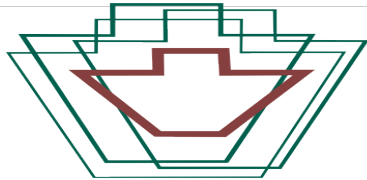






ASSISTED LIVING SEPTEMBER 2023



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p>  <p>hiss less Purr more</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>*Activities are Subject to Change Amy Creasia Programming Specialist ACreasia@keystonesenior.com</p>	<p>Outing Sign-ups are in the 3rd Floor Activity Room- If you see an outing or craft that you would like to attend and can't get up to the 3rd 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> <p>9:30- Billiards- Billiards Room 10:00- Making Cat Greeting Cards-3A 12:30pm- Rosary-3A 1pm- Rummikub- Billiards Room 2pm- Pokeno-3A 3:30- Drumming Class-3A 6:45- Mexican Train Dominos- Billiards Room</p>	<p style="text-align: center;">2</p> <p>10:30- Dime Bingo-3A 1pm- Wii Bowling- Theater 2pm- Honky Tonk Piano Man Performs-3A</p>
<p style="text-align: center;">3</p> <p>Mass at St Elizabeth's 2pm- Rummikub-Billiards</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">4</p> <p>9:30- Shopping in Ludlow</p> 	<p style="text-align: center;">5</p> <p>10:30- Nickels-3A 10:30- Knitting Corner- 1st Floor 10:30- Blood Pressure Clinic-Pub 12:30- Exercise-3A 2pm- Painting Cat Starry Night-3A 3pm- Blackjack-Dollar Buy-in-3A 6:45- Pitch- Billiards Room</p>	<p style="text-align: center;">6</p> <p>9:30- Hubbard Coffee Chat-3A 10:30- Meditation w/ Rob-3A 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>	<p style="text-align: center;">7</p> <p>9:30- Coffee and Chronicles-3A 10:30-Adaptive Boxing-3A 11:30- Monthly Birthday luncheon- Pub 1pm- Pitch- Billiards Room 2pm- Mike and Dan Performs-3A 3pm- Poker- Billiards Room 3pm- Happy Hour and Popcorn Club- Theater 6:45- Kings in the Corner-BR</p>	<p style="text-align: center;">8</p> <p>9:30- Billiards- Billiards Room 10:30-Help Your Neighbor Card Game "NEW"-3A 12:30pm- Rosary-3A 1pm-Rummikub -Billiards Room 2pm- Pokeno-3A 3:30pm- Drumming Class-3A 6:45-Pub Puzzle</p>	<p style="text-align: center;">9</p> <p>10:30- Wii Bowling for Newbies-T 1pm- Dime Bingo-3A 2pm- Popcorn Club Theater 2:30- Strength Training-3A</p>
<p style="text-align: center;">10</p> <p>ASSISTED LIVING WEEK Grandparent's Day Mass at St Elizabeth's 2pm- Rummikub- Billiards</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">11</p> <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 6:45- Quarter Bingo with Fredi in the Pub</p>	<p style="text-align: center;">12</p> <p>10:30- Nickels-3A 10:30- Knitting Corner- 1st Floor 10:30- Blood Pressure Clinic-Pub 10:30- Chef's Club-3A - Bacon Bleu Cheese and Apple Flatbreads 2pm- Kevin Driscoll Ventriloquist Performs "NEW"-3A 3:30- Nerf Poker-3A- Dollar Buy-in</p>	<p style="text-align: center;">13</p> <p>9:30- Hubbard Coffee Chat-3A 10:30 Meditation w/ Rob-3A 12:30- Rosary-3A 1pm-Wii Bowling Competition-T 2:30pm- Thunderbirds Mascot Bingo- IL DINING ROOM 3:45- Pet Visits w/ Keeper- 2A 6:45- Rummikub-Billiards</p>	<p style="text-align: center;">14</p> <p>9:00- Men's Waffle Breakfast-ILD 12:30- Exercise with Sharon-3A Wear your pink!! 1pm- Pitch- Billiards Room 2pm- Richie Mitnik Performs-3A 3pm- Happy Hour and Popcorn Club- Theater 6:45- Kings in the Corner-BR</p>	<p style="text-align: center;">15 Rosh Hashanah</p> <p>9:30- Billiards 10:00- Making Slow Cooker Honey Cake-3A 12:30- Rosary-3A 1pm- Food Meeting- Pub 1pm- Honey Cake Social-3A 2:30- Leave for the Thunderbirds Grandparents Game 6:45- Mexican Train Dominos- Billiards Room</p>	<p style="text-align: center;">16</p> <p>10:30- Wii Bowling for Newbies-T 1pm- Dime Bingo-3A 2pm- Popcorn Club Theater 2:30- Strength Training-3A</p>
