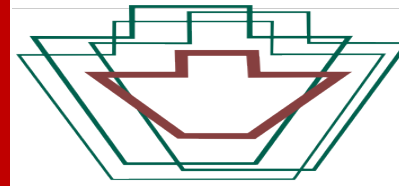




# COTTAGE MEMORY CARE PROGRAM MAY 2024



# Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Monthly Theme</b></p> 	<p><b>Room Key</b> 2A- 2<sup>nd</sup> Floor Activity Room 3A-3<sup>rd</sup> Floor Activity Room L- Library FR- Fireside Room ILD- Il Dining Room C- Courtyard T- Theater PR- Piano Room FL- Front Lobby</p>	<p><b>Code Key</b> 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><b>1</b> 9:30- Trivia &amp; Coffee Talk-(C) <b>10:30- Meditation w/ Rob-(M)-3A</b> 12:30- Rosary-3A 1pm- Walking Club-(P) <b>2pm- Music Therapy w/ Sarah the Fiddler-(MT)</b> 3pm- Tea Social-(S) 6pm- Puzzle Time-(T)</p>	<p><b>2</b> 9:30- Concentration Puzzles-(C) <b>10:00- ArtSong w/ Amy-(AT)</b> 1pm- Flower Word Search-(C) <b>2pm- Funny Photos-(E)</b> 3pm- Table Top Tasks-(T) 6pm- Popcorn Club-(S)</p>	<p><b>3 Cinco de Mayo</b> 9:30- Smile Club-(MS) 10:30- Simple Stretches-(P) 12:30pm- Rosary-3A-(R) <b>1pm- Cinco De Mayo Photoshoot</b> <b>2pm- Margaritas and Munchies w/ 2A in the Cottage-(S)</b> 3pm- Meditation and Music-(M) 6pm- Walking Club-(P)</p>	<p><b>4</b> 9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) <b>2pm- Dave Brinnel Performs-(S)</b> 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p><b>5</b> 10:00 Chalice of Salvation-(R) 10:45- SingAlong(MT) 1:00-Chair Yoga-(M) 2:00-Collaborative Craft-(AT) 3:30-Puzzle Club-(S) 6:00- Soothing Music &amp; Massage-(MS)</p>	<p><b>6</b> 9:30- Fitness Dice- (P) <b>10:00- Communion w/ Deacon Tom-ILD-(R)</b> <b>10:45- Music Therapy w/Rusty-C-(MT)</b> 1pm- Manicures-(E) <b>2pm-Dave Collucci Performs-3A-(MT)</b> 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p><b>7</b> 9:30- Morning Sing-(MT) <b>10:30- Weed and Seed the Courtyard-(T)</b> <b>2pm- Line Dancing-(P)-3A</b> <b>3pm- Brooke's photos from Smith College Bulb Show followed by sharing of photos from our facebook page over the past year-3A</b> 6pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Spring Fresh Hand Massage-(E)-FR</p>	<p><b>8</b> 9:30- Trivia &amp; Coffee Talk-(C) 10:30 Magazine clipping for Collage(MS) 12:30- Rosary-3A 1pm- Walking Club-(P) 2pm- Collage Vision Board(AT) 3pm- Tea Social-(S) 6pm- Puzzle Time-(T)</p>	<p><b>9</b> 9:30- Concentration Puzzles-(C) 10:30- Letter food Game-(C) <b>11 :30- Monthly Birthday Lunch-Pub</b> 1pm- Visit the in-house library-(E) 2pm- Bubbletalk-(E) 3pm- Bingo-(S) 6pm- Popcorn Club-(S)</p>	<p><b>10</b> 9:30- Smile Club-(MS) 10:30- Simple Stretches-(P) <b>11:30- Lunch Outing to Red Robin</b> <b>2pm- Making Hats for those who are new and not here last year-(T)</b> 2pm-Popcorn Club-(S) 3pm- Singalong-(S) 6pm- Walking Club-(P)</p>	<p><b>11</b> 9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) <b>2pm- The Hicks Performs-3A</b> 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p><b>12 Mother's Day</b> 10:00 Chalice of Salvation-(R) 10:45- SingAlong(MT) 1:00-Chair Yoga-(M) 2:00-Collaborative Craft-(AT) 3:30-Puzzle Club-(S) 6:00- Soothing Music &amp; Massage-(MS)</p>	<p><b>13</b> 9:30- Fitness Dice- (P) <b>10:00- Communion w/ Deacon Tom-ILD-(R)</b> <b>10:30- Music Therapy w/Rusty-C-MT</b> <b>1pm-Scenic Nature Ride to Collect for our Art Project on Wednesday</b> 2pm- Balloon Volleyball-(P)-3A <b>3pm- Resident Council Meeting-(T)</b> 6pm- Travel Video-(E)</p>	<p><b>14</b> 9:30- Morning Sing-(MT) <b>10:30- Nails and Make-Overs for our Ladies-(E)</b> <b>2pm- Mother's Day Tea for Our Keystone Ladies-(S)- (ILD)</b> <b>2:30- Gerry Fanferelli Duo Performs</b> 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Hand Massage-(E)-FR</p>	<p><b>15</b> 9:30- Trivia &amp; Coffee Chat-(C) <b>10:30-Laughter Yoga-(M)-C</b> 12:30- Rosary-3A 1pm- Spring Pics With friends in the Courtyard <b>2pm- Ink Stamped Nature Prints-(T) w/ Cottage-2A</b> 3pm- Bird Watching and Facts-(C) 6pm- Puzzle Time-(T)</p>	<p><b>16</b> 9:30- Concentration Puzzles-(C) <b>10:30- Adaptive Boxing-(P)</b> 1pm-Uno Attack-(S) 2pm- Popcorn Club-(S) <b>6-7pm- Family Concert Night</b> <b>With the Eclectics in the Courtyard weather permitting</b></p>	<p><b>17</b> 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches -(P) 12:30pm- Rosary-(R) 1pm- Easy Card Games-(S) <b>2pm- Men's Brews and tatoos-pub</b> 3pm- Drumming Class-(P) 6pm- Walking Club-(P)</p>	<p><b>18</b> 9:30- Spiritual Music-(R) <b>10:30- Caden Performs-PR-(MT)</b> 11:15- Keystone Cruisers-(P) <b>2pm- Mike and Dan Performs-3A-(S)</b> 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p><b>19</b> 10:00 Chalice of Salvation-(R) 10:45- SingAlong(MT) 11:30- St Patty's Luncheon 1:00-Chair Yoga-(M) 2:00-Collaborative Craft-(AT) 3:30-Puzzle Club-(S) 6:00- Soothing Music &amp; Massage-(MS)</p>	<p><b>20</b> 9:30- Making Muffins-(MS) <b>10:00- Communion w/Deacon Tom-ILD -(R)</b> <b>10:45- Music Therapy w/Rusty-C-(MT)</b> 1pm- Giggles in the Garden-(E) 2pm- Spring Planting-(T) 3pm- Documentary-(E) 6pm- Travel Video-(E)</p>	<p><b>21</b> 9:30- Morning Sing-(MT) <b>10:30-Chef's Club- Grill and Chill-(T)</b> 1pm- Adult Coloring-(T) <b>2pm-Docs of Dixie Performs-3A-(S)</b> <b>3pm- Holistic Helpers- Strawberry Flowers-(T)</b> 6pm- Relaxing Meditation and Hand Massages-(E)</p>	<p><b>22</b> 9:30- Coffee Talk-2A-(S) <b>10:30-Meditation w/ Rob-3A</b> 12:30- Rosary-3A 1pm- Musical Memories-C <b>2pm- Ice cream Social outdoors-C</b> 3pm- Easy Card Game-(S) 6pm- Puzzle Time-(T)</p>	<p><b>23</b> 9:30-Concentration Puzzles-(C) <b>10:00- Coffee House</b> <b>10:30- Roger Hart Presents "Legacy of Beauty"-3A-(E)</b> 1pm-Manicures- ( E) <b>2pm- Sarah the Fiddler Peforms</b> 3pm- Table Top Puzzles(MS) 6pm- Popcorn club-(S)</p>	<p><b>24</b> 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) <b>11:30- Outing Picnic in the Park</b> 12:30- Rosary-3A 1pm- Flower Color by Numbers(AT) 2pm- Lessons and Hymns--(R) 3pm-Popcorn club(S) 6pm- Walking Club-(P)</p>	<p><b>25</b> 9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p><b>26</b> 10:00 Chalice of Salvation-(R) 10:45- SingAlong(MT) 1:00-Chair Yoga-(M) 2:00-Collaborative Craft-(AT) 3:30-Puzzle Club-(S) 6:00- Soothing Music &amp; Massage-(MS)</p>	<p><b>27</b>  Memorial Day BBQ</p>	<p><b>28</b> 9:30- Adult Coloring-(T) 10:30-Coffee Social ( C) 1pm-Manicures-( E) <b>2pm- Willie Nininger Performs-3A</b> <b>3pm-Holistic Helpers- Making Lemon Lust-(T)</b> 6pm- Relaxing Meditation and Hand Massages-(E)</p>	<p><b>29</b> 9:30- Coffee Talk-2A-(S) <b>10:30-Meditation w/ Rob-3A</b> 12:30- Rosary-3A <b>1:30- Patriotic Chorus Concert-3A</b> 3pm- Easy Card Game-(S) 6pm- Puzzle Time-(T)</p>	<p><b>30</b> 9:30- Concentration Puzzles-(C) 10:30- Coffee Social-(C) 1pm- Visit the in-house library-(E) <b>2pm- Robert Floyd Famous Photographer Visits to Share-3A-(E)</b> 3pm- Bingo-(S) 6pm- Popcorn Club-(S)</p>	<p><b>31</b> 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) 12:30- Rosary-3A <b>1pm- National Geographic Documentary on Photographers-(E)</b> 2pm- Bubbletalk-(E ) 3pm- Making Flower Pens-(AT) 6pm- Walking Club-(P)</p>	<p>*Activities are Subject to Change Amy Creasia Programming Specialist <a href="mailto:ACreasia@keystonesenior.com">ACreasia@keystonesenior.com</a> Marilyn Thomas Cottage Coordinator <a href="mailto:MThomas@keystonesenior.com">MThomas@keystonesenior.com</a></p>