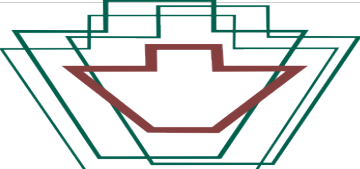







# INDEPENDENT LIVING SEPTEMBER 2023



## Keystone Commons

*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Monthly Theme</b></p> 	<p><b>Monthly Birthdays</b>            9/5- Marguerite Suprenant            9/9- John Reed            9/9- Bernice Latka            9/11- Helen Ham            9/13- Nancy Thompson            9/13- Judy Dasso            9/22- Josephine Calkins</p>	<p>*Activities are Subject to Change            Amy Creasia            Programming Specialist  <a href="mailto:ACreasia@keystonesenior.com">ACreasia@keystonesenior.com</a></p>	<p>Outing Sign-ups are in the 3<sup>rd</sup> Floor Activity Room- If you see an outing or craft that you would like to attend and can't get up to the 3<sup>rd</sup> Floor please feel free to call activities and we will pencil you in. We try and make every effort to accommodate everyone with only 9 available seats on the van.</p>		<p style="text-align: center;">1</p> 9:30- Billiards- Billiards Room <b>10:00- Making Cat Greeting Cards-3A</b> 12:30pm- Rosary-3A 1pm- Rummikub- Billiards Room 2pm- Pokeno-3A 3:30- Drumming Class-3A <b>4pm- Happy Hour-Pub The Fuzzy Kitty</b> 6:45- Mexican Train Dominos- Billiards Room	<p style="text-align: center;">2</p> 10:30- Dime Bingo-3A 1pm- Wii Bowling- Theater <b>2pm- Honky Tonk Piano Man Performs-3A</b>
<p style="text-align: center;">3</p> Mass at St Elizabeth's 2pm- Rummikub-Billiards  Day of Rest and Face Timing with Families	<p style="text-align: center;">4</p> <b>9:30- Shopping in Ludlow</b> 	<p style="text-align: center;">5</p> 10:30- Nickels-3A 10:30- Knitting Corner- 1 <sup>st</sup> Floor 10:30- Blood Pressure Clinic-Pub 12:30- Exercise-3A <b>2pm- Painting Cat Starry Night-3A</b> 3pm- Blackjack-Dollar Buy-in-3A 6:45- Pitch- Billiards Room	<p style="text-align: center;">6</p> 9:30- Hubbard Coffee Chat-3A <b>10:30- Meditation w/ Rob-3A</b> <b>10:30- Bus Leaves for Apex Orchard for Lunch and Applepicking</b> 12:30- Rosary- 3A 1pm-LCR- (dollar buy-in)-BR 3pm- Dime Bingo-3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/Keeper- 2A 6:45- Rummikub-Billiard	<p style="text-align: center;">7</p> 9:30- Coffee and Chronicles-3A <b>10:30-Adaptive Boxing-3A</b> <b>11:30- Monthly Birthday luncheon</b> 1pm- Pitch- Billiards Room <b>2pm- Mike and Dan Performs-3A</b> 3pm- Poker- Billiards Room 3pm- Popcorn Club- Theater 6:45- Kings in the Corner-BR 6:45- Canasta- Pub	<p style="text-align: center;">8</p> 9:30- Billiards- Billiards Room <b>10:30-Help Your Neighbor Card Game "NEW"-3A</b> 12:30pm- Rosary-3A 1pm-Rummikub -Billiards Room 2pm- Pokeno-3A 3:30pm- Drumming Class-3A <b>4pm- Happy Hour-Purfect Cocktail-Pub</b> 6:45-Pub Puzzle	<p style="text-align: center;">9</p> 10:30- Wii Bowling for Newbies-T 1pm- Dime Bingo-3A 2pm- Popcorn Club Theater 2:30- Strength Training-3A
