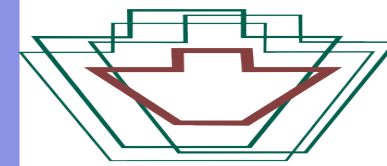


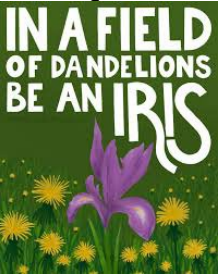



MEMORY CARE COTTAGE MAY 2025



Keystone Commons

A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monthly Theme</p>  <p>IN A FIELD OF DANDELIONS BE AN IRIS</p>	<p>Monthly Birthdays</p> <p>5/5- Leon Griffeth 5/12- Sandy Simmonds 5/13- Marion Buchmann 5/14- Barbara Hand 5/27- Bobbie Bidwell 5/28- Ronald Sullivan 5/30- Bessie Guerette 5/31- Ronald Stebbins 5/31- Jane Kuzdzal</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>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>	<p>1</p> <p>9:30- Concentration Puzzles-(C) 10:00- Gentle Stretching-(P) 10:30- Steps in Time Ballroom Dancing-3A 11:30- Monthly Birthday Luncheon-P 1pm- Word Search-(C) 2pm- Penny Slide Game-(S) 3pm- Walking Club-(P) 6pm- Talk and Toss-(P)</p>	<p>2</p> <p>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- Adult Coloring-(T) 6pm- Walking Club-(P)</p>	<p>3</p> <p>9:30- Spiritual Music-(R) 10am- Relaxing Massage-(E) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 2pm- Honky Tonk Piano Man Performs-(MT)-3A 3pm- Table Top Tasks-(T) 6pm- Chorus Practice-(MT)</p>
<p>4</p> <p>10am- Chalice of Salvation-(R) 10:45- Singalong-(MT) 1pm- Chair Yoga- (M) 2pm- Collaborative Craft- (AT) 3pm- Puzzle Club-(T) 6pm- Soothing Music and Massage- (E)</p>	<p>5 Cinco de Mayo</p> <p>9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 1pm- Cinco De Mayo Photoshoot in the Billiards Room 2pm- Manicures-(E) 3pm- Chips and Salsa Social w/ Cottage-(S) 6pm- Travel Video-(E)</p>	<p>6</p> <p>9:30- Coffee Chat w/ Friends-(S) 10:30- Making Mother's Day Hats-3A 1pm- Outdoor Visit and Walk 2pm- Russel Stovers Factory Tour and Chocolate Tasting-(E) 3:15pm-African Drumming w/ Tara-(P)-3A 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR</p>	<p>7</p> <p>9:30- Coffee Talk-(C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-(R) 1pm- Outdoor Visit and Bubbles 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Pet Visits w/Keeper-2A 6pm- Puzzle Time-(T)</p>	<p>8</p> <p>9:30- Concentration Puzzles-(C) 10:30- Spring Make-overs and Snapchat-(S) 1pm- Word Search-(C) 2pm- Mike and Dan Performs-(MT)-3A 3pm- 50's Singalong-(S) 6pm- Talk and Toss-(P)</p>	<p>9</p> <p>9:30- Smile Club-(MS) 10:30- Reborns with a Reason-(E) 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Popcorn Club-(S) 3:30- Whistle While We Work-(T) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p>10</p> <p>9:30- Spiritual Music-(R) 10am- Relaxing Massage-(E) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3pm- Table Top Tasks-(T) 6pm- Chorus Practice-(MT)</p>
<p>11 Mother's Day</p> <p>10am- Chalice of Salvation-(R) 10:45- Singalong-(MT) 1pm- Chair Yoga- (M) 2pm- Collaborative Craft- (AT) 3pm- Puzzle Club-(T) 6pm- Soothing Music and Massage- (E)</p>	<p>12</p> <p>9:30- Fitness Dice-(P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm- Manicures-FR(E) 2:30- Mother's Day Tea Party w/ Freddie Marion- for our Keystone Ladies- IL Dining Room 3pm- Library Visit on 2nd Floor 6pm- Travel Video-(E)</p>	<p>13</p> <p>9:30-Coffee Chat w/ Friends-(S) 10:30- Trivia-(C)FR 1pm- Birdwatching-C 2pm- Glass Painting-(T) 3pm- Holistic Helpers- Making- No Bake Blueberry Cheesecake-(T) 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Hand Massage-(E)-FR</p>	<p>14</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Horseracing-(S) 1pm- Planet Earth- via Youtube 2pm- Bubbles and Mom Jokes in the Courtyard-(E) 3pm- Pet Visits w/ Keeper-2A 6pm- Puzzle Time-(T)</p>	<p>15</p> <p>9:30- Concentration