-(S) 12:30- Rosary-(R)-3A 1pm- Butterfly Collaborative Project 3pm- Drumming Class-3A 6:00- Peaceful Scenes & Massage-(M)</p>	<p style="text-align: center;">20</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Sarah- (P) 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A-(S) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p style="text-align: center;">21</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Sundaes Matinee-FR-(S)</p> <p style="text-align: center;">Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">22</p> <p>9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-(MT) 11:30- Resident Council -(T) 1:30- Catholic Mass- IL Dining Room 2:30- Corn Hole- IL Dining Room 3pm- Popsicles on the Porch-(S) 6:00- Puzzle Time-FR-(T)</p>	<p style="text-align: center;">23</p> <p>9:30- Morning Sing-(MT) 10:00- Train Bingo-(S) 10:30- Chef's Club-3A Grill and Chill 11:30- Family Style Luncheon-3A 1pm- Rendered Root- Read Aloud w/ Jamie Gagnon- 1st Floor Piano Rm 2pm- Line Dancing-3A 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;">24</p> <p>9:30- Coffee Chat-2A 10:30- Get Fit with Sharon-FR 12:30- Rosary-3A 1pm- Spring Bingo-(S) 2pm- Bocce In the Courtyard-(P) 3:45- Pet Visits w/ Keeper-B-(PT) 6:00- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">25</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-3A 1pm- Manicures-(T) 2pm- Richie Mitnik Performs-3A 3pm- Holistic Helpers- Making a Butterfly cake-(T) 6pm- Popcorn Club- FR-(S)</p>	<p style="text-align: center;">26</p> <p>9:30- Smile Club Meets-(MS) 10:30- Artsong-(AT) 11:30- Butterfly Luncheon 12:30- Rosary-3A 1:00- Butterfly Wings Photoshoot 2pm- Outing for Ice Cream 3pm- Drumming Class-3A 6:00- Peaceful Scenes & Massage-(M)</p>	<p style="text-align: center;">27</p> <p>9:30 - Coffee and Words of Wisdom-(C) 10:00- Be Fit with Lynn- (P) 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A-(S) 3:30- Documentary-FR-(MS) 3:45pm- Manicures & Melodies-(MS)</p>
<p style="text-align: center;">28</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise - 2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;">Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">29 Memorial Day</p> <p>9:30- Coffee Chat-(S) 10:30- Donuts and Games-(S)-3A Memorial Day BBQ 2pm- Memorial Day Concert Via Youtube-(FR)-(S) 3:15- Table Talk-FR-(E) 6:00- Puzzle Time- FR-(T)</p>	<p style="text-align: center;">30</p> <p>9:30- Adult Coloring-(T) 10:30- Singalong w/Don-(MT)-3A 1pm- Chorus Practice w/Don-3A 2pm- Planting in the Courtyard 3:30- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p style="text-align: center;">31</p> <p>9:30- Coffee Talk-(T) 10:30- Meditation w/Rob-(M)-3A 12:30- Rosary-3A-(R) 2pm- Hang Man-(C) 3pm- Bingo for Prizes in the IL Dining Room 3:45- Pet Visits w/ Keeper-(B)-(PT) 6pm- Travel Documentary-FR-(MS)</p>	<p style="text-align: center;">Code Key</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;">Room Key</p> <p>2A- 2nd Floor Activity Room 3A- 3rd Floor Activity Room L- Library FR- Fireside Room ILD- IL Dining Room C- Courtyard T- Theater PR- Piano Room FL- Front Lobby</p>	<p style="text-align: center;">Monthly Birthdays</p> <p>5/6- Theresa Walsh 5/27- Bobbie Bidwell 5/30- Bessie Guerette 5/31- Jane Kuzdzal</p>