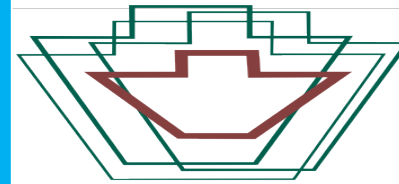




INTERIM MEMORY CARE HOLISTIC PROGRAM AUGUST 2024



**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;">Monthly Birthdays</p> <p>8/1- Ramil Mansourov 8/4- Brooke Lynes 8/8- Richard Tyrell 8/9- Gloria Cyranowski 8/10- Donald Lever 8/14- Jeanine Dube 8/16- Bob MacGregor 8/18- Charlotte Kites 8/20- Grace Snow 8/28- Jean Reed</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>	<p style="text-align: center;">1</p> <p>9:30- Concentration Puzzles-(C) 10:00- ArtSong w/ Amy-(AT) 10:30- Adaptive Boxing-(P)-3A 11:30- Monthly Birthday Luncheon- Pub 1pm- Word Search-(C) 2pm- Making Beach Suncatchers 3pm- Popcorn Club and Happy Hour- Theater 5:00- Talk and Toss-(P)</p>	<p style="text-align: center;">2</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary- 3A-(R) 1pm- Trivia for Prizes-(C) 2pm- Popcorn Club-(S)_FR 3pm- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">3</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- The Honky Tonk Piano Man Performs-(S)-3A 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage- (MS)-FR</p>
<p style="text-align: center;">4</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;">Day of Rest and Face Timing With families</p>	<p style="text-align: center;">5</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom- ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 11:30- Lunch Outing @ Partners 1pm- Manicures-(E) 2pm-Balloon Volleyball-(P)-3A 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">6</p> <p>9:30- Bocce Ball in the Courtyard-(P) 10:30- Making Pineapple Hula Girls for the tables-(AT) 1pm- Neil Armstrong Documentary 2pm- Playing Go Fish-(S) 3pm-Holistic Helpers- Making Sand dollar Cookies -(T) 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Summer Hand Massage-(E)-FR</p>	<p style="text-align: center;">7</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-(R)-3A 1pm- Music Therapy w/ Sarah the Fiddler-2A-(MT) 2pm- Axe Throwing-2A-(P) 3pm- Pet Visits w/ Keeper- 2A 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">8</p> <p>9:30- Concentration Puzzles-(C) 10:30- Singalong-3A-(MT) 1pm- Word Search-(C) 2pm- Puerto Rican/ African Dancer, Brenda Liz Cepeda Performs-3A 3pm- Popcorn Club and Happy Hour- Theater 5:00- Talk and Toss-(P)</p>	<p style="text-align: center;">9</p> <p>9:30- Smile Club-(MS) 10:30- Larry Batter Performs-3A 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm- Beach Racing-(S)-3A 3pm- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">10</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;">11</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;">Day of Rest and Face Timing With families</p>	<p style="text-align: center;">12</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 2pm- Steve the Duo Performs-3A-(S) 3pm- Resident Council Meeting-(T) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">13</p> <p>9:30-Golf on the Putting Green 10:30- Starting our Bikinis with Cottage-(AT) 1pm- Wii Bowling- Theater 2pm- Line Dancing-3A 3pm- Holistic Helpers- Making Shell Pasta Salad-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Lemon Hand Massage-(E)-FR</p>	<p style="text-align: center;">14</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Bikinis Continued with Cottage-(AT) 12:30- Rosary-3A 1pm- Outing for McDonalds Shakes 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</p>	<p style="text-align: center;">15</p> <p>9:30- Concentration Puzzles-(C) 10:30- T-Bone Performs-3A 1pm-Uno Attack-(S) 2pm- Hawaiian Art of Kapa-(AT) 3pm- Popcorn Club and Happy Hour- Theater 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">16</p> <p>9:30- Smile Club Meets-(MS) 10:30- Laughter Yoga-(M)- Cottage 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;">17</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Caden Performs Piano- 1st Floor Piano 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;">18</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;">Day of Rest and Face Timing With families</p>	<p style="text-align: center;">19</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- Popcorn Club-(S)-FR 3pm- Making Bracelets-(T) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">20</p> <p>9:30- Bocce in the Courtyard-(P) 10:30-Chef's Club- Chicken and Pineapple Kabobs 2pm- Divine Discussion w/ Judy and Laurie- Library 3pm- Holistic Helpers- Hawaiian Sand Cups 5:00- Relaxing Meditation and Sage and Citrus Hand Massages-(E)</p>	<p style="text-align: center;">21</p> <p>9:30- Coffee Talk-2A 10:30-Golden Buzzer Winners America's Got Talent-Theater 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Outside Fun w. Freeze Pops-(S) 3pm- Pet Visits w/ Keeper-2A 5:00- Simple Crafts-(AT)</p>	<p style="text-align: center;">22</p> <p>9:30- Concentration Puzzles-(C) 10:30- Roger Hart Presents Animal Crackers-3A-(E) 1pm- Shell Yes!!!- Beach Jokes-(E) 2pm-Richie Mitnik Performs-(S)-3A 3pm- Bikini Parade and Popsicles in the Courtyard 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">23</p> <p>9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) 12:30- Rosary-3A 1pm- Easy Card Game-(S) 2pm- Crafts-(AT) 3:30pm-Beach Ball Relay-3A-(S) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">24</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;">25</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;">Day of Rest and Face Timing With families</p>	<p style="text-align: center;">26</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm- Manicures-(E) 2pm- Corn Hole-(P)-3A 3pm- Name that Sound-(S) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">27</p> <p>9:30- Adult Coloring-(T) 10:30- Adaptive Boxing-3A_(P) 1pm- Divine Discussion w/ Judy and Laurie- Library 2pm- Todd Goodwin Presents Campfire Songs and Stories-3A-(E) 3pm-Holistic Helpers- Beachball Fruit Pizza-(T) 5:00- Relaxing Meditation and Lavendar Hand Massages-(E)</p>	<p style="text-align: center;">28</p> <p>9:30- Coffee Talk and Sharing Photo Memories-2A 9:45- Trip on the RiverBoat and Picnic lunch- Northfield 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary- (R)-3A 1pm- Exercise w/ Kelsey-(P)-T 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;">29 Wear Your Tropical Attire</p> <p>9:30- Concentration Puzzles-(C) 10:00- Coffee House-(S)-3A 10:30- Johnny P Performs-3A 1pm- Walking Club-(P) 2pm- Chair Boxing w/ Sarah 3pm- Popcorn Club and Happy Hour- Theater 4:30- Clam Bake Dinner</p>	<p style="text-align: center;">30</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary- 3A-(R) 1pm-Balloon Volleyball-(P) 2pm- Popcorn Club-(S)_FR 3:30pm- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">31</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- Bella Voce Performs-3A 3:30- Popcorn Club-FR-(E) 3:45- Manicures and Massage- (MS)-FR</p>