<p style="text-align: center;">17</p> <p>Mass at St Elizabeth's 2pm- Rummikub-Billiards</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">18</p> <p>9:30- Shopping in Chicopee 10:00- Communion w/ Deacon Tom- IL DINING ROOM 10:30- Spades- Billiards Room 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>	<p style="text-align: center;">19 Massage Therapist 1-4</p> <p>10:00- Coffee House-3A 10:30- Johnny P Performs-3A 10:30- Blood Pressure Clinic-Pub 1pm- Rendered Root- Read Aloud w/ Jamie Gagnon- 1st Floor Piano Rm 2pm- Line Dancing-3A 2pm- Advanced Painting Class-Pub 3:30- Blackjack- 3A 6:45- Pitch- Billiards Room</p>	<p style="text-align: center;">20</p> <p>9:30- Hubbard Coffee Chat-3A 10:30- Cat Daddies Documentary- Theater 11:00- Lunch Outing at the Olive Garden 12:30- Rosary- 3A 1pm-LCR- (dollar buy-in)- Billiards Room 2:30pm- Cat Bingo- 3A 3:30- Wii Bowling- Theater 3:45- Pet Visits w/ Keeper-2A 6:45- Rummikub-Billiards</p>	<p style="text-align: center;">21</p> <p>9:30- Coffee and Chronicles-3A 10:30- Adaptive Boxing-3A 12:30- Exercise-3A 1pm- Suspend "New Game"- Billiards Room 2pm- Pokeno-3A 3pm- Happy Hour-Pub 3:30- Caretenders Presents -Pub 6:45- Kings in the Corner- BR</p>	<p style="text-align: center;">22 First Day of Fall</p> <p>10:30- Exercise w/ Sarah-3A 12:30- Rosary-3A 1pm- Bible Study w/ Judy, Laurie 2pm- Golf Card Game- 3A 3:30- Drumming Class-3A 6:45-Pub Puzzle- pub</p>	<p style="text-align: center;">23</p> <p>10:30- Wii Bowling for Newbies-T 1pm- Dime Bingo-3A 2pm- Popcorn Club Theater 2:30- Strength Training-3A</p>
<p style="text-align: center;">24 Yom Kippur Begins</p> <p>Mass at St Elizabeth's 2pm- Rummikub-Pub</p> <p>Day of Rest and Face Timing with Families</p>	<p style="text-align: center;">25</p> <p>10:30- Cat Spot Cards- Billiards Room 1pm- Scrabble- BR 1pm- Exercise w/ Amy-3A 1:30- Catholic Mass- IL dining Room 2:30- Prayer Group/ Marguerite-T 2:30- Fall Foliage Scenic Ride 2:30-pm- Balloon Volleyball- 3A 6:45- Quarter Bingo with Fredi in the pub</p>	<p style="text-align: center;">26</p> <p>10:30- Nickels-3A 10:30- Blood Pressure Clinic-Pub 10:30- Ballroom Dancing- 3A 1pm- Chorus Rehearsal New Songs-3A 2pm- Bible Study w/ Judy and Laurie- Theater 2pm- Painting Class-3A 3:30-Blackjack- Dollar-Buy-in-3A 6:45- Pitch- Billiards Room</p>	<p style="text-align: center;">27</p> <p>9:30- Hubbard Coffee Chat-3A 10:30- Cat Tales Documentary-3A 12:30- Rosary-3A 1pm-LCR- (dollar buy-in)- Billiards Room 3pm- Dime Bingo-3A 6:45- Rummikub- Billiards</p>	<p style="text-align: center;">28</p> <p>9:30- Coffee and Chronicles-3A 10:30- Cat Sticker Art-3A 11:30- Kitten Caboodle Luncheon-2A 12:30- Exercise-3A 1pm- Jinxed -Pub New Dollar buy-in 2pm- Willie Nininger Performs-3A 3pm- Kitty Photoshoot-BR 6:45- Kings in the Corner-BR</p>	<p style="text-align: center;">29</p> <p>9:30- Billiards- Billiards Room 10:00- Making Wooden Cat Door Decorations- 3A- sign up needed 12:30pm- Rosary-3A 1pm-Rummikub -Billiards Room 1pm- Cat Bubbletalk-3A 2pm- Pokeno-3A 3:30pm- Drumming Class-3A 6:45-Pub Puzzle</p>	<p style="text-align: center;">30</p> <p>10:30- Caden performs on Piano- 1st Floor 1pm- Dime Bingo-3A 2pm- Belly Dancing w/ Madelyn-3A</p>