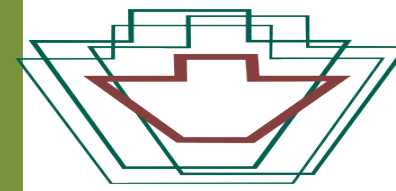




# INTERIM MEMORY CARE HOLISTIC PROGRAM MARCH 2025



**Keystone  
Commons**  
*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Monthly Theme</b> 	<b>Monthly Birthdays</b> 3/8- Florence Fenton 3/22- Cecil Watson 3/25- Carole Minnon 3/29- Lonnie Patenaude <b>Celebrating "85"</b> 3/31- Judith Harmon	<b>Code Key</b> 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	<b>Room Key</b> 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			1 9:30- Coffee Chat-2A 10:30- Bingo For Prizes-3A 1pm- Wii Bowling Theater 2pm- Honky Tonk Piano Man-3A 3pm- Easy Craft w/ Imani
<b>2 Unicorn Week</b> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)  <i>Day of Rest and Face Timing With families</i>	<b>3</b> 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- Unicorn Head Ring Toss-(P)-3A 3pm- Name that Tune-(S) 6pm- Travel Video-(E)	<b>4 Mardi Gras Fat Tuesday</b> 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	<b>5 Ash Wednesday</b> 9:30- Coffee Talk-(C) 10:30- Receiving of Ashes-(R) 12:30- Rosary-(R) 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Would you rather.. Trivia- (C ) 3pm- Pet Visits w/Keeper & Abby 6pm- Puzzle Time-(T)	<b>6</b> 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- Popcorn Club and Happy Hour- Theater 6pm- Talk and Toss-(P)	<b>7 Wear your Rainbow</b> 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	<b>8</b> 9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling Team Play 2pm-Patty Carver Performs
<b>9 Bigfoot Week</b> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)  <i>Day of Rest and Face Timing With families</i>	<b>10</b> 9:30- Fitness Dice-(P) 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) 3pm- Manicures-(E) 6pm- Travel Video-(E)	<b>11</b> 9:30-Seek and Find Bigfoot-(C) 10:30- Trivia-(C)FR 1pm- Divine Discussion w/ Judy and Laurie- Library 2pm- Wii Bowling- Theater 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	<b>12</b> 9:30- Trivia & Coffee Chat-(C) 10:30- Meditation w/ Rob-(M)-3A 1pm- Exercise w/Alliyah-(P)-3A 2pm- Bigfoot Hunt around the building-(S) 3pm- Pet Visits w/ Keeper & Abby-2A 6pm- Puzzle Time-(T)	<b>13 Crazy Slipper Day</b> 9:30- Concentration Puzzles-(C) 10:00- Gentle Stretching-(P) 10:30- Mad Libs-(C) 1pm- Left Right Center-(S) 2pm- Sarah the Fiddler Performs 3pm-Popcorn and Happy Hour-Theater 6pm- Talk and Toss-(P)	<b>14</b> 9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT)-2A 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 2pm- Bocce-(P) 3pm- Making Shamrocks-(AT) 6pm- Walking Club-(P)	<b>15</b> 9:30-Coffee Chat-2A 10:30- Caden Performs on Piano-1 <sup>st</sup> Floor Piano Room 1pm- Wii Bowling-Team Play 2pm- Bingo For Prizes-3A 3pm- Easy Craft w/ Imani
<b>16 Leprechaun Week</b> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)  <i>Day of Rest and Face Timing With families</i>	<b>17 St Patty's Day</b> 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- Green Beer Pong-3A-(S) 3pm- Resident Council Meeting-(T) 4:30- Traditional Corned Beef Dinner 6pm- Travel Video-(E)	<b>18</b> 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)	<b>19</b> 9:30- Trivia & Coffee Chat-(C) 10:30- How many words in a word- Leprechaun 12:30- Rosary-(R) 1pm- Exercise w/ Alliyah-(P) 2pm- Making Jello-Playdough w/Holistic (AT) 3pm- Pet Visits w/ Keeper & Abby-2A 6pm- Puzzle Time-(T)	<b>20 First Day of Spring</b> 9:30- Concentration Puzzles-(C) 10:00- Artsong w/Amy-(AT)-2A 1pm-Making Stained Glass Butterfly Art-(AT) 2pm- Puzzles With Friends(C) 3pm- Popcorn and Happy Hour-Theater 6pm- Talk and Toss-(P)	<b>21</b> 9:30- Smile Club-(MS) 10:30-Hang Man-(C) 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 3pm- Making Lucky Leprechaun Shadowboxes-(T) 6pm- Walking Club-(P)	<b>22</b> 9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling Team Play 2pm- Popcorn Club-Theater
<b>23/30 Loch Ness Week</b> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)  <i>Day of Rest and Face Timing With families</i>	<b>24/31</b> 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- Balloon Volleyball 3pm- Name that Sound-(S) 6pm- Travel Video-(E)  31- Same as above- except 2pm Corn Hole	<b>25</b> 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)	<b>26</b> 9:30- Trivia & Coffee Chat-(C) 10:30- Adult Coloring- (AT) 12:30- Rosary-(R) 1pm- Exercise w/ Alliyah OT-3A 2pm- Making Beaded Pens-(T) 3pm- Andre Rieu- Youtube -C 6pm- Puzzle Time-(T)	<b>27 Red Sox Opening Day</b> 9:30- Concentration Puzzles-(C) 10:30-Men's Pool Noodle Hockey 1pm- Trivia-(C)FR 2pm- Richie Mitnik Performs-3A 3pm- Popcorn Club Happy Hour-T 4:30- Fenway Franks for Dinner 6pm- Talk and Toss-(P)	<b>28</b> 9:30- Sugar Shack Outing for Breakfast 12:30-Spa Day w/ the Pathfinder Students-(E) 2pm-Visits in the Courtyard-C Weather Permitting 3pm- Hot Cider and Songs by the Fire-2A-(E) 6pm- Walking Club-(P)	<b>29</b> 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Team Play 2pm- Larry Batter Performs 3pm- Easy Craft w/ Imani