Puzzles-(C) 10:00- Coffee House-3A 10:30- T- Bone Performs-3A 1pm- Left Right Center-(S) 5:30-7:30- Family COOK-OUT EVENT for those who signed up at front desk- LIMITED SPACE Eclectics Band will Perform 6-7 IN OUR COURTYARD WEATHER PERMITTING</p>	<p>16</p> <p>9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT)-2A 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 2pm- Bocce w/ 2A-(P) 3pm-Making a Paper Quilt Iris-(AT) 6pm- Walking Club-(P)</p>	<p>17</p> <p>9:30- Spiritual Music-(R) 10:30- Caden Performs- 1st floor piano room-(MT) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 2pm- Patty Carver Performs 3pm- Table Top Tasks-(T) 6pm- Chorus Practice-(MT)</p>
<p>18</p> <p>10am- Chalice of Salvation-(R) 10:45- Singalong-(MT) 1pm- Chair Yoga- (M) 2pm- Collaborative Craft- (AT) 3pm- Puzzle Club-(T) 6pm- Soothing Music and Massage- (E)</p>	<p>19</p> <p>9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Tom-ILD -(R) 10:45- Music Therapy w/Rusty-C-(MT) 1pm- Car-o-ke Ride and Ice Cream 3pm- Resident Council Meeting-(T) 6pm- Travel Video-(E)</p>	<p>20</p> <p>9:30- Coffee & Chat with friends-(S) 10:30- Chef's Club- Grill and Chill-(T) 1pm- Outside Visit and Walk 2pm- Line Dancing-2A 3pm- Holistic Helpers- Making- No Purple Crinkle Cookies-(T) 6pm- Relaxing Meditation and Green Apple Hand Massages-(E)</p>	<p>21</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Willie Ninger Performs-(MT) 12:30- Rosary-(R) 1pm- Adult Coloring-(T) 2pm- Penny Ante-(E) 3pm- Pet Visits w/ Keeper-2A 6pm- Puzzle Time-(T)</p>	<p>22</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 11:30- Men's White Hut Lunch in the Pub 1pm- Hangman-(C) 2pm- Yard Pong-3A- Or outside weather permitting 3pm- Walking Club-(P) 6pm- Talk and Toss-(P)</p>	<p>23</p> <p>9:30- Smile Club-(MS) 10:30-Hang Man-(C) 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 2pm- Popcorn Club Special Feature- (T) 6pm- Walking Club-(P)</p>	<p>24</p> <p>9:30- Spiritual Music-(R) 10am- Relaxing Massage-(E) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3pm- Table Top Tasks-(T) 6pm- Chorus Practice-(MT)</p>
<p>25</p> <p>10am- Chalice of Salvation-(R) 10:45- Singalong-(MT) 1pm- Chair Yoga- (M) 2pm- Collaborative Craft- (AT) 3pm- Puzzle Club-(T) 6pm- Soothing Music and Massage- (E)</p>	<p>26</p> <p>9:30- Fitness Dice- (P) 10:45- Music Therapy w/Rusty-C-MT</p> 	<p>27</p> <p>9:30- Baking Muffins-(T) 10:30- Muffins and Reminiscing-(E) 1pm- Nature walk through our main courtyard- (C) 2pm- Patriotic Performance w. Richie Mitnik- (S)-3A 3pm- Holistic Helpers-Making Blueberry pistachio Salad-(T) 6pm- Relaxing Meditation and Minty Hand Massages-(E)</p>	<p>28</p> <p>9:30- Trivia & Coffee Chat-(C) 10:30- Garden Planting Outside Courtyard-(T) 11:30- Scenic Ride and Food Truck in Ludlow 12:30- Rosary-(R) 1 :15pm- Exercise w/ Alliyah OT-T 2pm-Making Iris Hand Bags-(T)-2A 3pm- Pet Visits w/ Keeper-Courtyard 6pm- Puzzle Time-(T)</p>	<p>29</p> <p>9:30- Concentration Puzzles-(C) 10:30- Roger Hart- Inspired by nature- Van Gogh-3A 1pm-A to Z flowers-(C) 2pm-Garden Paint by Numbers-(T) 3pm- Finish the Lyrics-(C) 6pm-Talk and Toss-(P)</p>	<p>30 Celebrating Bessie's 80th</p> <p>9:30- Smile Club-(MS) 10:30- Going on a Picnic Story-C 12:30- Rosary-(R) 1pm-Easy Card Games-(S) 2pm- Table Tops--(T) 3pm- Bowling in the Halls-(P) 6pm- Peaceful Scenes and massage-(MS)-FR</p>	<p>31</p> <p>9:30- Spiritual Music-(R) 10am- Relaxing Massage-(E) 11:15- Keystone Cruisers-(P) 1pm- Popcorn Club-(S) 3pm- Table Top Tasks-(T) 6pm- Chorus Practice-(MT)</p>