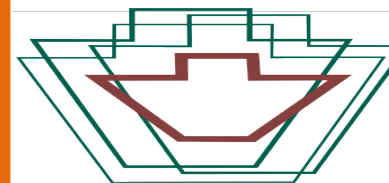




COTTAGE MEMORY CARE HOLISTIC PROGRAM OCTOBER 2024



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Monthly Theme</p> <div style="border: 1px solid black; padding: 10px; text-align: center; font-family: cursive;"> <p style="color: red; font-size: 1.2em;">A Wicked Good Time</p> </div>	<p style="text-align: center;">Monthly Birthdays</p> <p>10/3- Courtlandt Kites 10/4- Meta Desantis 10/4- Henry Yergeau 10/6- Christa Aiken 10/9- Euclid Piedra 10/12- Dolores Choquette 10/13- Andrew Tenszar 10/25- Ray Fitzgerald 10/26- Ray Bayeur 10/30- Valerie Dobek</p>	<p style="text-align: center;">1</p> <p>9:30- Morning Sing-(MT) 10:30- Magic and Witchcraft Word Search-(C) 1pm- Fall Reminiscing-(E) 2pm-Eeeresistable Web Painting-(T) 3pm-Holistic Helpers- Making Witch Cupcakes-(T)-2A 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Fall Hand Massage-(E)-FR</p>	<p style="text-align: center;">2</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Meditation w/Rob-(M)-3A 1pm- Magazine and Coupon Clipping-(T) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Pet Therapy w/ Keeper- C-(PT) 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">3</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-(S) 1pm- Word Search-(C) 2pm- Halloween Crafts-(T) 3pm- How many words in a word-(C) 6pm- Popcorn Club-(S)</p>	<p style="text-align: center;">4</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary--(R) 1pm- Setting up/Revamping Baby Station(MS) 2pm- October Paint by Numbers-(T) 3pm- Fall Hayride Trip 6pm- Walking Club-(P)</p>	<p style="text-align: center;">5</p> <p>9:00- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Honky Tonk Piano Guy Performs-(MT)-3A 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">6</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;">7</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 Panera 1pm- Manicures-(E) 2pm-Sing-A-Long 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">8</p> <p>9:30- Morning Sing-(MT) 10:30-Shake a memory-(C) 1pm-Alphabet Soup-(C) 2pm- Axe Throwing-(P) 3pm- Holistic Helpers- Making Witch Hat Cookies-(T)-2A 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Fall Hand Massage-(E)-FR</p>	<p style="text-align: center;">9</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Table Tops- 1pm- Magazine and Coupon Clipping-(T) 2pm- Guess Who 3pm- Pet Therapy w/ Keeper-C-(PT) 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">10</p> <p>9:30- Concentration Puzzles-(C) 10:00- Gentle Stretching-(P) 10:30- T- Bone Performs-3A-(S) 1pm- Word Search-(C) 2pm- Making Witch Wreaths-(T)-2A 3pm- Popcorn Club-(S) 6pm- Toss and Talk-(P)</p>	<p style="text-align: center;">11</p> <p>9:30- Smile Club-(MS) 10:30- Simple Stretches-(P) 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 2pm-Guess the Song-(C) 3pm- Courtyard Fun-(C) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">12</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 10:30- Larry Batter Performs-(MT)-3A 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;">13</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;">14 Columbus Day</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm- Fall Foliage Trip 2pm- Easy Crafts-(AT) 3pm- Resident Council Meeting-(T) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">15</p> <p>9:30- Morning Sing-(MT) 10:30-Chef's Club-TV DINNER- "Bewitched"-3A-(T) 1pm-Alphabet Soup-(C) 2pm- Line Dancing-(P)-2A 3pm- Holistic Helpers- Making Witch Hat Garlic Bread-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Fall Hand Massage-(E)-FR</p>	<p style="text-align: center;">16</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Laughter Yoga-(M) 12:30- Rosary-3A 1pm- Magazine and Coupon Clipping-(T) 2pm- Brendaliz Performs Puerto Rican Dance-(S)-3A 3pm- Pet Visits w/ Keeper-C-(PT) 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">17</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 1pm-Uno Attack-(S) 2pm- Steve the Duo Performs-3A 3pm- Visit to 2nd Fl Library 6pm- Popcorn Club-(S)</p>	<p style="text-align: center;">18</p> <p>9:30- Smile Club Meets-(MS) 10:30-Atkins Fruit Farm Cider and Donuts Trip 1pm- Sing Along w/ Nancy-(MT) 2pm- Witches Splat Art-(AT)-2A 3:30pm- Drumming Class-(P)-3A 6pm- Walking Club-(P)</p>	<p style="text-align: center;">19</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;">20</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;">21</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 style="text-align: center;">22</p> <p>9:30- Morning News and More-(C) 10:30-Wicked Bird House painting 1pm-October Trivia 2pm- Walking Club-(P) 3pm- Holistic Helpers- Making Witch Fingers Bread Sticks-(T)-2A 5:00- Relaxing Meditation and Cinnamon Apples Hand Massages-(E)</p>	<p style="text-align: center;">23</p> <p>9:30- Coffee Talk-2A 10:30- Meditation w/Rob-3A-(M) 12:30- Rosary-3A 1pm- Sing Along Oldies but Goodies 2pm- Drumming w/ Marilyn-(P) 3pm- Beautiful Hymns and Lyrics-(R) 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">24</p> <p>9:30- Concentration Puzzles-(C) 10:30- Woodworking for the men-3A 1pm- Staff Costume Parade-(S)-3A 2pm-Richie Mitnik Performs-(S) 3pm- Coffee and Cookie social 6pm- Popcorn Club-(S)</p>	<p style="text-align: center;">25</p> <p>9:30- Smile Club Meets-(MS) 10:30- Morning Scenic Ride 11:00- Wizards, Warlocks and Wings- Men's Group-Pub 12:30- Rosary-(R) 1pm- Adult Coloring-(T) 2pm-50's Singalong-(S) 3pm-Beading Craft 6pm- Walking Club-(P)</p>	<p style="text-align: center;">26</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Coffee & Tea Social(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">27</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;">28</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- Dance Party-(P) 3pm- Trivia in the Courtyard-(C) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">29</p> <p>9:30- Morning Sing-(MT) 10:30-Penny Ante-(C) 1pm-Alphabet Soup-(C) 2pm- Sin-A-Long 3pm- Holistic Helpers- Making Halloween Snack Mix-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Fall Hand Massage-(E)-FR</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Halloween Party Day!!!!</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Halloween Stretching-FR 12:30- Rosary-(R)-3A 1pm- Shake loose a memory 2pm- Hot cocoa with friends 3pm- Pet Visits w/Keeper- 2A 5-7pm Trick or Treating and Pizza For those who signed up w/ Guests</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Halloween</p> <p>9:30- Concentration Puzzles-(C) 10:00- Coffee House-3A 10:30- Johnny P Performs-3A 1pm-Uno Attack-(S) 2pm- Steve the Duo Performs-3A-(S) 3pm- Words in A word 6pm- Popcorn Club-(S)</p>	<p style="text-align: center;">Code Key</p> <p>P- Physical E- Emotional C- Cognitive M- Meditation/Yoga/Tai Chi 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>