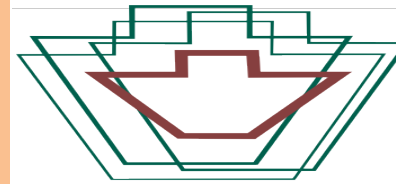




COTTAGE MEMORY CARE HOLISTIC PROGRAM JULY 2024



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Monthly Theme</p>	<p style="text-align: center;">1</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-Dave Colucci Performs-(MT)-3A 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">2</p> <p>9:30- Morning Sing-(MT) 10:30- Whiteboard games-(C) 1pm- Laugh Out Loud Videos-(E) 2pm-Walking Club-(P) 3pm-Holistic Helpers- Red White and Blue Fruit Pizza-(T)-2A 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Summer Hand Massage-(E)-FR</p>	<p style="text-align: center;">3</p> <p>9:30- Coffee Talk and Stories-(E) 10:30- Meditation w/ Rob-3A 12:30- Rosary-(R)-3A 1pm- Dance Party-(P) 2pm-Music Therapy w/ Sarah the Fiddler-2A-(MT) 3pm- Pet Visits w/ Keeper- 2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">12:30- 4th of July Cook-Out</p>	<p style="text-align: center;">5</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 11:30- Lunch Outing to Olive Garden 12:30- Rosary--(R) 2pm- Popcorn Club-(S)_FR 3pm- Bouncing Ball Singalong-(S) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">6</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- The Hicks Performs-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">7</p> <p>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 & Massage-(MS)</p>	<p style="text-align: center;">8</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Coffee and Donuts in the Courtyard-(S) 1pm- Manicures-(E) 2pm-Balloon Volleyball-(P)-3A 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">9</p> <p>9:30- Morning Sing-(MT) 10:30- Bird Watch-(E)- Courtyard 1pm- Peaches Word Search-(C) 2pm-Walking Club-(P) 3pm-Holistic Helpers- Making Mini Peach Upside Down Cakes-(T)-2A 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 & Coffee Talk-(C) 10:30- Storyboard- Going on a Picnic 1pm- Magazine and Coupon Clipping-(T) 2pm- Rat Pack Concert- (E) 3pm- Manicures and Massage-(E) 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">11</p> <p>9:30- Concentration Puzzles-(C) 10:00- Artsong w/ Amy-2A-(AT) 11:30- Monthly Birthday Luncheon-Pub 1pm- Word Search-(C) 2pm- Mike and Dan Performs-(S) 3pm- Popcorn Club and Happy Hour- Theater 6pm-Popcorn Club-(S)</p>	<p style="text-align: center;">12</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 11:30- Men's Group Dogs and Doritos-Pub 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm-Popcorn Club-(S) 3pm- Singalong-(S) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">13</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Dave Brinnel Performs-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">14</p> <p>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 & Massage-(MS)</p>	<p style="text-align: center;">15</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm-Scenic Ride and Ice Cream 2pm- Corn Hole-(P)-3A 3pm- Resident Council Meeting-(T) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">16</p> <p>9:30- Morning Sing-(MT) 10:30-Shake a memory-(C) 1pm-Alphabet Soup-(C) 2pm- Line Dancing-(P)-3A 3pm- Holistic Helpers- Peach Muffins 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- Simple Stretches -(P) 12:30- Rosary-3A 1pm- A to Z- Picnic-(C) 2pm- Manicures and Aromatherapy 3pm- Pet Visits w/ Keeper-2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">18</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-3A 1pm-Uno Attack-(S) 2pm- Sarah the Fiddler-(MT)-3A 3pm- Popcorn Club and Happy Hour- Theater 6pm- Popcorn Club-(S)</p>	<p style="text-align: center;">19</p> <p>9:30- Smile Club Meets-(MS) 10:30-Laughter Yoga-(M) 1pm- Easy Card Games-(S) 2pm- Sing Along w/ Nancy-(MT) 3:30pm- Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p style="text-align: center;">20</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 10:30- Caden Performs Piano-1st Floor Piano 1pm- Keystone Cruisers-(P) 2pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">21</p> <p>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 & Massage-(MS)</p>	<p style="text-align: center;">22</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- Balloon Volleyball-(P)-3A 3pm- Documentary-(E) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">23</p> <p>9:30- Morning News and More-(C) 10:30-Singalong w/ Don-(S)-3A 1pm—Chorus Practice w/ Don-(MT) 2pm- Walking Club-(P) 3pm- Holistic Helpers- Easy Peach Dumplings-(T)-2A 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-(M)-3A 12:30- Rosary-3A 1pm- MCHS James and the Giant Peach Musical-(E) 3pm- Manicures and Melodies-(E) 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">25</p> <p>9:30- Concentration Puzzles-(C) 10:30- Finish the Lyric-(S) 1pm- Funny Peach Puns-(E) 2pm-America's Got Talent Golden Buzzers-(E)-FR 3pm- Popcorn Club-FR 6:45- Outdoor Concert in our Courtyard- Premier Swing Band</p>	<p style="text-align: center;">26</p> <p>9:30- Smile Club Meets-(MS) 10:00- Bus Leaves for Carousel Ride in Holyoke 2pm-Johnny Cash and June Carter Impersonators, Acoustic Concert Live in 3A- Fulfilling a Dream 3pm-50's Singalong-(S) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">27</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">28</p> <p>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 & Massage-(MS)</p>	<p style="text-align: center;">29</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- Trivia in the Courtyard-(C) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">30</p> <p>9:30- Adult Coloring-(T) 10:30-Chef's Club- Peach Dessert 1pm- Library visit-(E) 2pm-Willie Ninger Performs-(S)-3A 3pm-Holistic Helpers- Peach Salad 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 12:30- Rosary- (R)-3A 1pm- Balloon Toss-(P) 2pm- Manicures and Popsicles on the patio-(E) 3pm- Pet Visits w/ Keeper-2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">Monthly Birthdays</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;">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;">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>