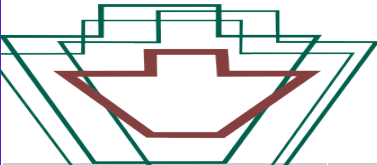


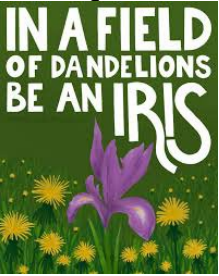




# INTERIM MEMORY CARE HOLISTIC PROGRAM MAY 2025



# Keystone Commons

*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>Monthly Theme</b></p> 	<p style="text-align: center;"><b>Monthly Birthdays</b></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 style="text-align: center;"><b>Code Key</b></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;"><b>Room Key</b></p> <p>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</p>	<p style="text-align: center;">1</p> <p>9:30- Concentration Puzzles-(C) 10:30- Steps in Time Ballroom Dancing-3A 11:30- Monthly Birthday Luncheon-P 1pm- Word Search-(C) 2pm- Penny Slide Game-(S) 3pm- Popcorn Club and Happy Hour- Theater 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">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) 5pm- Walking Club-(P)</p>	<p style="text-align: center;">3</p> <p>9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling Theater 2pm- Honky Tonk Piano Man-3A</p>
<p style="text-align: center;">4</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">5 <b>Cinco de Mayo</b></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- Pool Noodle Hockey-(P)-3A 3pm- Chips and Salsa Social w/ Cottage-(S) 5pm- Travel Video-(E)</p>	<p style="text-align: center;">6</p> <p>9:30- Coffee Chat w/ Friends-2A 10:30- Making Mother's Day Hats w/ Cottage-(E) 1pm- Outdoor Visit and Walk 2pm- Russel Stovers Factory Tour and Chocolate Tasting-(E) 3:15pm-African Drumming w/ Tara-(P)-3A 5pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR</p>	<p style="text-align: center;">7</p> <p>9:30- Coffee Talk-(C) 10:30- Meditation w/ Rob-3A 12:30- Rosary-(R) 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Would you rather.Trivia- (C) 3pm- Pet Visits w/Keeper-(E) 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">8</p> <p>9:30- Concentration Puzzles-(C) 10:30-Adaptive Boxing-(P)-3A 1pm- Word Search-(C) 2pm- Mike and Dan Performs-(S) 3pm- Popcorn Club and Happy Hour- Theater 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">9</p> <p>9:30- Smile Club-(MS) 10:30- Making Spring Pens-(T) 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Adult Coloring 3:30- Drumming Class-(P) 5pm- Peaceful Scenes and massage-(MS)-FR</p>	<p style="text-align: center;">10</p> <p>9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Team Play 2pm- Popcorn Club-Theater 3:15pm- Easy Craft w/ Imani</p>
<p style="text-align: center;">11 <b>Mothers Day</b></p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p> 	<p style="text-align: center;">12</p> <p>9:30- Fitness Dice-(P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 2:30- Mother's Day Tea Party w/ Freddie Marion- for our Keystone Ladies- IL Dining Room 3pm- Manicures-(E) 5pm- Travel Video-(E)</p>	<p style="text-align: center;">13</p> <p>9:30-Coffee Chat w/ Friends-2A 10:30- Trivia-(C)FR 1pm- Divine Discussion w/ Judy and Laurie- Theater 2pm- Wii Bowling Cheerleaders-T 3pm- Holistic Helpers- Making No Bake Blueberry Cheesecake-(T) 4pm- Whistle While We Work-(T) 5pm-Relaxing Meditation and Hand Massage-(E)-FR</p>	<p style="text-align: center;">14</p> <p>9:30- Trivia &amp; Coffee Chat-(C) 10:30- Horseracing-(S) 1:15pm- Exercise w/Alliyah-(P)-3A 2pm- Bubbles and Mom Jokes in the Courtyard-(E) 3pm- Pet Visits w/ Keeper -2A 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">15</p> <p>9:30- Concentration Puzzles-(C) 10:00- Coffee House-3A 10:30- T- Bone Performs-3A 1pm- Pet Therapy w/ Abby-(E) 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 style="text-align: center;">16</p> <p>9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT) 12:30- Rosary-(R) 1pm- Easy Card Games-(S) 2pm- Bocce-(P) 3pm- Paper Quilt "Iris"-(AT) 5pm- Walking Club-(P)</p>	<p style="text-align: center;">17</p> <p>9:30-Coffee Chat-2A 10:30- Caden Performs on Piano-1<sup>st</sup> Floor Piano Room 1pm- Wii Bowling-Team Play 2pm- Patty Carver Performs</p>
<p style="text-align: center;">18</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">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 2pm- Balloon Volleyball-(P)-3A 3pm- Resident Council Meeting-(T) 5pm- Travel Video-(E)</p>	<p style="text-align: center;">20</p> <p>9:30- Coffee &amp; Chat with friends 10:30- Chef's Club- Grill and Chill- Courtyard Weather Permitting 1pm- Outside Visit and Walk 2pm- Line Dancing-2A 3pm- Holistic Helpers- Making Purple Crinkle Cookies-(T) 5pm- Relaxing Meditation and Green Apple Hand Massages-(E)</p>	<p style="text-align: center;">21</p> <p>9:30- Trivia &amp; Coffee Chat-(C) 10:30- Willie Nininger Performs 12:30- Rosary-(R) 1:15pm- Exercise w/ Alliyah-(P) 2pm- Penny Ante-(E) 3pm- Pet Visits w/ Keeper -2A 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">22</p> <p>9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-3A 11:30- Men's White Hut Lunch in the Pub 1pm- Hangman-(C) 2pm- Yard Pong-3A- Or outside weather permitting 3pm- Happy Hour Outside 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">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) 5pm- Walking Club-(P)</p>	<p style="text-align: center;">24</p> <p>9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Team Play 2pm- Popcorn Club-Theater 3pm- Easy Craft w/ Imani-2A</p>
<p style="text-align: center;">25</p> <p>10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S)</p> <p style="text-align: center;"><i>Day of Rest and Face Timing With families</i></p>	<p style="text-align: center;">26</p> <p>9:30- Fitness Dice- (P) 10:30- Music Therapy w/Rusty-C-MT</p> 	<p style="text-align: center;">27</p> <p>9:30- Baking Muffins-(T) 10:30- Muffins and Reminiscing-(E) 1pm- Divine Discussion w/ Judy and Laurie- Theater 2pm- Patriotic Performance w. Richie Mitnik- (S)-3A 3pm- Holistic Helpers-Making Blueberry pistachio Salad-(T) 5pm- Relaxing Meditation and Minty Hand Massages-(E)</p>	<p style="text-align: center;">28</p> <p>9:30- Trivia &amp; 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) 3pm- Andre Rieu- Youtube -C 5pm- Puzzle Time-(T)</p>	<p style="text-align: center;">29</p> <p>9:30- Concentration Puzzles-(C) 10:30- Roger Hart- Inspired by nature- Van Gogh-3A 1pm- Pet Therapy w/ Abby-(E) 2pm- Garden Paint by numbers-(T) 3pm-Popcorn Club and Happy Hour-(S)-Theater 6pm- Talk and Toss-(P)</p>	<p style="text-align: center;">30 <b>Celebrating Bessie's 80th</b></p> <p>9:30- Smile Club-(MS) 10:30- Painting Irises-(AT) 12:30- Rosary-(R) 1pm- Word Mining-(C) 2pm-Boxers or Briefs-(C) 3pm- Drumming Class-(P)-3A 5pm- Walking Club-(P)</p>	<p style="text-align: center;">31</p> <p>9:30-Coffee Chat-2A 10:30-Dime Bingo 1pm- Wii Bowling-Team Play 2pm- Popcorn Club-Theater</p>