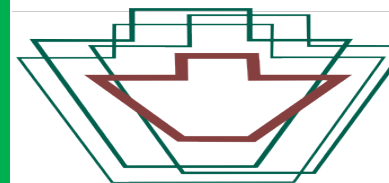




# COTTAGE MEMORY CARE HOLISTIC PROGRAM DECEMBER 2024



## Keystone Commons

*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>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)</i>	2 <i>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 1pm- Manicures-(E)-FR 2pm-Christmas Adult Coloring-(T) 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</i>	3 <i>9:30- Decking the Halls and Trimming the Trees- Carols and Cocoa-3A 1pm- Alphabet Soup-(C) 2pm- Todd Goodwin Presents "Santa Sighting"-3A 3pm-Holistic Helpers- Making Holiday Ambrosia 4pm- Whistle While We Work-(T) 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR</i>	4 <i>9:30- Trivia &amp; Coffee Talk-(C) 10:30- Lawrence Welk Holiday Show-(S) 12:30- Rosary-(R) 1pm- Musical Trivia-(C) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Pet Visits w/Keeper- 2A 5pm- Bright Nights Trip</i>	5 <i>9:30- Concentration Puzzles-(C) 10:30pm- Caroling with the Students from Pathfinder-(E) 10:30-Adaptive Boxing-(P)-3A 1pm- Word Search-(C) 2pm- Holidays A to Z-(C) 3pm- Yarn Rolling for the Knitting Group-(T) 6pm- Talk and Toss-(P)</i>	6 <i>9:30- Smile Club-(MS) 10:30-Making Holiday Paper Train 12:30- Rosary- 3A 1pm- Trivia for Prizes-(C) 2pm- Penny Ante-(E) 3:30- Holiday Drumming-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR</i>	7 <i>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Honky Tonk Piano Man Performs-3A-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</i>
8 <i>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)</i>	9 <i>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 1pm- Manicures-(E)-FR 1pm- Scenic Ride 2pm-Steve the Duo Performs-3A-(S) 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</i>	10 <i>9:30- Baking-2A 10:30- Bob Michaelson Presents "Black Bears"-3A 1pm- Making Sugar Cookies for 3pm 2pm- Line Dancing-2A 3pm-Holistic Helpers- Sugar Cookie decorating 4pm- Whistle While We Work-(T) 6pm- Relaxing Meditation and Fall Hand Massage-(E)-FR</i>	11 <i>9:30- Trivia &amp; Coffee Talk-(C) 10:30- Ballroom Dancing with Michael and Sierra-(P)-3A 12:30- Rosary-(R) 1pm- Making Ornaments-(T) 2pm-Hanging our ornaments and enjoying cocoa and music-(E) 3pm- Pet Visits w/Keeper- 2A 5pm- Bingo w/Sarah-(S)-2A</i>	12 <i>9:30- Concentration Puzzles-(C) 10:00- Artsong-(AT) 11:30- Monthly Birthday Lunch 1pm- Word Search-(C) 2pm- Richie Mitnik Performs-(S) 3pm- Walking Club 6pm- Talk and Toss-(P)</i>	13 <i>9:30- Smile Club-(MS) 10:30-Men's Group-Working on a Holiday Doll House-Pub 12:30- Rosary- 3A 1pm- Easy Card Games-(S) 2pm- Kevin Driscoll Ventriliquist Santa and Friends-3A 3:15- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</i>	14 <i>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Coffee &amp; Tea Social(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</i>
15 <i>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)</i>	16 <i>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 11:30- Hibachi Lunch at Tokyo 2pm- Holiday Manicures-(E)-FR 3pm-Library Vist-2nd Fl 6pm- Travel Video-(E)</i>	17 <i>9:30-Baking-2A 10:30- Holiday Trivia-(C)FR 1pm- Making Holiday Cards for Families-(T) 1:30- Deck The Halls Tour 3:00pm- Holistic Helpers- Making Candy Cane Cheesecake 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Cinnamon Hand Massage-(E)-FR</i>	18 <i>9:30- Trivia &amp; Coffee Chat-(C) 10:30- Laughter Yoga-(M)-C 12:30- Rosary-(R) 1pm-Baking Gingerbread men 2pm- Decorating gingerbread men 3pm- Pet Visits w/ Keeper-2A 5pm- Bright Nights Trip</i>	19 <b>Holiday Party Day</b> <i>Wear Your Festive Gear 10:00- Coffee House-3A 10:30- Larry Batter performs-3A 1pm- Santa and Mrs. Claus Visits for Photoshoot- Billiards Room 2pm- Holiday Popcorn Club-FR 3:00-Christmas Concert-Utube 6:45- Jimmy Mazz Holiday Concert-3A</i>	20 <i>9:30- Smile Club-(MS) 10:30-Men's Group-Working on a Holiday Doll House-Pub 12:30- Rosary-(R) 1-3pm- Celebrating Our Staff for the holidays-3A (Activity Room will be closed for Afternoon) 6pm- Walking Club-(P)</i>	21 <i>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Coffee &amp; Tea Social(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</i>
22 <i>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)</i>	23 <i>9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Holiday Manicures 2pm- Hot Cocoa Social by the Fire(MS) 3pm- Resident Council Meeting-(T) 6pm- Travel Video-(E)</i>	24 <i>9:30- Baking-2A 10:30- Christmas Eve Spiritual Service-3A-(E) 2pm- Holiday Movie with Cocoa and Cookies-Theater-(S) 6pm- Relaxing Meditation and Apple Hand Massages-(E)</i>	25 	26 <i>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 1pm-Adult Christmas Coloring-(AT) 2pm- Puzzles With Friends(C) 3pm- Walking Club 6pm- Talk and Toss-(P)</i>	27 <i>9:30- Smile Club-(MS) 10:30-Morning Donut Social (S) 12:30- Crafts-(AT) 2pm- Rosary-(R) 3pm- Hot Cider and Songs by the Fire-2A-(E) 6pm- Walking Club-(P)</i>	28 <i>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Coffee &amp; Tea Social(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</i>
29 <i>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)</i>	30 <i>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm- Manicures-(E)-2A 2pm- Corn Hole-(P)-3A 3pm- Name that Sound-(S) 6pm- Travel Video-(E)</i>	31 <i>9:30- Baking-2A 10:30- Left Right Center-(S) 1pm-New years Eve Party Make Overs-(MS) 2pm- New Years Prelude Champagne Toast-3A 2:30 Lori Brooks Performs-3A 6pm- Relaxing Meditation and Apple Hand Massages-(E)</i>	<b>Code Key</b> <i>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</i>	<b>Room Key</b> <i>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</i>	<b>Monthly Birthdays</b> <i>12/12- Dolores Yergeau 12/12- Pat Stagnaro 12/19- Christine Veautour 12/20- Rose Phoenix 12/21- Gerry Parent 12/25- Jim McAleer 12/26- Jean Smith 12/31- Monique Breault</i>	<b>Monthly Theme</b> 