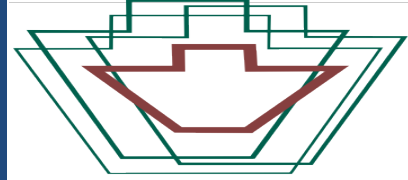


INTERIM MEMORY CARE HOLISTIC PROGRAM APRIL 2024



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Monthly Theme</p>	<p style="text-align: center;">1 April Fool's Day</p> <p>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-Corn Hole-(P)-3A 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">2</p> <p>9:30- Morning Sing-(MT) 10:30- Word in Word- Baseball-C) 2pm- Baseball Documentary-(E) 3pm- Holistic Helpers- Cookie Dough Energy Bites-(T) 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Spring Fresh Hand Massage-(E)-FR</p>	<p style="text-align: center;">3</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30-Meditation w/ Rob-(M)-3A 12:30- Rosary-3A 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Making Cinnabunnies-(T) 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p style="text-align: center;">4</p> <p>9:30- Concentration Puzzles-(C) 10:00- ArtSong w/ Amy-(AT) 1pm- Flower Word Search-(C) 2pm- Richie Mitnik Performs-(S)-3A 3pm- Popcorn Club and Happy Hour- Theater 5:00- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">5</p> <p>9:30- Smile Club-(MS) 10:30- Simple Stretches-(P) 12:30pm- Rosary-3A-(R) 1pm- Easy Card Games-(S) 2pm- Toss and Talk-(E) 3pm- Drumming Class-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">6</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- Honky Tonk Piano Man Performs-3A-(S) 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage-(MS)-FR</p>
<p style="text-align: center;">7</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">8</p> <p>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-Steve the Duo Performs-(S)-3A 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">9 Opening Day Red Sox Wear your Favorite Baseball Jersey</p> <p>9:30- Morning Sing-(MT) 10:30- Dice baseball-(S) 11:30- Hot Dog Luncheon-(S) 2pm- Opening Game for Red Sox-T 3pm- Holistic Helpers- Baseball Cupcakes-(T) 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Spring Fresh Hand Massage-(E)-FR</p>	<p style="text-align: center;">10</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Chorus Practice w/ Don-(MT) 11:00- Lunch Outing to Redstone 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Baseball Bingo-3A-(S) 3pm- Pet Visits w/ Keeper- 2A 5:00- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">11</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 1pm- Baseball Word Search-(C) 2pm- Baseball Racing-(S)-3A 3pm- Popcorn Club and Happy Hour- Theater 5:00- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">12 Carol Turns 80!!!!</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm- Spring Flowers adult coloring 3pm- Drumming Class-(P)- 3A 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">13</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- Larry Batter performs-3A-(S) 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage-(MS)-FR</p>
<p style="text-align: center;">14</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">15</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm-Scenic Ride 2pm- Balloon Volleyball-(P)-3A 3pm- Resident Council Meeting-(T) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">16</p> <p>9:30- Morning Sing-(MT) 10:30- Chef's Club- White Chicken Chili and Cornbread-3A-(E) 2pm- Divine Discussion w/ Laurie and Judy- (R)-T 3pm- Holistic Helpers-Baseball Snack Mix-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Lemon Hand Massage-(E)-FR</p>	<p style="text-align: center;">17</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30-Laughter Yoga-(M)-C 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Painting Baseball Caps w/ Cottage-(AT) 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p style="text-align: center;">18</p> <p>9:30- Concentration Puzzles-(C) 10:30-Tom Goodwin presents "Stories from the Studebaker" 11:30- Monthly Birthday Luncheon-Pub 1pm-Uno Attack-(S) 2pm- Sandy Robinson Performs-(S)-3A 5pm- Crafts w/ Sarah-(S)</p>	<p style="text-align: center;">19</p> <p>9:30- Smile Club Meets-(MS) 10:30- Simple Stretches -(P) 12:30pm- Rosary-(R) 1pm- Easy Card Games-(S) 2pm- The History of Baseball Documentary-(E) 3pm- Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p style="text-align: center;">20</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling - Theater 2pm- Dime Bingo 3:45- Manicures and Massage-(MS)-FR</p>
<p style="text-align: center;">21</p> <p>10:30- Mass on TV-2A-(R) 11:30- St Pattys Luncheon 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">22 Earth Day</p> <p>9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Giggles in the Garden-(E) 2pm- Spring Planting-(S) 3pm- Documentary-(E) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">23</p> <p>9:30- Morning Sing-(MT) 10:30-Gentle Exercises-FR 1pm-Walking Club-(P) 2pm-Line Dancing-(P)-3A 3pm- Holistic Helpers- Spring Strawberry Avocado Salad-(T) 5:00- Relaxing Meditation and Sage and Citrus Hand Massages-(E)</p>	<p style="text-align: center;">24</p> <p>9:30- Coffee Talk-2A 10:30-Meditation w/ Rob-3A 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Pin the Baseball on the Field-(S) 3pm- Pet Visits w/ Keeper-2A 5:00- Simple Crafts-(AT)</p>	<p style="text-align: center;">25</p> <p>9:30-Concentration Puzzles-(C) 10:00- Coffee House 10:30- T- Bone Performs 1pm-Slammin Sluggers Game-3A 2pm- Baseball Helmet Sundaes Men's Group-Pub 3pm- Baseball Bloopers-FR-(E) 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">26</p> <p>9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) 12:30- Rosary-3A 1pm- Trip to Westfield WhipCity Sanctuary for visit with animals 2pm- Lessons and Hymns-3A-(R) 3pm-Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p style="text-align: center;">27</p> <p>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 style="text-align: center;">28</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">29</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 1pm-Walking Club 2pm- Balloon Volleyball-(P)-3A 3pm- Junk Drawer Detective-(C) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">30</p> <p>9:30- Adult Coloring-(T) 10:30- Singalong w/ Don-3A 1pm- Chorus Practice w/Don-3A 2pm- Wiffle Ball in the Courtyard 2pm- Divine Discussion w/ Judy and Laurie- Theater 3pm-Holistic Helpers- Strawberry Lemon Bread-(T) 5:00- Relaxing Meditation and Lavendar Hand Massages-(E)</p>	<p style="text-align: center;">Monthly Birthdays</p> <p>4/5-Kathy Broderick 4/11-Jane Leone 4/12- Carol Ramsey 4/19- Louis Fiedler 4/21-Doug L'Abbee 4/23-George Lapierre 4/25- Claire Natario 4/26-Rita Dean 4/28- Fredi Merriam 4/30- Cory Langlais</p>	<p style="text-align: center;">Room Key</p> <p>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 style="text-align: center;">Code Key</p> <p>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</p>	<p style="text-align: center;">*Activities are Subject to Change Amy Creasia Programming Specialist ACreasia@keystonesenior.com Sarah Langston- Holistic Coordinator SLangson@keystonesenior.com</p>