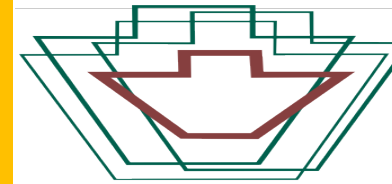




**INTERIM
MEMORY CARE
HOLISTIC PROGRAM
JANUARY 2025**



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p>  <p>GOLD RUSH!</p>	<p>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>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>1pm- 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-3A 3:15pm- Popcorn Club and Happy Hour- Theater 5pm- 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- Documentary-T-(S) 12:30- Rosary- 3A-(R) 1pm- Trivia for Prizes-(C) 2pm- Left Right Center-(S) 3pm-Drumming-(P)-3A 6pm- Peaceful Scenes and massage-(MS)-FR Breakfast for Dinner</p>	<p style="text-align: center;">4</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Caden Performs Piano- 1st Floor Piano Room 1pm- Wii Bowling- Theater 2pm- Honky Tonk Piano Performs-3A-(S) 3pm- Easy Craft w/ Imani</p>
<p style="text-align: center;">5</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p>Day of Rest and Face Timing With families</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)-FR 1pm- Scenic Ride 2pm-Balloon Volleyball-(P) 3pm- Name that Tune-(S) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">7 Taking Down the Hallways ☹️</p> <p>9:30- Baking- Muffins-2A 10:30- Wild West Wordsearch-(C) 1pm- First to 25 Dice Game-(S) 2pm- Tin Can Alley Shooting-(S)-3A 3pm-Holistic Helpers- Gold Miners Cupcakes-(T) 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Fall 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)-FR 12:30- Rosary-(R)-3A 1pm- Exercise w/Alliyah-(P)-3A 2pm- Wii Bowling Cheerleaders-T 3pm- Pet Visits w/Keeper- 2A 3:30- Music Therapy Session-FR 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">9</p> <p>9:30- Concentration Puzzles-(C) 10:00- Artsong-(AT) 10:30- A day at the Spa w/ Pathfinder Students- (E)-C 1pm- Word Search-(C) 2pm- Cycling-(P) 3pm- Popcorn Club and Happy Hour- Pub 5pm- 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-FR-(E) 12:30- Rosary- 3A-(R) 1pm- Easy Card Games-(S) 2pm- Who What Where When-(C) 3:30- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">11</p> <p>9:30- Coffee Chat-2A 10:30- Wii Bowling- Theater 1pm- Dime Bingo-3A 2pm- Sandy Robinson Performs-(S)-3A 3:30- Documentary- FR-€ 3:45- Manicures and Massage- (MS)-FR</p>
<p style="text-align: center;">12</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p>Day of Rest and Face Timing With families</p>	<p style="text-align: center;">13 Celebrating Sophie's 102nd</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 12pm- Visit Cottage for Sophies Party 1pm- Manicures-(E)-FR 2pm- Corn Hole-(P)-3A 3pm-Name that Tune-(S) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">14</p> <p>9:30-Baking-Cookies-2A 10:30- Trivia-(C)FR 1pm- Divine Discussion w/ Judy and Laurie- Library 2pm- Snowflake collaborative Project w/ Cottage-(AT) 3pm- Holistic Helpers- Making Gold Rush Corn Bake-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Cinnamon Hand Massage-(E)-FR</p>	<p style="text-align: center;">15</p> <p>9:30- Triva and Coffee Talk- (C) 10:30- Strength Training-(P) 12:30- Rosary-3A 1pm- Exercise w/Alliyah-(P)-3A 2pm- Wii Bowling Cheerleaders 3pm- Pet Visits w/ Keeper-2A 3:30- Music Therapy Session-FR 5pm- Bingo w/Sarah-(S)-2A</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-Mad Libs-(C) 2pm- Sarah the Fiddler Performs-3A 3pm- Popcorn Club and Happy Hour-FR 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">17</p> <p>9:30- Smile Club-(MS) 10:30- Tree Art Project-(AT) 12:30- Rosary-3A 1pm- Tree Art Project Cont... 2pm-Gold Diggers Racing-(P)-3A 3pm-Golden Trivia-FR 6pm- Walking Club-(P)</p>	<p style="text-align: center;">18</p> <p>9:30- Coffee and Words of Wisdom-(C)-FR 10:30- Bingo for Prizes-3A 1pm- Wii Bowling- Theater 2pm- Popcorn Club-FR-(E) 3pm- Easy Craft w/ Imani</p>
<p style="text-align: center;">19</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p>Day of Rest and Face Timing With families</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)-FR 2pm- Updating Shadow Boxes 3pm- Resident Council Meeting-(T) 5:00- Puzzle Time-(T)</p>	<p style="text-align: center;">21</p> <p>9:30- Baking Brownies-2A 10:30- Chef's Club- Gold Fever Chicken Sandwich-(T)-3A 1pm- Walking Club-(P) 2pm- Line Dancing-2A-(P) 3pm- Holistic Helpers- Making Gold Rush Brownies-(T) 4pm- Whistle While We Work-(T) 5:00- Relaxing Meditation and Apple Hand Massages-(E)</p>	<p style="text-align: center;">22</p> <p>9:30- Triva and Coffee Talk- (C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-3A 1pm- Exercise w/Alliyah-(P)-3A 2pm- Wii Bowling Cheerleaders 3pm- Pet Visits w/ Keeper-2A 3:30- Music Therapy session-FR 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">23</p> <p>9:30- Concentration Puzzles-(C) 10:00- Artsong-(AT) 10:30- Adaptive Boxing-(P)-3A 1pm-Mad Libs-(C) 2pm- Trivia-(C) 3pm- Popcorn Club and Happy Hour-FR 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">24</p> <p>9:30- Smile Club-(MS) 10:30- Gentle Stretching-(P) 12:30- Rosary-3A 2pm- Crafts-(AT) 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- Coffee Chat-2A 10:30- Wii Bowling- Theater 1pm- Bingo for Prizes-3A 2pm- Larry Batter Performs-3A-(S) 3pm- Manicures and Massage- (MS)-FR</p>
<p style="text-align: center;">26</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p>Day of Rest and Face Timing With families</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) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">28</p> <p>9:30- Baking-2A 10:30- Left Right Center-(S) 1pm- Divine Discussion w/ Judy and Laurie-(R)-T 2pm- Willie Nininger Performs-(S)-3A 3pm- Holistic Helpers-Making Trail Mix-(T) 5:00- 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) 12:30- Rosary-3A 1pm- Exercise w/ Alliyah-(P)-3A 2pm- Wii Bowling Cheerleaders-T 3:30- Music Therapy Session-FR 5pm- Bingo w/Sarah-(S)-2A</p>	<p style="text-align: center;">30</p> <p>9:30- Concentration Puzzles-(C) 10:30-Men's Pool Noodle Hockey 1pm-Finish the Phrase-(C) 2pm- Richie Mitnik Performs-3A 3pm- Popcorn Club and Happy Hour-FR 5pm- Crafts w/ Sarah-(AT)</p>	<p style="text-align: center;">31</p> <p>9:30- Smile Club-(MS) 10:30- Gentle Stretching-(P) 12:30- Rosary-3A 1pm- Wild West Photoshoot-BR 3pm- Hot Cider and Songs by the Fire-2A-(E) 4:30- Gold Rush BBQ Dinner 6pm- Walking Club-(P)</p>	<p>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>