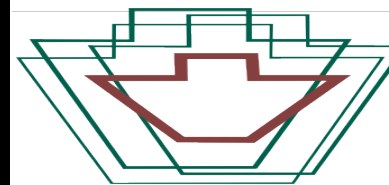






MEMORY CARE "COTTAGE" SEPTEMBER 2023



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>Monthly Birthdays 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>Everyday Activities 9:00- Coffee Chat 9:30- Let us Get Acquainted with the Day 11:00- Table Set 2:30- Snack 4:00- Table Set 7:00- Classical Music/Movie</p>	<p>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</p>	<p>Room Key 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>1 9:30- Smile Club Meets-(MS) 10:00- Making Cat Cards-(AT)-2A 12:30- Rosary-(R) 2pm- War Card game-(S) 3:30- How Many Words in Ailurophobia-(C) 6pm- Peaceful Scenes and Massage-(MS)</p>	<p>2 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Honky Tonk Piano Man-(S)-3A 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>3 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>4</p> 	<p>5 9:30- Morning Sing-(S) 10:00- Bingo-(S) 1pm- Walking Club-(P) 2pm- Collaborative Cat Collage-(AT) 3pm- Holistic Helpers-(T)-2A Making Cat Paw Cupcakes 4pm- Whistle While We Work-(T) 6pm- Popcorn Club-(S)</p>	<p>6 9:30- Drumming w/ Marilyn-(P) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary- 3A- (R) 1pm- Cat Sticker Art-(AT) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Word Games and Puzzles-(C) 6pm- Travel Documentary-(MS)</p>	<p>7 9:30- Coffee and Chronicles-(S) 10:30- Adaptive Boxing Class-(P)-3A 11:30- Monthly Birthday Lunch-Pub 1pm- Manicures-(E) 2pm- Mike & Dan Performs-(S)-3A 3pm- Courtyard Social and Music-(S)-C 6pm- Popcorn Club-(S)</p>	<p>8 9:30- Smile Club Meets-(MS) 10:00- ArtSong w/ Amy-(AT)-2A 11:30- Bus Leaves for Lunch Outing To Classic Burgers 1pm- Rosary-3A 2pm- Horseracing-(S) 3pm- Would you Rather?-(C) 6pm- Walking Club-(P)</p>	<p>9 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>10 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>11 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-(MT) 2pm- Resident Council Meeting-(E) 3pm- Name that Tune-(S) 6pm- Travel Videos-(MS)</p>	<p>12 9:30- Hang Man-(C) 10:30- Chef's Club-3A 11:30- Family Style Luncheon-3A 2pm- Kevin Driscoll Ventriloquist Performs-"NEW"-3A 3pm- Holistic Helpers-(T)-2A Making Cat Pizza Biscuits 4:00- Whistle While We Work- (T) 6pm- Popcorn Club-(S)</p>	<p>13 9:30- Coffee Chat-(C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-3A 1pm- Funny Cat Videos-(E) 2pm- Yarn Rolling for the Knitting Group-(T) 3pm- Card Games-(S) 6pm- Travel Documentary-(MS)</p>	<p>14 9am- Men's Waffle Bar- IL Dining Room 9:30- Concentration Puzzles-(C) 10:30- Finish the Lyric-(C) 1pm- Manicures-(T) 2pm- Richie Mitnik Performs-(S)-3A 3pm- Fall Pennables-(T)-2A 6pm- Popcorn Club-(S)</p>	<p>15 9:30- Meditation & Massage-(M) 10:30- Adult Coloring- Cats-(T) 1pm- Rosary-(R) 2pm- 50's singalong-(S) 3pm- Popcorn Club-(S) 6pm- Walking Club-(P)</p>	<p>16 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>17 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>18 9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-(MT) 1pm- Trip to Rice's for Cider and Donuts 2pm- Corn hole- Courtyard_(P) 3pm- Table Top Games-(C) 6:00- Puzzle Time-FR-(T)</p>	<p>19 Massage Therapist 1-4 9:30- Morning Sing-(MT) 10:00- Coffee House-(S)-3A 10:30- Johnny P Performs-(S)-3A 1pm- Rendered Root- 1st Floor-(E) 2pm- Line Dancing-(P)-3A 3pm- Holistic Helpers Making Cat Snack Mix-(T) 6:00- Popcorn Club-T-(S)</p>	<p>20 9:30- Drumming w/ Marilyn-(P) 10:30- Daily Reflections and spiritual music-(R) 12:30- Rosary-3A 1pm- Cat Daddies Documentary-(E) 2pm- Walking Club-(P) 3pm- Library Visit- Searching for Cat Books-(E) 6:00- Travel Documentary-FR-(MS)</p>	<p>21 9:30- Yoga w/ Marilyn-(M) 10:30- Adaptive Boxing-(P) 1pm- Manicures-(T) 2pm- Walking Club-(P) 3pm- Baking Muffins for Morning Social-(T) 6pm- Popcorn Club-(S)</p>	<p>22 First Day of Fall 9:30- Smile Club Meets-(MS) 10:30- Coffee and Muffin Social-(S) 12:30- Rosary-3A 2pm- Collaborative Cat Collage-(T)-2A 6pm- Sing Along-(MT) 3pm- Popcorn Club-(S) 6pm- Walking Club-(P)</p>	<p>23 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>24 Yom Kippur 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)</p>	<p>25 9:30- Coffee Chat-(S) 10:45- Music Therapy w/ Rusty-(MT) 1:30- Catholic Mass-(R)-ILD 2pm- Bingo-(S) 3pm- Table Topics-(C) 6pm- Travel Videos-(MS)</p>	<p>26 9:30- Adult Coloring-(T) 10:30- Ballroom Dancing Class-(P) 1:30- Chorus Rehearsal-3A-(MT) 2pm- Coffee and snack social 3pm- Holistic Helpers- Making Kitty Litter Cupcakes-(T) 6:00- Popcorn Club-T-(S)</p>	<p>27 9:30- Coffee Talk-(T) 10:30- Laughter Yoga-(MT)-3A 12:30- Rosary-3A-(R) 1pm- Adopt a Kitty-(E) 2pm- Coffee Chat-(S) 3pm- A to Z Silly Cat Names-(E) 3:45- Pet Visits w/ Keeper-(2A) 6pm- Travel Documentary-FR-(MS)</p>	<p>28 9:30- Coffee and Chronicles-(T) 10:30- Yoga w/ Marilyn-(M) 11:30- Kitten Caboodle Luncheon-2A 1pm- Manicures-(T) 2pm- Willie Ninger Performs-(S) 3pm- Kitty Photo Shoot-BR 6pm- Popcorn Club-(S)</p>	<p>29 9:30- Meditation & Massage-(M) 10:30- Adult Coloring- Cats-(T) 1pm- Rosary-(R) 2pm- Toss a Question-(C) 3pm- Outing for Fall Hay Ride-(S) 6pm- Walking Club-(P)</p>	<p>30 9:00- Spiritual Music-(R) 10:30- Caden performs on the Piano- PR-(S) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>