<p style="text-align: center;">10</p> <b>ASSISTED LIVING WEEK Grandparent's Day</b> Mass at St Elizabeth's <b>2pm- Apple Pie Sundaes- IL DINING ROOM- SIGN UP IN ACTIVITY ROOM</b> 2pm- Rummikub- Billiards  Day of Rest and Face Timing with Families	<p style="text-align: center;">11</p> 10:00- Communion w/ Deacon Tom- IL DINING ROOM 10:30- Uno Attack-Billiards 1pm- Scrabble-Billiards Room 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:15- Canasta- Billiards Room 6:45- Quarter Bingo with Fredi in the Pub	<p style="text-align: center;">12</p> 10:30- Nickels-3A 10:30- Knitting Corner- 1 <sup>st</sup> Floor 10:30- Blood Pressure Clinic-Pub <b>10:30- Chef's Club-3A</b> <b>10:30- Chef's Club- Bacon Bleu Cheese and Apple Flatbreads</b> <b>2pm- Kevin Driscoll Ventriquist Performs "NEW"-3A</b> <b>3:30- Nerf Poker-3A- Dollar Buy-in</b> <b>4:30- Spaghetti Supper at St Elizabeths</b>	<p style="text-align: center;">13</p> 9:30- Hubbard Coffee Chat-3A <b>10:30 Meditation w/ Rob-3A</b> 12:30- Rosary-3A <b>1pm-Wii Bowling Competition-T</b> <b>2:30pm- Thunderbirds Mascot Bingo- IL DINING ROOM</b> 3:45- Pet Visits w/ Keeper- 2A 6:45- Rummikub-Billiards	<p style="text-align: center;">14</p> <b>9:30- Men's Waffle Breakfast-ILD</b> 12:30- Exercise with Sharon-3A Wear your pink!! 1pm- Pitch- Billiards Room <b>2pm- Richie Mitnik Performs-3A</b> 3pm- Popcorn Club- Theater <b>3:30- Yarn Play Game-3A</b> 6:45- Kings in the Corner-BR 6:45- Canasta- Pub	<p style="text-align: center;">15</p> <b>Rosh Hashanah Begins</b> 9:30- Billiards <b>10:00- Making a Slow Cooker Honey Cake</b> 12:30- Rosary-3A <b>1pm- Food Meeting- Pub</b> <b>1pm- Honey Cake and Rosh Hashanah Poems-3A</b> <b>2:30- Leave for the Thunderbirds Grandparents Game</b> 4pm-Happy Hour- Pub 6:45- Mexican Train Dominos- BR	<p style="text-align: center;">16</p> 10:30- Wii Bowling for Newbies-T 1pm- Dime Bingo-3A 2pm- Popcorn Club Theater 2:30- Strength Training-3A
<p style="text-align: center;">17</p> Mass at St Elizabeth's 2pm- Rummikub-Billiards  Day of Rest and Face Timing with Families	<p style="text-align: center;">18</p> <b>9:30- Shopping in Chicopee</b> 10:00- Communion w/ Deacon Tom- IL DINING ROOM <b>10:30- Spades- Billiards Room</b> 1pm- Scrabble- Billiards Room 1pm- Exercise w/Amy-3A 2pm- Corn Hole- Il Dining Room 3:15- Canasta- Billiards Room 3:15- Wii Bowling- Theater 6:45- Quarter Bingo with Fredi in the pub	<p style="text-align: center;">19</p> <b>Massage Therapist 1-4</b> 10:00- Coffee House-3A <b>10:30- Johnny P Performs-3A</b> 10:30- Blood Pressure Clinic-Pub <b>1pm- Rendered Root- Read Aloud w/ Jamie Gagnon- 1<sup>st</sup> Floor Piano Rm</b> <b>2pm- Line Dancing-3A</b> 2pm- Advanced Painting Class-Pub 3:30- Blackjack- 3A 6:45- Pitch- Billiards Room	<p style="text-align: