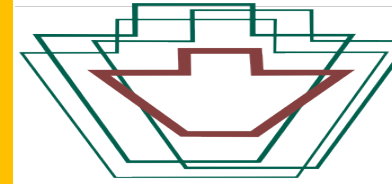


COTTAGE MEMORY CARE HOLISTIC PROGRAM JANUARY 2025



**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;">GOLD RUSH!</p>	<p style="text-align: center;">Monthly Birthdays</p> <p>Jan 2nd - Debbie Walsh Jan 13th - Sophie Gazda Jan 16th - Shirley Nichols Jan 18th - Josephine Carter Jan 21st - Ray Provost Jan 22nd Pat Young Jan 27th George Demers Jan 31st Louise Sedelow</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</p>	<p style="text-align: center;">1</p> <p>2pm- Music Therapy w/ Sarah the Fiddler-(MT)</p>	<p style="text-align: center;">2</p> <p>9:30-12- Activity Appreciation Brunch Staff will be out of the building 1pm- Word Search-(C) 2pm- Mike and Dan Performs-(S) 3pm- Yarn Rolling for the Knitting Group-(T) 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">3 Festival of Sleep Day Wear your PJ's all day</p> <p>9:30- Smile Club-(MS) 10:30-Adaptive Boxing-3A-(P) 12:30- Rosary- (R) 1pm- Trivia for Prizes-(C) 2pm- Penny Ante-(E) 3:30- Cycling-(P) 6pm- Peaceful Scenes and massage-(MS)-FR Breakfast for Dinner</p>	<p style="text-align: center;">4</p> <p>9:30- Spiritual Music-(R) 10:30- Caden Performs Piano-1st Floor Piano Room-(MT) 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)</p>
<p style="text-align: center;">5</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;">6</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 1pm- Manicures-(E) 1pm- Scenic Ride 2pm-50's Sing Along-(S) 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">7 Taking Down the Hallways ☹️</p> <p>9:30- Baking Muffins-(T) 10:30- Wild West Word Search-(C) 1pm- Coffee Chat w/ Friends-(S) 2pm- Tin Can Alley Shooting(S) 3pm-Holistic Helpers- Gold Miners Cupcakes-(T) 4pm- Whistle While We Work-(T) 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR</p>	<p style="text-align: center;">8</p> <p>9:30- Trivia & Coffee Talk-(C) 10:30- Therapeutic Music Video-(MT) 12:30- Rosary-(R) 1pm- Would you Rather?-(C) 2pm- Snack Social-(S) 3pm- Pet Visits w/Keeper- 2A 3:30- Music Therapy Session-2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">9</p> <p>9:30- Concentration Puzzles-(C) 10:00- Artsong-(AT) 10:30- Day at the Spa W/ Pathfinder Students-(E) 1pm- Word Search-(C) 2pm- Table Tops-(T) 3pm- Walking Club 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">10</p> <p>9:30- Smile Club-(MS) 10:30-Best of Musicals on Youtube-(E) 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Adult Coloring-(T) 3:15- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">11</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Sandy Robinson Performs-3A-(S) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">12</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;">13 Happy Birthday 102nd to Sophie</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 11:30- Celebrating Sophie at lunch 2pm- Manicures-(E) 3pm-Library Vist-2nd Fl 6pm- Travel Video-(E)</p>	<p style="text-align: center;">14</p> <p>9:30-Baking Cookies-(T) 10:30- Trivia-(C)FR 1pm- Day 2 of Manicures-(E) 2pm- Snowflake collaborative Project w/ Cottage-(AT) 3:00pm- Holistic Helpers- Making Gold Rush Corn Bake-(T) 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Cinnamon Hand Massage-(E)-FR</p>	<p style="text-align: center;">15</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Exercise w/ Marilyn-(P) 12:30- Rosary-(R) 1pm- A Little Goldrush History-(C) 2pm- Chips and Dips social-(S) 3pm- Pet Visits w/ Keeper-2A 3:30- Music Therapy Session-2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">16</p> <p>9:30- Concentration Puzzles-(C) 10:30- Laughter Yoga-(M)-C 11:30- Monthly Birthday Lunch 1pm- Left Right Center-(S) 2pm- Sarah the Fiddler Performs-(MT)-3A 3pm- Spiritual Singalong-(R) 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">17</p> <p>9:30- Smile Club-(MS) 10:30- Tree Art Project w/ 2A-(AT) 12:30- Rosary-(R) 1pm- Tree Art Project cont.-2A 2pm- Gold Diggers Racing-3A-(S) 3pm- Singalong w/ Nancy-(E) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">18</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;">19</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;">20 Martin Luther King Day</p> <p>9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Manicures-(E) 2pm- Hot Cocoa Social by the Fire(MS) 3pm- Resident Council Meeting-(T) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">21</p> <p>9:30- Coffee Chat-(S) 10:30- Chef's Club- Making Gold Rush Brownies-(T) 2pm- Line Dancing-(P)-2A 3pm- Snowflake collaborative Project w/ Cottage-(AT) 6pm- Relaxing Meditation and Apple Hand Massages-(E)</p>	<p style="text-align: center;">22</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Meditation w/Rob-(M)-3A 12:30- Rosary-(R) 1pm- Crafting Project-(AT) 2pm- Snack Social w/ Friends-(S) 3pm- Pet Visits w/ Keeper-2A 3:30- Music Therapy Session-2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">23</p> <p>9:30- Concentration Puzzles-(C) 10:00- Artsong-(AT)-2A 10:30- Adaptive Boxing-(P)-3A 1pm-Adult Coloring-(T) 2pm- Puzzles With Friends(C) 3pm- Walking Club 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">24</p> <p>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)</p>	<p style="text-align: center;">25</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 2pm- Larry Batter Performs-(S)-3A 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p style="text-align: center;">26</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;">27</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)-2A 2pm- Corn Hole-(P)-3A 3pm- Name that Sound-(S) 6pm- Travel Video-(E)</p>	<p style="text-align: center;">28</p> <p>9:30- Baking Brownies-(T) 10:30- Left Right Center-(S) 1:15- Walking Club-(P) 2pm- Willie Ninger Performs-(S)-3A 3pm- Holistic Helpers- Making Trail Mix-(T)-2A 6pm- Relaxing Meditation and Apple Hand Massages-(E)</p>	<p style="text-align: center;">29 Chinese New Year</p> <p>9:30- Breakfast Outing at the Hash House-(S) 10:30- Adult Coloring-(T) 11:30- Chinese New Year Luncheon 12:30- Rosary-(R) 1pm- Andre Rieu Youtube Concert-(E) 3pm- Pet Visits w/ Keeper-2A 3:30- Music Therapy Session-2A 6pm- Puzzle Time-(T)</p>	<p style="text-align: center;">30</p> <p>9:30- Concentration Puzzles-(C) 10:30- Men's Pool Noodle Hockey 1pm- Trivia-(C) 2pm- Richie Mitnik Performs-(S) 3pm- Hang Man-(C) 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">31</p> <p>9:30- Smile Club-(MS) 10:30-Gentle Stretching-(P) 12:30- Rosary-(R) 1pm- Wild West Photoshoot-(E) 3pm- Hot Cider and Songs by the Fire-2A-(E) 6pm- Walking Club-(P) Gold Rush BBQ Dinner</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>