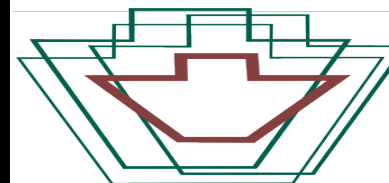






INTERIM MEMORY CARE HOLISTIC PROGRAM SEPTEMBER 2023



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>Monthly Birthdays 9/13- Judy Dasso 9/22- Josephine Calkins</p>	<p>*Activities are Subject to Change Amy Creasia Programming Specialist ACreasia@keystonesenior.com</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-(MS) 10:00- Making Cat Cards-(T) 12:30pm- Rosary-3A 2pm- Shut the Box Game-(S) 3:30pm- Drumming Class-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p>2 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-3A 1pm- Wii Bowling- Theater 2pm- Honky Tonk Piano Performs-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage- (MS)-FR</p>
<p>3 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families</p>	<p>4</p> 	<p>5 9:30- Morning Sing-(MT) 10:00- Bingo-(S) 1pm- Walking Club-(P) 2pm- Collaborative Cat Collage-(AT) 3pm- Holistic Helpers-(T) Making Cat Paw Cupcakes 4pm- Whistle While We Work-(T) 6pm- Popcorn Club-(S)-FR</p>	<p>6 9:30- Coffee Talk-2A-(E) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary- 3A- (R) 1pm- Music Therapy w/ Sarah the Fiddler-3A-(MT) 2pm- Cat Sticker Art-(T) 3:45- Pet Visits w/ Keeper-FR-(PT) 6pm- Travel Documentary-(MS)</p>	<p>7 9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing Class-(P)-3A 11:30- Monthly Birthday Lunch-Pub 1pm- Manicures-(E) 2pm- Mike & Dan Performs-(S)-3A 3:00-Happy Hour and Popcorn Club- Theater 6pm- Popcorn Club-(S)</p>	<p>8 9:30- Smile Club Meets-(MS) 10:00- Artsong w/ Amy-(AT) 11:30- Bus Leaves for Lunch Outing To Classic Burgers 12:30pm- Rosary-3A 2pm- Horse Racing-(S) 3:30pm- Drumming Class-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p>9 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling- Theater 1pm- Dime Bingo-(P)-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage- (MS)-FR</p>
<p>10 Grandparents Day 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families</p>	<p>11 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Resident Council Meeting-(T) 2pm- Balloon Volleyball-(P)-3A 3pm- Name that Tune-(S) 6pm- Puzzle Time-(T)</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) Making Cat Pizza Biscuits 4:00- Whistle While We Work- (T) 6pm- Popcorn Club-(S)-FR</p>	<p>13 9:30- Coffee Chat-(C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-3A 1pm- Wii Bowling Competition-(P) 2pm- Thunderbirds Mascot Bingo-(S)-IL Dining Room 3pm- Card Games-(S) 3:45- Pet Visits w/ Keeper-(B)-(PT) 6pm- Travel Documentary-(MS)</p>	<p>14 9:00- Men's Waffle Breakfast-ILD 10:30- Finish the Lyric-(C) 1pm- Manicures-(E) 2pm- Richie Mitnik Performs-(S)-3A 3pm- Fall Pennables-(AT) 6pm- Popcorn Club-(S)</p>	<p>15 9:30- Meditation & Massage-(M) 10:30- Bingo for Prizes-(S) 12:30pm- Rosary-(R) 2pm- Cookies and Cat Coloring-(T) 3:30- Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p>16 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling- Theater 1pm- Dime Bingo-(P)-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage- (MS)-FR</p>
<p>17 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families</p>	<p>18 9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Outing to Rice's for Cider and Donuts-(S) 2pm- Corn hole- Courtyard_(P) 3pm- Cat Trivia-(C)-FR 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) 4pm- Whistle While We Work-(T) 6:00- Popcorn Club-T-(S)</p>	<p>20 9:30- Coffee Talk-2A 10:30- Exercise w/ Sarah-(P) 12:30- Rosary-3A 1pm- Painting Ceramics-(AT) 2pm- Walking Club-(P) 3pm- Funny Cat Videos-(E) 3:45- Pet Visits w/ Keeper-(B)-(PT) 6:00- Travel Documentary-FR-(MS)</p>	<p>21 9:30- Yoga w/ Sarah-(M) 10:30- Adaptive Boxing-(P) 1pm- Manicures-(E) 2pm- Trivia in the Courtyard-(C) 3pm- Happy Hour and Popcorn Club-(S)- Theater 6pm- Popcorn Club-(S)</p>	<p>22 9:30- Smile Club Meets-(MS) 10:00- Bingo-(S) 12:30- Rosary-3A 1pm- Bible Study w/ Judy, Laurie- 2pm- Collaborative Cat Collage-(T) 3:30- Drumming Class-(P) 6pm- Sing Along-(MT)</p>	<p>23 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling- Theater 1pm- Dime Bingo-(P)-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage- (MS)-FR</p>
<p>24 Yom Kippur Begins 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families</p>	<p>25 9:30- Coffee Chat-(S) 10:30- Making Muffins-(T) 10:45- Music Therapy w/ Rusty- C-(MT) 1:30- Catholic Mass- IL dining Room 2:30pm- Prayer Group/ Marguerite-T 3pm- Feline Documentary-(E)-FR 6pm- Travel Videos-(MS)</p>	<p>26 9:30- Adult Coloring-(T) 10:30- Ballroom Dancing-(P)-3A 1pm- Chorus Rehearsal New Songs-3A 2pm- Bible Study w/ Judy and Laurie- Theater 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-(M)-Cottage 12:30- Rosary-3A-(R) 1pm- Adopt a Kitty-(E)-2A 2pm- A to Z Silly Cat Names-FR-(E) 3pm-Catnip Social-FR 6pm- Travel Documentary-FR-(MS)</p>	<p>28 9:30- Coffee and Chronicles-(T) 10:30- UNO-(C) 11:30- Kitten Caboodle Luncheon-2A 1pm- Manicures-(E) 2pm- Willie Ninger Performs-(S) 3pm- Kitty Photoshoot- BR-(E) 6pm-Popcorn Club-(S)</p>	<p>29 9:30- Smile Club-(MS) 10:00- Bingo-(S) 12:30- Rosary-3A 1pm- Ghost Door Decorations-(AT) 3pm- Outing for a Fall hayride 6pm- Peaceful Scenes and Massage-(MS)-FR</p>	<p>30 10:30- Caden Performs on Piano- 1st Floor 1pm- Dime Bingo-3A-(S) 2pm- Belly Dancing w/ Madelyn-3A 3:45- Manicures and Massage-(MS)-FR</p>