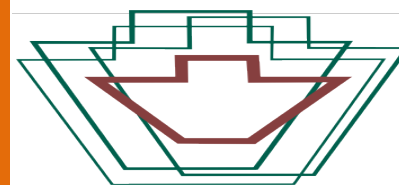




INTERIM MEMORY CARE HOLISTIC PROGRAM OCTOBER 2024



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> <p style="font-size: 1.2em; color: #8B0000;">A Wicked Good Time</p> </div>	<p>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-Golf on the Putting Green 10:30- Magic and Witchcraft Wordsearch-2A-(C) 1pm- Wii Bowling Cheerleaders-(E)- Theater 2pm- Eeristable Web Painting-(AT) 3pm- Holistic Helpers- Making Witch Hat Cupcakes-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Lemon 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 12:30- Rosary-(R)-3A 1pm- Music Therapy w/ Sarah the Fiddler-2A-(MT) 2pm- Wii Bowling Cheerleaders 3pm- Pet Visits w/Keeper- 2A 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">3</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 11:30- Monthly Birthday Luncheon- Pub 1pm- Word Search-(C) 2pm- Halloween Crafts-(T) 3pm- Popcorn Club and Happy Hour- Pub 5:00- Talk and Toss-(P)</p>	<p style="text-align: center;">4</p> <p>9:30- Smile Club-(MS) 10:30-Simple Stretches-(P) 12:30- Rosary- 3A-(R) 1pm- Trivia for Prizes-(C) 2pm- October Paint by Numbers 3:00- Fall Hayride Trip 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">5</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Dime Bingo-(S)-3A 1pm- Wii Bowling- Theater 2pm- 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;">6</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; font-size: 0.8em;">Day of Rest and Face Timing With families</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- Cottage-(MT) 11:30- Lunch Outing @ Panera 1pm- Manicures-(E)-FR 2pm-Corn Hole in the Courtyard-(P) 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">8</p> <p>9:30- Bocce Ball in the Courtyard-(P) 10:30- Left Right Halloween Story-(S) 1pm- Wii Bowling Cheerleaders-(E)-T 2pm- Axe Throwing- (P) 3pm-Holistic Helpers- Making Witch Hat Cookies-(T) 4pm- Whistle While We Work-(T) 5:00- 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- Meditation w/ Sarah-(M) 12:30- Rosary-(R)-3A 1pm- Exercise w/Kelsey-(P)-3A 2pm- Wii Bowling Cheerleaders 3pm- Pet Visits w/Keeper- 2A 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">10</p> <p>9:30- Concentration Puzzles-(C) 10:30- T- Bone Performs-3A-(S) 1pm- Word Search-(C) 2pm- Making Witch Wreaths-(T) 3pm- Popcorn Club and Happy Hour- Pub 5pm- Talk and Toss-(P)</p>	<p style="text-align: center;">11</p> <p>9:30- Smile Club-(MS) 10:30- Cycling-(P)-T 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm- Guess the Song-(S) 3:15- Happy Hour Comedy w. Dan Altano-3A-(E) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">12</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Larry Batter Performs- (S)-3A 1pm- Dime Bingo-(P)-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage- (MS)-FR</p>
<p style="text-align: center;">13</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; font-size: 0.8em;">Day of Rest and Face Timing With families</p>	<p style="text-align: center;">14 Columbus Day</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom- ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm Fall Foliage Scenic Ride 2pm- Balloon Volleyball-3A-(P) 3pm- Resident Council Meeting-(T) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">15</p> <p>9:30-Golf on the Putting Green 10:30- Chef's Club- TV Dinner "Bewitched"-3A-(T) 1pm- Wii Bowling Cheerleaders (E)-T 2pm- Line Dancing-3A 3pm- Holistic Helpers- Making Witch Hat Garlic Bread-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Cinnamon Hand Massage-(E)-FR</p>	<p style="text-align: center;">16</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Laughter Yoga-(M)-C 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm-Brendaliz Performs Puerto Rican Dancing Show-3A-(S) 3pm- Pet Visits w/ Keeper-2A 5:00- Bingo w/ Sarah-(s)-2A</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-(S) 3pm- Popcorn Club and Happy Hour- Pub 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">18</p> <p>9:30- Smile Club Meets-(MS) 10:30- Atkins Farm- Cider and Donuts 12:30- Rosary-3A-(R) 1pm- Halloween Family Feud-(C) 2pm- Witches Splat Art-(AT) 3:30-Drumming Class-(P) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">19</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;">20</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; font-size: 0.8em;">Day of Rest and Face Timing With families</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- Corn Hole-3A-(P) 2pm- Popcorn Club-(S)-FR 3pm- Making Bracelets-(T) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">22</p> <p>9:30- Bocce in the Courtyard-(P) 10:30- Penny Ante-(E) 1pm- Divine Discussion w/ Judy and Laurie- Library 2pm- Wii Bowling Cheerleaders-(T) 3pm- Holistic Helpers- Making Witch Finger Bread Sticks-(T) 5:00- Relaxing Meditation and Apple Hand Massages-(E)</p>	<p style="text-align: center;">23</p> <p>9:30- Coffee Talk-2A 10:30-Meditation w/ Rob-(M)-3A 12:30- Rosary-3A 1pm- Exercise w/ Kelsey-(P)-3A 2pm- Beautiful Hymns with Lyrics-FR 3pm- Pet Visits w/ Keeper-2A 5:00- Simple Crafts-(AT)</p>	<p style="text-align: center;">24</p> <p>9:30- Concentration Puzzles-(C) 10:00- ArtSong w/ Amy-(AT) 10:30- Woodworking-Mens Group-3A 1pm- Staff Costume Parade-3A 2pm-Richie Mitnik Performs-3A-(S) 3pm- Popcorn Club and Happy Hour-FR 5pm- Crafts w/ Sarah-(AT)</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-(S) 12:30- Rosary-3A 1pm- Easy Card Game-(S) 2pm- Crafts-(AT) 6pm- Walking Club-(P)</p>	<p style="text-align: center;">26</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A 2pm- Popcorn Club-FR-(E) 3pm- Manicures and Massage- (MS)-FR</p>
<p style="text-align: center;">27</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; font-size: 0.8em;">Day of Rest and Face Timing With families</p>	<p style="text-align: center;">28</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-€=2A 2pm- Balloon Volleyball-(P) 3pm- Name that Sound-(S) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">29</p> <p>9:30- Golf in the Courtyard-(P) 10:30- Left Right Center-(S) 1pm- Divine Discussion w/ Judy and Laurie- Library 2pm- Wii Bowling Cheerleaders-(T) 3pm- Holistic Helpers- Making Witch Finger Bread Sticks-(T) 5:00- Relaxing Meditation and Apple Hand Massages-(E)</p>	<p style="text-align: center;">30</p> <p style="text-align: center; font-weight: bold; color: #FFD700;">Halloween Party Day!!!!</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Halloween Stretching-FR 12:30- Rosary-(R)-3A 1pm- Exercise w/Kelsey-(P)-3A 2pm- Wii Bowling Cheerleaders 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; font-weight: bold; color: #FFD700;">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- Popcorn Club and Happy Hour- Pub 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center; font-weight: bold; color: #FFD700;">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; font-weight: bold; color: #FFD700;">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>