

		<div> <div>INTERIM MEMORY CARE</div> <div>HOLISTIC PROGRAM</div> <div>JULY 2025</div> </div>			<div> <div>Keystone Commons</div> <div>A Life Fulfilling Retirement Community</div> </div>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>Monthly Theme</div>  </div>	<div> <div>Monthly Birthdays</div> <div> 7/2 Dorothy Mikaelian 7/3- Jackie Como-90th 7/5- Sandy Gosselin 7/5- Barbara Kuhn 7/5- Elaine Boucher 7/8- Pat Gould 7/9- Una Gagne 7/19- Mary Ellen Fish 7/20- Babbette Laberge 7/23- Donald Kuhn 7/24- Cher DaSilva </div> </div>	<div> <div>1</div> <div> 9:30-Coffee Chat w/ Friends-2A 10:30- Trivia-(C)FR 1pm- Adult Coloring- Blueberries-FR 2pm- Wii Bowling Cheerleaders-T 3pm- Holistic Helpers- Baking for the Bake Sale- Blueberry Pie Bars 4pm- Work up an Appetite Walking 6pm-Relaxing Meditation and Hand Massage-(E)-FR </div> </div>	<div> <div>2</div> <div> 9:30- Coffee Talk-(C) 10:30- Magdalana Presents-(E)-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) </div> </div>	<div> <div>3</div> <div> 9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 11:30- Monthly Birthday Luncheon-P 1pm- Word Search-(C) 2pm- Patriotic Special Feature and Concessions-FR-(S) 4pm- Hand Clapping Exercise-(P) 6pm- Talk and Toss-(P) </div> </div>	<div> <div>4</div> <div> 12:45- 4th of July Cook-out  </div> </div>	<div> <div>5</div> <div> 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Theater 2pm- Honky Tonk Piano Man-3A </div> </div>
<div> <div>6</div> <div> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families </div> </div>	<div> <div>7</div> <div> 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 11:30- Lunch Outing Food Truck Silos of Hadley 3pm- Manicures in the Courtyard-(E) 5pm- Travel Video-(E) </div> </div>	<div> <div>8</div> <div> 9:30- Easy Stretching-(P) 10:30- Top 10 unwrapped videos-FR 1pm- Outdoor Visit and Walk 2pm- Wii Bowling Cheerleaders-T 3:15pm-Holistic Helpers- Baking for the Bake Sale- Blueberry Fritters 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR </div> </div>	<div> <div>9</div> <div> 9:30- Coffee Talk-(C) 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary-T 1:15pm-Exercise w/ Aalliyah OT-T 1:30- Mark from Berkshire Hills Performs-3A 2pm- Root beer Floats and Bubbles in the Courtyard-(S) 3pm- Pet Visits w/Keeper-(E) 5pm- Puzzle Time-(T) </div> </div>	<div> <div>10</div> <div> 9:30- Concentration Puzzles_-(C) 10:00 Artsong w/ Amy-(AT) 1pm- Word Search-(C) 2pm- Steve the Duo Performs-3A 3:15- African Drumming w/ Tara-3A-(P) 6pm- Talk and Toss-(P) </div> </div>	<div> <div>11</div> <div> 9:30- Smile Club-(MS) 10:30- What's the Scoop Game-(C) 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm-Photo Finish Summer Bouquet Project-(AT) 3pm- Spiritual word Search-(R) 5pm- Peaceful Scenes and massage-(MS)-FR </div> </div>	<div> <div>12</div> <div> 9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling Team Play-Theater 2pm- Sandy Robinson Peforms-3A </div> </div>
<div> <div>13</div> <div> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families </div> </div>	<div> <div>14</div> <div> 9:30- Fitness Dice-(P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm- Lupa Zoo Trip 3pm- Manicures-(E) 5pm- Travel Video-(E) </div> </div>	<div> <div>15</div> <div> 15 Massage Therapy 1-4pm 9:30-Coffee Chat w/ Friends-2A 10:30- Yahtzee-(C) 1pm- Divine Discussion w/ Judy and Laurie- Theater 2pm- Wii Bowling Cheerleaders-T 3pm- Holistic Helpers- Baking for the Bake Sale- Lemon Blueberry Loaves 