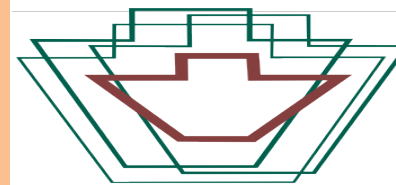


# INTERIM MEMORY CARE HOLISTIC PROGRAM JULY 2024



**Keystone  
Commons**  
*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Monthly Theme</b></p> 	<p style="text-align: center;">1</p> <p>9:30- Making Muffins-(MS) 10:00- Communion w/ Deacon Tom- <b>ILD DINING ROOM</b> 10:45- Music Therapy w/ Rusty-(MT) 12:30- Rosary-3A 1pm- Manicures-(E) <b>2pm-Dave Colucci Performs-3A</b> 3pm-Name that Tune-(S) 5pm-Puzzle Time-(T)</p>	<p style="text-align: center;">2</p> <p>9:30- Golf on the Putting Green-(P)-C 10:30- Todd Goodwins "Growing up Grubby" Live Speaker-3A 1pm- Walking Club 2pm- TableTalk-(C)-FR <b>3pm- Holistic Helpers- Red White and Blue Fruit Pizza-(T)</b> 4pm- Whistle While You Work-(T) 5pm-Relaxing Meditation and Lemon Hand Massage-(E)-FR</p>	<p style="text-align: center;">3</p> <p>9:30- Coffee Talk and Stories-(E) <b>10:30- Meditation w/ Rob-3A</b> 12:30- Rosary-(R)-3A <b>1pm-Music Therapy w/ Sarah the Fiddler-2A-(MT)</b> 2pm- Dance Party -(P)-FR 3pm- Pet Visits w/Keeper- 2A 5pm- Bingo w/ Sarah-(S)</p>	<p style="text-align: center;">4</p>  <p>10:30- Coffee and Donuts in the Courtyard 12:30- 4<sup>th</sup> of July Cook-Out</p>	<p style="text-align: center;">5</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) <b>11:30- Lunch Outing to Olive Garden</b> 12:30- Rosary- 3A-(R) 2pm- Popcorn Club-(S)_FR 3pm- Drumming Class-(P) 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 <b>2pm- The Hicks performs-(S)</b> 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) <b>10:00- Communion w/ Deacon Tom- ILD-(R)</b> 10:30- Coffee and Donuts in the Courtyard-(P) 1pm- Manicures-(E) 2pm-Balloon Volleyball-(P)-3A 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">9</p> <p>9:30- Bocce Ball in the Courtyard-(P) 10:30- Peach Word search-(C) 1pm- All About Peaches-(C) 2pm- Playing Go Fish-(S) <b>3pm-Holistic Helpers- Mini Peach upside Down Cakes-(T)</b> 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Summer Hand Massage-(E)-FR</p>	<p style="text-align: center;">10</p> <p>9:30- Trivia &amp; Coffee Talk-(C) 10:30- Strength Training-(P)I 12:30- Rosary-(R)-3A 1pm- Adult Coloring-(T)-FR 2pm- Axe Throwing-2A-(P) 3pm- Pet Visits w/Keeper- 2A 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">11</p> <p>9:30- Concentration Puzzles-(C) <b>10:00- ArtSong w/ Amy-(AT)</b> <b>10:30- Adaptive Boxing-(P)-3A</b> <b>11:30- Monthly Birthday Luncheon-Pub</b> 1pm- Word Search-(C) <b>2pm- Mike and Dan Performs-(S)-3A</b> 3pm- Popcorn Club and Happy Hour- Theater 5:00- Talk and Toss-(P)</p>	<p style="text-align: center;">12</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) <b>11:30- Men's Group Dogs and Doritos-Pub</b> 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm- Peach Tea and Peach Categories Puzzle-(S) 3pm- Drumming Class-(P) 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 <b>2pm- Dave Brinnel Performs- (S)-3A</b> 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) <b>10:00- Communion w/ Deacon Tom- ILD-(R)</b> <b>10:30- Music Therapy w/Rusty-C-MT</b> <b>1pm-Scenic Ride and Ice Cream</b> 2pm- Corn Hole-(P)-3A <b>3pm- Resident Council Meeting-(T)</b> 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">16</p> <p>9:30-Golf on the Putting Green <b>10:30- Presentation on Fischer Cats by Nature Photographer Michaelson</b> 1pm- Wii Bowling- Theater 