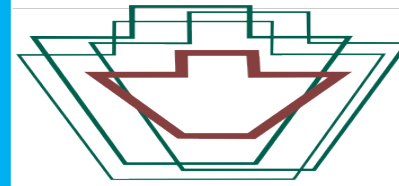




# COTTAGE MEMORY CARE HOLISTIC PROGRAM AUGUST 2024



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Monthly Theme</b></p>	<p><b>Monthly Birthdays</b></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><b>Code Key</b> 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><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>1</b></p> <p>9:30- Concentration Puzzles-(C) 10:00- Artsong w/ Amy-(AT) 11:30- Monthly Birthday Luncheon-Pub-(S) 1pm- Word Search-(C) 2pm- Making Beach Suncatchers-(T) 3pm- 50's Sing Along-(S) 6pm- Popcorn Club-(S)</p>	<p><b>2</b></p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary--(R) 1pm- Painting Seashells-(T) 2pm- Popcorn Club-(S)_FR 3pm- Bouncing Ball Singalong-(S) 6pm- Walking Club-(P)</p>	<p><b>3</b></p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- The Honky Tonk Piano Guy Performs-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p><b>4</b></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 &amp; Massage-(MS)</p>	<p><b>5</b></p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w Rusty- (MT) 11:30- Lunch Out to Partners Restaurant w/ Holistic 1pm- Manicures-(E) 2pm-Balloon Volleyball-(P)-3A 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p><b>6</b></p> <p>9:30- Morning Sing-(MT) 10:30- Making Pineapple Hula Girls for the Table Centerpieces-(T) 1pm- Beach trivia-(C) 2pm-Walking Club-(P) 3pm-Holistic Helpers- Making sand dollar cookies-(T)-2A 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Summer Hand Massage-(E)-FR</p>	<p><b>7</b></p> <p>9:30- Trivia &amp; Coffee Talk-(C) 10:30- Storyboard- Going to the Beach-(E) 1pm- Magazine and Coupon Clipping-(T) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Manicures and Massage-(E) 6pm- Puzzle Time-(T)</p>	<p><b>8</b></p> <p>9:30- Concentration Puzzles-(C) 10:30- Singalong-3A-(MT) 1pm- Word Search-(C) 2pm- Puerto Rican/ African Dancer and Story Teller- Brenda Liz Cepeda Performs- 3A-(S) 3pm- Seashell Exploration-(E) 6pm-Popcorn Club-(S)</p>	<p><b>9</b></p> <p>9:30- Smile Club-(MS) 10:30- Larry Batter Performs-3A-(S) 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 2pm-Beach blanket Bingo-(S) 3pm- Singalong-(S) 6pm- Walking Club-(P)</p>	<p><b>10</b></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><b>11</b></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 &amp; Massage-(MS)</p>	<p><b>12</b></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- Steve the Duo Performs-3A-(MT) 3pm- Resident Council Meeting-(T) 6pm- Travel Video-(E)</p>	<p><b>13</b></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- Making Shell Pasta Salad-(T)-2A 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Lemon Hand Massage-(E)-FR</p>	<p><b>14</b></p> <p>9:30- Trivia &amp; Coffee Chat-(C) 10:30- Simple Stretches -(P) 12:30- Rosary-3A 1pm- Outing for Mcdonalds- Shakes 2pm- Manicures and Aromatherapy 3pm- Pet Visits w/ Keeper-2A 6pm- Puzzle Time-(T)</p>	<p><b>15</b></p> <p>9:30- Concentration Puzzles-(C) 10:30- T-Bone Performs-(S)-3A 1pm-Uno Attack-(S) 2pm- Free Paint- "Beach"(AT) 3pm- Lemonade Social-(S) 6pm- Popcorn Club-(S)</p>	<p><b>16</b></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><b>17</b></p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 10:30- Caden Performs Piano-1<sup>st</sup> Floor Piano 1pm- Keystone Cruisers-(P) 2pm- Popcorn Club-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p><b>18</b></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 &amp; Massage-(MS)</p>	<p><b>19</b></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- Making Bracelets-(T) 3pm- Documentary-(E) 5:00- Puzzle Time-(T)</p>	<p><b>20</b></p> <p>9:30- Morning News and More-(C) 10:30-Chef's Club- Chicken and Pineapple Kabobs-3A-(T) 2pm- Walking Club-(P) 3pm- Holistic Helpers- Making Hawaiian Sand Cups-(T)-2A 5:00- Relaxing Meditation and Sage and Citrus Hand Massages-(E)</p>	<p><b>21</b></p> <p>9:30- Coffee Talk-2A 10:30- Beach Ball Volley-(P) 12:30- Rosary-3A 1pm- Sing Along Oldies but Goodies 3pm- Manicures and Melodies-(E) 6pm- Puzzle Time-(T)</p>	<p><b>22</b></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-3A 3pm- Bikini Parade and Popsicles in the Courtyard-(S) 6pm- Popcorn Club-(S)</p>	<p><b>23</b></p> <p>9:30- Smile Club Meets-(MS) 10:30- Simple Stretches-(P) 12:30- Rosary-(R) 1pm- Beach Adult Coloring-(T) 2pm-50's Singalong-(S) 3:30pm- Beach Ball Relay- 3A-(P) 6pm- Walking Club-(P)</p>	<p><b>24</b></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><b>25</b></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 &amp; Massage-(MS)</p>	<p><b>26</b></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><b>27</b></p> <p>9:30- Adult Coloring-(T) 10:30- Adaptive Boxing-(P) 1pm- Library visit-(E) 2pm-Todd Goodwin Presents Campfire Songs and Stories-3A-(S) 3pm-Holistic Helpers- Beach Ball Fruit Pizza-(T)-2A 5:00- Relaxing Meditation and Lavendar Hand Massages-(E)</p>	<p><b>28</b></p> <p>9:30- Coffee Talk and Sharing Photo Memories-2A 9:45- Bus Leaves for Riverboat and picnic in Northfield 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary- (R)-3A 3pm- What's in the Bag-(S) 6pm- Puzzle Time-(T)</p>	<p><b>29 Wear Your Tropical Attire</b></p> <p>9:30- Concentration Puzzles-(C) 10:00- Coffee House-(S)-3A 10:30- Johnny P Performs-(S) 1pm- Giggles in the Garden-(E) 2pm- Walking Indoors-(P) 3pm-Finish Up Craft Projects and Snacks-(T) 4:30- Clam Bake Dinner</p>	<p><b>30</b></p> <p>9:30- Smile Club Meets-(MS) 10:30- Donuts on the Patio-(S) 1pm- Easy Card Games-(S) 2pm- Sing Along w/ Nancy-(MT) 3:30pm- Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p><b>31</b></p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Bella Voce Performs-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>