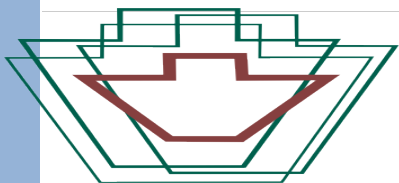




INTERIM MEMORY CARE HOLISTIC PROGRAM JANUARY 2024



**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 	2 9:30- Morning Sing-(MT) 10:30- Yoga w/Sarah-FR 1pm- Roll and Draw a Penguin-(C) 2pm- Paper Plate Penguin Craft-(T) 3pm- Holistic Helpers- Making Penguin Cupcakes-(T) 5:00- Relaxing Meditation and Hand Massages-(E)	3 9:30- Trivia & Coffee Talk-(C) 10:30- Meditation W/ Rob-(M) 12:30- Rosary- 3A- (R) 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm-Winter Bingo-(S) 3pm- Pet Visits w/Keeper- 2A 5 :00- Puzzle Time-(T)-FR	4 9:30- Concentration Puzzles-(C) 10:00- Artsong-(AT) 10:30- Adaptive Boxing-(P) 11:30- Monthly Birthday Luncheon 1pm- Manicures-(E) 2pm- Docs of Dixie Perform-3A 3pm- Popcorn Club and Happy Hour- Theater 5:00- Crafts w/ Sarah-(AT)	5 9:30- Smile Club-(MS) 10:00- Taking down the Christmas Decorations-(T) 11:00- Lunch Outing Cracker Barrel 12:30pm- Rosary-3A-(R) 3pm- Drumming Class-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR	6 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- Dave Brinnel Performs-3A-(S) 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage-(MS)-FR
7 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	8 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Manicures-(E) 2pm- Dave Collucci Performs"-3A 3pm- Name that Tune-(S) 5:00- Bingo w/ Sarah-(S)	9 9:30- Morning Sing-(MT) 10:30- Chef's Club- TV DINNER LUNCHEON- All in the Family 2pm- Divine Discussion w/ Judy and Laurie-Theater 3pm- Holistic Helpers-(T)- Penguin Snackivity 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Cinnamon Spice Hand Massage-(E)-FR	10 9:30- Trivia & Coffee Talk-(C) Third Floor Activity Room Closed for Maintenance for the day GONE FISHING 1pm- Walking Club-(P) 2pm- Popcorn Club-(S)-FR 3pm- Pet Visits w/Keeper- 2A 5 :00- Puzzle Time-(T)-FR	11 9:30- Concentration Puzzles-(C) 10:30-Adaptive Boxing-3A 1pm- Penguin Word Search-(C) 2pm- Steve the Duo Performs-(S) 3pm- Popcorn Club and Happy Hour- Theater 5:00- Crafts w/ Sarah-(AT)	12 9:30- Smile Club-(MS) 10:30- Penguin Photo Craft-(AT)-3A 12:30- Rosary- 3A-(R) 1pm- Kings in the Corner-(S) 2pm- Penguin Sliding Game-3A-(S) 3pm- Drumming Class-(P)- 3A 6pm- Peaceful Scenes and massage-(MS)-FR	13 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling - Theater 1pm- Dime Bingo-3A 3:45- Manicures and Massage-(MS)-FR
14 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	15 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm-Walking Club 2pm- Balloon Volleyball-(P)-3A 3pm- Resident Council Meeting-(T) 6pm- Puzzle Time-(T)	16 Massage Therapist 1-4 9:30- Morning Sing-(MT) 10:00- Penguin Popcorn Club-(S)-FR 1pm- Rendered Root Read Aloud w/ Jamie Gagnon-1 st Floor Piano Rm 2pm- Line Dancing- 3A 3pm- Holistic Helpers-(T)-Making Winter Wonderland Snack Mix 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Holiday Spice Hand Massage-(E)-FR	17 9:30- Trivia & Coffee Chat-(C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-3A 