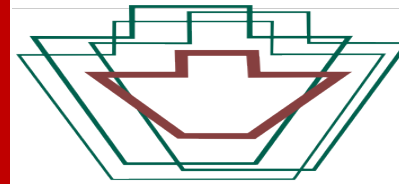







INTERIM MEMORY CARE HOLISTIC PROGRAM MAY 2024



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> 	<p>Room Key 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>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</p>	<p>1 9:30- Trivia & Coffee Chat-(C) 10:30-Meditation w/ Rob-(M)-3A 11:30- Lunch Outing to Red Robin 12:30- Rosary-3A 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Life of a Photographer-FR-(E) 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p>2 9:30- Concentration Puzzles-(C) 10:00- ArtSong w/ Amy-(AT) 1pm- Flower Word Search-(C) 2pm- Funny Faces-(C) 3pm- Popcorn Club and Happy Hour- Theater 5:00- Crafts w/ Sarah-(AT)</p>	<p>3 Cinco De Mayo 9:30- Smile Club-(MS) 10:30- Simple Stretches-(P) 12:30pm- Rosary-3A-(R) 1pm- Cinco de Mayo Photoshoot-(E) 2pm- Margaritas and Munchies-(S) 3pm- Ole Drumming Class-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p>4 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</p>
<p>5 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</p>	<p>6 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 Colucci Performs-(S)-3A 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p>7 9:30- Morning Sing-(MT) 10:30- Weed and Seed the Courtyard 2pm- Line Dancing-(P)-3A 3pm- Brooke's photos from Smith College Bulb Show followed by sharing of photos from our facebook page over the past year-3A 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Spring Fresh Hand Massage-(E)-FR</p>	<p>8 9:30- Trivia & Coffee Talk-(C) 10:30- Funny Photos-(E) 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Life of a Photographer-FR-(E) 3pm- Pet Visits w/Keeper- 2A 5 :00- Bingo w/Sarah-(S)-2A</p>	<p>9 9:30- Concentration Puzzles-(C) 10:30- Letter Food Game-(C) 11:30- Monthly Birthday Luncheon-Pub 1pm- Word Search-(C) 2pm- Bubbletalk-(E) 3pm- Popcorn Club and Happy Hour- Theater 5:00- Crafts w/ Sarah-(AT)</p>	<p>10 9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm- Making Hats for those who were not here last year for Mother's day Tea-(T) 3pm- Drumming Class-(P)- 3A 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p>11 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- The Hicks Perform-3A 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage-(MS)-FR</p>
<p>12 Mother's Day 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</p> 	<p>13 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm-Scenic Ride collecting nature things for art project on Wednesday 2pm- Balloon Volleyball-(P)-3A 3pm- Resident Council Meeting-(T) 5pm- Puzzle Time-(T)</p>	<p>14 9:30- Morning Sing-(MT) 10:30- Nails and Make-Overs for the Ladies-(E) 2pm- Mother's Day Tea for our Keystone Ladies Only-(ILD) 2:30- Gerry Fanferelli Duo Performs 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Lemon Hand Massage-(E)-FR</p>	<p>15 9:30- Trivia & Coffee Chat-(C) 10:30-Laughter Yoga-(M)-C 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Ink Stamped Nature Prints-(T) w/ Cottage-2A 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p>16 9:30- Concentration Puzzles-(C) 10:30-Adaptive Boxing-(P)-3A 1pm-Uno Attack-(S) 2pm- Popcorn Club-(S) 6-7pm- Family Concert Night With the Eclectics in the Courtyard weather permitting</p>	<p>17 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches -(P) 12:30pm- Rosary-(R) 1pm- Easy Card Games-(S) 2pm-Men's Brews and Tatoos Photoshoot-(S)-Pub 3pm- Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p>18 9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Caden Performs Piano-1st Floor Piano 1pm- Wii Bowling- Theater 2pm- Mike and Dan Performs 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage-(MS)-FR</p>
<p>19 10:30- Mass on TV-2A-(R) 11:30- St Pattys Luncheon 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families</p>	<p>20 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- Corn hole-3A 3pm- Documentary-(E) 5:00- Puzzle Time-(T)</p>	<p>21 9:30- Morning Sing-(MT) 10:30-Chef's Club- Grill and Chill-(T) 1pm-Divine Discussion-(R)-T 2pm-Docs of Dixie Performs-(S) 3pm- Holistic Helpers- Strawberry Flowers 5:00- Relaxing Meditation and Sage and Citrus Hand Massages-(E)</p>	<p>22 9:30- Coffee Talk-2A 10:30-Meditation w/ Rob-3A 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Baseball Toss Game-(S) 3pm- Pet Visits w/ Keeper-2A 5:00- Simple Crafts-(AT)</p>	<p>23 9:30-Concentration Puzzles-(C) 10:00- Coffee House 10:30- Roger Hart presents "Legacy of Beauty"-3A-(E) 1pm-Axe Throwing- (P)-2A 2pm- Sarah the Fiddler-(S)-3A 3pm- Popcorn Club-FR 5pm- Crafts w/ Sarah-(AT)</p>	<p>24 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) 11:30- Picnic in the Park Outing 12:30- Rosary-3A 2pm- Lessons and Hymns-3A-(R) 3pm-Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p>25 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>26 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</p>	<p>27</p>  <p>Memorial Day Cook-out</p>	<p>28 9:30- Adult Coloring-(T) 10:30- Gentle Stretching-(P) 1pm- Divine Discussion w/ Judy and Laurie- Theater 2pm- Willie Niniger Performs-(S)-3A 3pm-Holistic Helpers-Lemon Lust 5:00- Relaxing Meditation and Lavendar Hand Massages-(E)</p>	<p>29 9:30- Coffee Talk and Sharing Photo Memories-2A 12:30- Rosary- (R)-3A 1pm- Exercise w/ Kelsey-(P)-T 1:30- Patriotic Chorus Concert-3A 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p>30 9:30-Concentration Puzzles-(C) 10:30- Mary's Trip to the Panama Canal Slideshow-3A-(E) 1pm- Hang Man-(C) 2pm- Robert Floyd- Famous Photographer is here to share-3A-(E) 3pm- Popcorn Club and Happy Hour- Theater 5pm- Crafts w/ Sarah-(AT)</p>	<p>31 9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) 12:30- Rosary-3A 1pm- National Geographic Photographer Documentary-(E)-FR 2pm- Courtyard Trivia-(C) 3pm- Drumming Class-(P)-3A 6pm-Walking Club-)</p>	<p>Monthly Birthdays May 27th- Bobbie Bidwell May 30th- Bessie Guerette May 31st- Jane Kuzdzal</p>