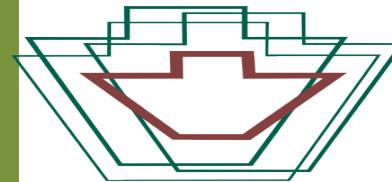




**COTTAGE
MEMORY CARE
HOLISTIC PROGRAM
MARCH 2025**



**Keystone
Commons**
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p>  <p>The Mythical Menagerie</p>	<p>Monthly Birthdays</p> <p>3/8- Florence Fenton 3/22- Cecil Watson 3/25- Carole Minnon 3/29- Lonnie Patenaude Celebrating "85" 3/31- Judith Harmon</p>	<p>Code Key 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>Room Key 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 align="center">1</p> <p>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)</p>
<p>2 Unicorn Week 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 align="center">3</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 1pm- Scenic Ride and Shamrock Shakes-(S) 2pm- Manicules-(E) 3pm- Name that Tune-(S) 6pm- Travel Video-(E)</p>	<p align="center">4 Mardi Gras Fat Tuesday 9:30- Mardi Gras Art Project-(AT) 1pm- Mardi Gras Party w/ Friends-3A 2pm- Linda Chase Performs "Anne Murray" in honor of Ann Demers-3A 3:15pm-Holistic Helpers- Making Unicorn Dip w/ Grahm Crackers-(T) 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR</p>	<p align="center">5 Ash Wednesday 9:30- Coffee Talk-(C) 10:30- Receiving of Ashes-(R) 12:30- Rosary-(R) 1pm- Would you rather.. Trivia- (C) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Pet Visits w/Keeper & Abby 6pm- Puzzle Time-(T)</p>	<p align="center">6</p> <p>9:30- Concentration Puzzles-(C) 10:00- Gentle Stretching-(P) 10:30- Adaptive Boxing-(P)-3A 11:30- Monthly Birthday Lunch 1pm- Word Search-(C) 2pm- Mike and Dan Perform-3A 3pm- Walking Club 6pm- Talk and Toss-(P)</p>	<p align="center">7 Wear your Rainbow 9:30- Smile Club-(MS) 10:30-Making Paper Plate Unicorns 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Adult Coloring 3:15- Drumming Class-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p align="center">8</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Patty Carver Performs-(MT)-3A 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>9 Bigfoot Week 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 align="center">10</p> <p>9:30- Manicules- (E) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 11:45- Lunch Outing- Randalls Garden House 2pm- Axe Throwing-(P)-3A 3pm-Library Vist-2nd Fl 6pm- Travel Video-(E)</p>	<p align="center">11</p> <p>9:30-Seek and Find Bigfoot-(C) 10:30- Trivia-(C)FR 1pm-Day 2 of Manicules 2pm- Line Dancing-2A-(P) 3pm- Holistic Helpers-Making Bigfoot Droppings-(T) 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Hand Massage-(E)-FR</p>	<p align="center">12</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Meditation w/ Rob-(M)-3A 1pm- Bigfoot Trivia 2pm- Bigfoot Hunt around the building-(S) 3pm- Pet Visits w/ Keeper & Abby-2A 6pm- Puzzle Time-(T)</p>	<p align="center">13 Crazy Slipper Day 9:30- Concentration Puzzles-(C) 10:00- Gentle Stretching-(P) 10:30-Table tops 1pm- Left Right Center-(S) 2pm- Sarah the Fiddler Performs 3pm-50's Sing-A-Long 6pm- Talk and Toss-(P)</p>	<p align="center">14</p> <p>9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT)-2A 12:30- Rosary-(R) 1pm - Card games 2pm-Popcorn Club 3pm- Making Shamrocks 6pm- Walking Club-(P)</p>	<p align="center">15</p> <p>9:30- Spiritual Music-(R) 10:30- Caden Performs Piano-1st Floor Piano Room-(MT) 1pm-Popcorn Club-(P) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>16 Leprechaun Week 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 align="center">17 St Patty's Day 9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Manicules-(E) 2pm- Coin Shake Game-(C) 3pm- Resident Council Meeting-(T) 4:30- Traditional Corned Beef Dinner 6pm- Travel Video-(E)</p>	<p align="center">18</p> <p>9:30- Coffee & Chat with friends 10:30- Chef's Club- Reubens and Coleslaw- Green Dessert-(T) 2pm- Roll a leprechaun game-(S) 3pm- Holistic Helpers-Making Green Leprechaun Treats-(T) 6pm- Relaxing Meditation and Green Apple Hand Massages-(E)</p>	<p align="center">19</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- How many words in a word- Leprechaun 12:30- Rosary-(R) 1pm- Adult Coloring 2pm- Making Jello-Playdough w/Holistic (AT) 3pm- Pet Visits w/ Keeper-2A 6pm- Puzzle Time-(T)</p>	<p align="center">20 First Day of Spring 9:30- Concentration Puzzles-(C) 10:00- Artsong w/Amy-(AT)-2A 1pm-Making Stained Glass Butterfly Art-(AT)-Cottage 2pm- Puzzles With Friends(C) 3pm- Walking Club (P) 6pm- Talk and Toss-(P)</p>	<p align="center">21</p> <p>9:30- Smile Club-(MS) 10:30-Morning Donut Social (S) 12:30- Rosary-(R) 1pm- Organizing Activity Cabinets with Marilyn (MS) 3pm- Making Lucky Leprechaun Shadowboxes-(T) 6pm- Walking Club-(P)</p>	<p align="center">22</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 1pm-Popcorn Club-(P) 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
<p>23/30 Loch Ness Week 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 align="center">24/31</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/Rusty-C-MT 1pm- Manicules-(E)-2A 2pm- Corn Hole-(P)-3A 3pm- Name that Sound-(S) 6pm- Travel Video-(E)</p>	<p align="center">25</p> <p>9:30- Baking Brownies-(T) 10:30- Willie Ninger Performs-(MT) 1:15pm-Walking Club 2pm- Loch Ness monster word search-(C) 3pm- Holistic Helpers-Making loch ness monster fruit salad-(T) 6pm- Relaxing Meditation and Minty Hand Massages-(E)</p>	<p align="center">26</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Adult Coloring-(AT) 12:30- Rosary-(R) 1pm- Making Beaded Pens-(T) 2pm-walking club-(P) 3pm- Andre Rieu- Youtube -C 6pm- Puzzle Time-(T)</p>	<p align="center">27 Red Sox Opening Day 9:30- Concentration Puzzles-(C) 10:30-Men's Pool Noodle Hockey 1pm- Trivia-(C)FR 2pm- Richie Mitnik Performs-3A 3pm- Dice Baseball-(P) 4:30- Fenway Franks for Dinner 6pm- Talk and Toss-(P)</p>	<p align="center">28</p> <p>9:30- Sugar Shack Outing for Breakfast 12:30-Spa Day w/ the Pathfinder Students-(E) 2pm-Table Tops-(MS) 3pm- Spring Visiting Outside-C Weather Permitting 6pm- Walking Club-(P)</p>	<p align="center">29</p> <p>9:30- Spiritual Music-(R) 10:00- Relaxing Massage-(MS) 11:15- Keystone Cruisers-(P) 2pm- Larry Batter Performs 3:00- Table Top Tasks-(T) 6:00- Chorus Practice-(MT)</p>
	31- Same as above					