2pm- Line Dancing-3A <b>3pm- Holistic Helpers- Peach Muffins</b> 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 &amp; Coffee Chat-(C) 10:30- Simple Stretches -(P) 12:30- Rosary-3A <b>1pm- Exercise w/ Kelsey-(P)-3A</b> 2pm- Popsicles in the Courtyard-(S) 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) <b>10:30- Adaptive Boxing-3A</b> Cycling- Theater 1pm-Uno Attack-(S) <b>2pm- Sarah the Fiddler Performs-(S)</b> 3pm- Popcorn Club and Happy Hour- Theater 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">19</p> <p>9:30- Smile Club Meets-(MS) <b>10:30- Laughter Yoga-(M)- Cottage</b> 1pm- Easy Card Games-(S) 2pm- Painting Ceramics-(AT) 3:30pm- 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 <b>10:30- Caden Performs Piano- 1<sup>st</sup> Floor Piano</b> 1pm- Wii Bowling- Theater 2pm- Dime Bingo-(S)-3A 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage- (MS)-FR</p>
<p style="text-align: center;">21</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;">22</p> <p>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- Balloon Volleyball-(P)-3A 3pm- Documentary-(E) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">23</p> <p>9:30- Bocce in the Courtyard-(P) <b>10:30-Singalong w/ Don-(MT)-3A</b> 1pm- Chorus Practice w/Don-3A <b>2pm- Divine Discussion w/ Judy and Laurie- Library</b> <b>3pm- Holistic Helpers- Easy Peach Dumplings</b> 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 <b>10:30-Meditation w/Rob-(M)-3A</b> 12:30- Rosary-3A <b>1pm- Exercise w/ Kelsey-(P)-3A</b> 2pm- MCHS James and the Giant Peach Musical-FR- (E) 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) 10:30- Cycling Class-(P) 1pm- Funny Peach Puns-(E) 2pm-America's Got Talent Golden Buzzers-(E)-FR 3pm- Popcorn Club-FR <b>6:45- Outdoor Concert in our Courtyard- Premier Swing Band</b></p>	<p style="text-align: center;">26</p> <p>9:30- Smile Club Meets-(MS) <b>10:00- Bus leaves for Carousel Ride in Holyoke</b> 10:30- Simple Stretches-(P) 12:30- Rosary-3A <b>2pm-Johnny Cash and June Carter Impersonators, Acoustic Concert Live in 3A- Fulfilling a Dream</b> 3:30pm-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) <b>10:00- Communion w/ Deacon Tom- ILD-(R)</b> <b>10:30- Music Therapy w/Rusty-C-MT</b> 1pm- Manicures-(E) 2pm- Corn Hole-(P)-3A 3pm- Name that Sound-(S) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">30</p> <p>9:30- Adult Coloring-(T) <b>10:30-Chef's Club- Peach Pizzas</b> 1pm- Divine Discussion w/ Judy and Laurie- Library <b>2pm- Willie Nininger Performs-(S)-3A</b> <b>3pm-Holistic Helpers- Blueberry Peach Feta Salad</b> 5:00- Relaxing Meditation and Lavendar Hand Massages-(E)</p>	<p style="text-align: center;">31</p> <p>9:30- Coffee Talk and Sharing Photo Memories-2A 10:30- Summertime Facials-(E) 12:30- Rosary- (R)-3A <b>1pm- Exercise w/ Kelsey-(P)-T</b> 2pm- What's in the Bag-(E) 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p style="text-align: center;"><b>Monthly Birthdays</b></p> <p>7/3 Jackie Como 7/5- Sandy Gosselin 7/5- Barbara Kuhn 7/5- Elaine Boucher 7/8- Pat Gould 7/9- Una Gagne 7/19- Mary Ellen Fish 7/20-Charlotte Bureau 7/20- Babbette Laberge 7/23- Donald Kuhn 7/25- Betty Perry</p>	<p style="text-align: center;"><b>Code Key</b></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;"><b>Room Key</b></p> <p>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>