center;">20</p> 9:30- Hubbard Coffee Chat-3A <b>10:30- Cat Daddies Documentary- Theater</b> 12:30- Rosary- 3A 1pm-LCR- (dollar buy-in)- Billiards Room <b>2:30pm- Cat Bingo- 3A</b> 3:30- Wii Bowling- Theater 3:45- Pet Visits w/ Keeper-2A 6:45- Rummikub-Billiards	<p style="text-align: center;">21</p> 9:30- Coffee and Chronicles-3A <b>10:30- Adaptive Boxing-3A</b> 12:30- Exercise-3A <b>1pm- Suspend- "New" Game Billiards Room</b> 2pm- Pokeno-3A <b>3:30- Caretenders Presents -Pub</b> 6:45- Kings in the Corner- BR 6:45- Canasta- Pub	<p style="text-align: center;">22</p> <b>First Day of Fall</b> <b>9:00- Bus leaves for Meow Cat Cafe in New Haven for breakfast treats and Playing with cats</b> 12:30- Rosary-3A <b>1pm- Bible Study w/ Judy, Laurie</b> 2pm- Golf Card Game- 3A 3:30- Drumming Class-3A <b>4pm- Happy Hour-Pub</b> 6:45-Pub Puzzle- pub	<p style="text-align: center;">23</p> 10:30- Wii Bowling for Newbies-T 1pm- Dime Bingo-3A 2pm- Popcorn Club Theater 2:30- Strength Training-3A
<p style="text-align: center;">24</p> <b>Yom Kippur Begins</b> Mass at St Elizabeth's 2pm- Rummikub-Pub Day of Rest and Face Timing with Families	<p style="text-align: center;">25</p> <b>10:30- Cat Spot Cards- Billiards Room</b> 1pm- Scrabble- BR 1pm- Exercise w/ Amy-3A <b>1:30- Catholic Mass- IL dining Room</b> <b>2:30- Prayer Group/ Marguerite-T</b> 2:30pm- Balloon Volleyball- 3A 3:15- Canasta- Billiards Room 6:45- Quarter Bingo with Fredi	<p style="text-align: center;">26</p> 10:30- Nickels-3A 10:30- Blood Pressure Clinic-Pub <b>10:30- Ballroom Dancing- 3A</b> <b>1pm- Chorus Rehearsal New Songs-3A</b> <b>2pm- Bible Study w/ Judy and Laurie- Theater</b> 2pm- Advanced painting Class-Pub 3:30-Blackjack- Dollar-Buy-in-3A 6:45- Pitch- Billiards Room	<p style="text-align: center;">27</p> 9:30- Hubbard Coffee Chat-3A <b>10:30- Cat Tales Documentary-3A</b> <b>11:30- Lunch Outing to Grapevine Grille</b> 12:30- Rosary-3A 1pm-LCR- (dollar buy-in)- Billiards Room 3pm- Dime Bingo-3A <b>4pm- Wine Down Wednesday- Pub</b> 6:45- Rummikub- Billiards	<p style="text-align: center;">28</p> 9:30- Coffee and Chronicles-3A <b>10:30- Cat Sticker Art-3A</b> 12:30- Exercise-3A <b>1pm- Jinxed -Pub New Dollar buy-in</b> <b>2pm- Willie Nininger Performs-3A</b> 3pm- Kitty Photoshoot-BR <b>5:15- Kitten Caboodle Dinner</b> 6:45- Kings in the Corner-BR 6:45- Canasta- pub	<p style="text-align: center;">29</p> 9:30- Billiards- Billiards Room <b>10:00- Making Wooden Cat Door Decorations- 3A- sign up needed</b> 12:30pm- Rosary-3A 1pm-Rummikub -Billiards Room <b>1pm- Cat Bubbletalk-3A</b> 2pm- Pokeno-3A 3:30pm- Drumming Class-3A <b>4pm- Happy Hour-Pub</b> 6:45-Pub Puzzle	<p style="text-align: center;">30</p> <b>10:30- Caden performs on Piano- 1<sup>st</sup> Floor</b> 1pm- Dime Bingo-3A <b>2pm- Belly Dancing w/ Madelyn-3A</b>