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Hand Massage-(E)-FR </div> </div>	<div> <div>16</div> <div> 9:30- Trivia & Coffee Chat-(C) 10:30- Horseracing-(S) 1:15pm- Exercise w/Aalliyah-(P)-3A 2pm- Boxers or Briefs-(C) 3pm- Pet Visits w/ Keeper -2A 5pm- Puzzle Time-(T) </div> </div>	<div> <div>17</div> <div> 9:30- Concentration Puzzles-(C) 10:00- Coffee House-3A 10:30- T-Bone Performs-3A 1pm- Hang Man-(C) 2pm- Fishing Game-(S) 3pm-Popcorn Club and Happy Hour-Theater 6pm-Talk and Toss-(P) </div> </div>	<div> <div>18</div> <div> 9:30- Smile Club-(MS) 12:30- Rosary-(R) 1pm- Ice cream Scenic Ride Outing-(S) 3pm- Documentary-FR 5pm- Walking Club-(P) </div> </div>	<div> <div>19</div> <div> 9:30-Coffee Chat-2A 10:30- Caden Performs on Piano-1st Floor Piano Room 1pm- Wii Bowling-Team Play- Theater 2pm- Bingo for Prizes-3A </div> </div>
<div> <div>20</div> <div> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families </div> </div>	<div> <div>21</div> <div> 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- Yard Pong-Courtyard-(P) 3pm- Resident Council Meeting-(T) 5pm- Travel Video-(E) </div> </div>	<div> <div>22</div> <div> 9:30- Coffee & Chat with friends 10:30-Words in a Word-2A 1pm- Holistic Helpers- Blueberry Swirl Yogurt Bites 2pm- Line Dancing-2A 3pm- Outside Visit and Walk 6pm- Relaxing Meditation and Green Apple Hand Massages-(E) </div> </div>	<div> <div>23</div> <div> 9:30- Trivia & Coffee Chat-(C) 10:30- Light Stretching-(P) 12:30- Rosary-(R) 1:15pm- Exercise w/ Aalliyah-(P) 2pm- Cold Treats in Courtyard 3pm- Pet Visits w/ Keeper -2A 5pm- Puzzle Time-(T) </div> </div>	<div> <div>24</div> <div> 9:30- Concentration Puzzles-(C) 10:30- Kazoo and You-(S)-3A 1pm- Hangman-(C) 2pm- Mike and Dan Perform-3A 3pm- Happy Hour Outside 6pm- Talk and Toss-(P) </div> </div>	<div> <div>25</div> <div> Blueberry Bake Sale 9-1pm and 4-6pm- Lobby 9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT)-2A 10:30-Adaptive Boxing-(P)-3A 12:30- Rosary-(R) 1pm- Visit the Bake Sale 2pm- Popcorn Club Special Feature- (T) 5pm- Walking Club-(P) </div> </div>	<div> <div>26</div> <div> 9:30- Coffee Chat-2A 10:30- Wii Bowling Team Play- Theater 2pm- Dime Bingo-3A </div> </div>
<div> <div>27</div> <div> 10:30- Mass on TV-2A-(R) 1:30- Exercise-2A-(P) 2:30- Popcorn Club-FR-(S) Day of Rest and Face Timing With families </div> </div>	<div> <div>28</div> <div> 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm- Musical Bingo-(S) 2pm- Pool Noodle Hockey-3A-(P) 3pm- Manicures-(E) 5pm- Travel Vidoe-(E) </div> </div>	<div> <div>29</div> <div> 9:30- Coffee & Chat with friends 10:30- Chef's Club- Chopped summer salad with Chicken and Blueberry 1pm- Divine Discussion w/ Judy and Laurie- Library 1pm- Holistic Helpers- Mixed Berry Salad 2pm- Willie Nininger Performs-3A 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR </div> </div>	<div> <div>30</div> <div> 9:30- Men's Breakfast- Blueberry Pancakes and Bacon or Sausage-3A 12:30- Rosary-(R) 1:15- Exercise w/ Aalliyah-(P) 2pm- Freeze pops w/Cottage 3pm- Pet Visits w/ Keeper -2A 5pm- Puzzle Time-(T) </div> </div>	<div> <div>31</div> <div> 9:30- Concentration Puzzles-(C) 10:30- Steps in Time Ballroom-(P)-3A 1:00-Whats the Scoop Game-(C) 2pm- Richie Mitnik Performs-(S)-3A 3:15- Popcorn Club and Happy Hour- Theater-(S) 6pm- Talk and Toss-(P) </div> </div>	<div> <div>Room Key</div> <div> 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 </div> </div>	<div> <div>Code Key</div> <div> 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 </div> </div>

