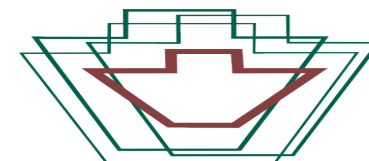




ASSISTED LIVING JANUARY 2024



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Monthly Theme</u> CHILLING LIKE A PENGUIN	1 New Years Day Happy New Year!	2 9:30- Billiards- Billiards Room 10:00- Blood Pressure Clinic-Pub 10:30- Knitting Corner- 1 st Floor 10:30- Nickels-3A 1pm- Golf-Billiards Room 2pm- Painting Class-3A "Chillin Like a penguin" 3:30- Blackjack-Dollar Buy-in-3A 6:45- Pitch- Billiards Room	3 9:30- Hubbard Coffee Chat-3A 10:00- Festival of Trees at the Berkshire Museum and Lunch 10:30- Meditation w/Rob-3A 12:30- Rosary- 3A 1pm-LCR- (dollar buy-in)- Billiards Room 2pm- Ladder Bingo-3A 3pm- Pet Visits w/ Keeper-2A 3:30- Wii Bowling- Theater 6:45- Rummikub-Billiards	4 9:30- Coffee and Penguins--3A 10:30-Adaptive Boxing-3A 11:30- Monthly Birthday Luncheon 1pm-Pitch- Billiards 2pm- Docs of Dixie Perform-3A 3pm- Poker- Billiards Room 3pm- Popcorn Club and Happy Hour- Theater 6:45- Kings in the Corner-BR 6:45- Canasta- Pub	5 9:30- Billiards- Billiards Room 10:30- Taking Down Christmas-3A 12:30pm- Rosary-3A 1pm- Rummikub- Billiards Room 2pm- Pay Attention to penguins Ted Talk-3A 3pm- Drumming Class-3A 6:45- Mexican Train Dominos- Billiards Room	6 9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling- Theater 2pm- Dave Brinnel Performs-3A
7 Mass at St Elizabeth's 2pm- Rummikub-Billiards Day of Rest and Face Timing with Families	8 9:30- Shopping in Chicopee 10:00- Communion w/ Deacon Tom- IL DINING ROOM 10:30- Uno Attack-Billiards Room 1pm- Scrabble- Billiards Room 1pm- Exercise w/Amy-3A 2pm-Dave Collucci Performs-3A 3:15- Canasta- Billiards Room 3:15- Wii Bowling- Theater 6:45- Quarter Bingo with Fredi-	9 9:30- Walking Club w/ Ashley- Pub 10:00- Blood Pressure Clinic-Pub 10:30- Chef's Club- TV DINNER LUNCHEON- All in the Family 1pm- Golf Game- Billiards 2pm- Divine Discussion w/ Judy and Laurie- Theater 3pm- Blackjack-Dollar Buy-in-3A 6:45- Pitch- Billiards Room	10- Activities has Gone Fishing Activity Room Closed for Maintenance for the day 1pm-Kings in the Corner- Billiards 3pm- Pet Visits w/Keeper- 2A 6:45- Rummikub-Billiard	11 9:30- Coffee and Chronicles-3A 10:30-Adaptive Boxing-3A 1pm-Pitch- Billiards 2pm- Steve the Duo Performs-3A 3pm- Poker- Billiards Room 3pm- Popcorn Club and Happy Hour- Theater 6:45- Kings in the Corner-BR 6:45- Canasta- Pub	12 9:30- Billiards- Billiards Room 10:30 Penguin Photo Craft-3A Sign up in Book 12:30- Rosary-3A 2pm- Penguin Sledding Game-3A 3pm- Drumming Class-3A 6:45- Mexican Train Dominos- Billiards Room	13 9:30- Coffee Chat-2A 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A 2pm- Popcorn Club- Theater 2:30- Strength Training-3A
14 Mass at St Elizabeth's 2pm- Rummikub- Billiards Day of Rest and Face Timing with Families	15 9:30- Shopping in Ludlow 10:00- Communion w/ Deacon Tom- IL DINING ROOM 10:30- Dice Game- Billiards Room 1pm- Exercise w/ Amy-3A 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:15- Canasta- Billiards Room 6:45- Quarter Bingo with Fredi in the Pub	16 Massage Therapist 1-4 10:00- Blood Pressure Clinic- Pub 10:30- Nickels-3A 10:30- Knitting Corner-1 st Floor 1pm- Golf- Billiards room 2pm- Line Dancing- 3A 3pm- Blackjack- Dollar