1pm- Mark Performs from Berkshire Hills-(S)-3A 2pm- Scripture and Song-(R)-FR 3pm- Don't Break the Ice-(S) 5:00- Puzzle Time-(T)-FR	18 9:30- Concentration Puzzles-(C) 10:30- Cycling the Artic-(P) 1pm- Uno Attack-(S) 2pm- Mike and Dan Performs-3A 3pm- Popcorn Club and Happy Hour- Theater 5pm- Bingo w/ Sarah-(S)	19 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches -(P) 12:30pm- Rosary-(R) 1pm- Manicures-(T) 2pm- Penguin Racing-(S)-3A 3pm- Drumming Class-(P)-3A 6pm- Walking Club-(P)	20 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Caden On Piano-1 st Floor Piano Room 1pm- Wii Bowling- Theater 2pm- Belly dancing w/ Madelyn-3A 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage-(MS)-FR
21 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	22 9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Scenic Ride-(S) 2pm- Corn hole- Courtyard (P) 3pm- Penguin Documentary-(E) 5:00- Bingo w/ Sarah-(S)	23 Chopped Competition 9:30- Morning Sing-(MT) 10:30-Gentle Exercises-FR 1pm- Penguin Adult Coloring-(T) 2pm- Divine Discussion w/ Judy and Laurie- Theater 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Cinnamon Hand Massages-(E)	24 9:30- Coffee Talk-2A 10:30-Painting Ceramics-2A 11:30- McDonalds Take Out LUNCHEON-2A 1pm- Popcorn Club- FR 3pm- Pet Visits w/ Keeper-2A 5:00- Simple Crafts-(AT)	25 9:30-Concentration Puzzles-(C) 10:30- Adaptive Boxing-3A 1pm-Uno-FR 2pm- Sarah the Fiddler Performs-3A 3pm- Mocktail Hour by Fire-FR 5pm- Crafts w/ Sarah-(AT)	26 9:30- 100 Fun Facts about Penguins-(C) 10:30- Simple Stretches-(P) 11:30- Penguin Black and White Luncheon-(S) 12:30- Rosary-3A 1pm- Manicures-(T) 2pm- Lessons and Hymns-3A-(R) 3pm-Drumming Class-(P)-3A 6:30- Walking Club-(P)	27 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling- T-(P) 1pm- Dime Bingo-(P)-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage-(MS)-FR
28 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	29 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm-Walking Club 2pm- Balloon Volleyball-(P)-3A 3pm- Junk Drawer Detective-(C) 6pm- Puzzle Time-(T)	30 9:30- Adult Coloring-(T) 10:30- Singalong w/ Don-3A 1pm- Chorus Practice w/Don-3A 2pm- Willie Nininger Performs 3pm- Holistic Helpers- Winter Salad-(T) 5:00- Relaxing Meditation and Holiday Spice Hand Massages-(E)	31 9:30- Chronicles and Coffee-2A 10:30- Exercise w/ Sarah-(P)-2A 12:30- Rosary-3A 1pm- 100 Penguin Jokes-(E) 2pm- Penguin Diorama-(T) 3pm- Cycling Class-(P)-Theater 5:00- Simple Crafts-(AT)	Code Key P- Physical E- Emotional C- Cognitive M- Meditation/Yoga/Tai Chi MT- Music Therapy AT- Art Therapy/Crafts MS- Multi-Sensory T- Task Oriented S- Social R- Religious PT-Pet Therapy	Room Key 2A- 2 nd Floor Activity Room 3A-3 rd Floor Activity Room L- Library FR- Fireside Room ILD- Il Dining Room C- Courtyard T- Theater PR- Piano Room FL- Front Lobby	*Activities are Subject to Change Amy Creasia Programming Specialist ACreasia@keystonesenior.com Sarah Langston- Holistic Coordinator SLangson@keystonesenior.com