Buy-in-3A 6:45- Pitch- Billiards Room	17 9:30- Hubbard Coffee Chat-3A 10:30- Meditation w/ Rob-3A 12:30- Rosary-3A 1:30- Mark from Berkshire Hills Performs-3A 3pm- Dime Bingo-3A 3pm- Pet Visits w/Keeper- 2A 3:30- Wii Bowling-Theater 6:45- Rummikub-Billiards	18 9:30- Coffee and Chronicles-3A 10:30- Help your Neighbor-3A 1pm-Pitch- Billiards 2pm- Mike and Dan Performs-3A 3pm- Suspend- Billiards Room 3pm- Popcorn Club and Happy Hour- Theater 6:45- Kings in the Corner-BR 6:45- Canasta- Pub	19 9:30- Billiards 10:30- Don't Break the Ice Game-BR 12:30- Rosary-3A 1pm- Rummikub- Billiards Room 2pm- Penguin Racing-3A 3pm- Drumming Class-3A 6:30- Kings in the Corner-Billiards	20 10:30- Caden Performs-1 st Floor Piano Room 1pm- Wii Bowling - Theater 2pm-Belly Dancing w/ Madelyn-3A
21 Mass at St Elizabeth's 2pm- Rummikub-Billiards Day of Rest and Face Timing with Families	22 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	23 CHOPPED COMPETITION 9:30- Walking Club w/ Ashley- Pub 10:00- Blood Pressure Clinic-Pub 10:30- Knitting Corner- 1 st Floor 10:30-Nickels- 3A 1pm- Golf- Billiards Room 2pm- Divine Discussion w/ Judy and Laurie- Theater 2pm- Chopped Competition- Watch Staff compete- AL Dining Room 6:45- Pitch- Billiards Room	24 9:30- Hubbard Coffee Chat-3A 10:30-Mindful Meditation and Massage-3A 12:30- Rosary- 3A 1pm-LCR- (dollar buy-in)- Billiards Room 3pm- Pet Visits w/ Keeper-2A 3:30- Wii Bowling- Theater 6:45- Rummikub-Billiards	25 9:30- Coffee and Chronicles-3A 10:30- Adaptive Boxing-3A 1pm-Pitch- Billiards 2pm- Sarah the Fiddler Performs-3A 3pm- Fright Penguin Game- Billiards Room 3:30- Caretenders in the Pub 6:45- Kings in the Corner-BR 6:45- Canasta- Pub	26 12:30- Rosary-3A 10:30- Making Penguin Cupcakes 11:00- Bus Leaves for Luann's Cupcake Bakery and Café for lunch 11:30- Black and White Luncheon 1pm- Rummikub- Billiards Room 2pm- Pokeno-3A 3pm- Drumming Class-3A 6:30- Mexican Train Dominos- Billiards	27 9:30- Coffee Chat-2A 10:30- Wii Bowling-T 1pm- Dime Bingo-3A 2pm- Popcorn Club- Theater 2:30- Strength Training-3A
28 Mass at St Elizabeth's 2pm- Rummikub-Billiards Day of Rest and Face Timing with Families	29 9:30- Shopping in Ludlow 10:00- Communion w/ Deacon Tom- IL DINING ROOM 10:30- Rummy- Billiards Room 1pm- Exercise w/ Amy-3A 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:15- Canasta- Billiards Room 6:45- Quarter Bingo with Fredi in the Pub	30 10:00- Blood Pressure Clinic-Pub 10:30- Knitting Corner- 1 st Floor 10:30- Singalong w/ Don-3A 1pm- Chorus Practice w/Don-3A 2pm- Willie Nininger Performs-3A 3:30pm- Blackjack- Pub 6:45- Pitch- Billiards Room	31 9:30- Hubbard Coffee Chat-3A 10:30- Making Pom Pom Penguins-3A 11:30- Lunch Outing at the Local Tap and Table 12:30- Rosary-3A 1pm- LCR- (Dollar buy-in) Billiards Room 3pm- High Stakes Bingo- 3A 3.00 to play-50 cents a game 6:45- Rummikub- Billiards	Super Bowl Pool at the End of the Month Buy a square for 2 dollars and you could win halftime pool of 75.00 or full game pool of 200.00 See Activities		Monthly Birthdays 1/2-Deb Walsh 1/5- Angel Torres 1/6- Evelyn Pilon 1/13- Sophie Gazda 1/16- Shirley Nichols 1/18- Josephine Carter 1/21- Ray Provost 1/22- Pat Young 1/31- Louise Sedelow