

<div>  <div> INTERIM MEMORY CARE HOLISTIC PROGRAM AUGUST 2025 </div>  <div> Keystone Commons <i>A Life Fulfilling Retirement Community</i> </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>Monthly Theme</div>  </div>	<div> <div>Monthly Birthdays</div> <div> 8/9- Gloria Cyranowski 8/10- Donald Lever 8/14- Jeannine Dube “95th” 8/16- Bob MacGregor 8/18- Charlotte Kites 8/20- Grace Snow 8/23- Bill Henry </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 PT- Pet Therapy </div> </div>	<div> <div>Artist Showcase</div> <div> Happening in the coming months August- Frank Sisk- Etching September- Dolores Yergeau- Painting October- Helen Ham- Painting Visit the Library during set times to view artist work and talk with the artist </div> </div>	<div> <div>1</div> <div> 9:30- Smile Club-(MS) 10:30- Cover That Number-(C)-FR 12:30- Rosary- (R)-FR 1pm- Easy Card Games-(S)-2A 2pm- Exercise w/ Sarah-(P)-FR 3pm- Happy Hour and Virtual Piano concert w/ Steven-3A-(S) 5pm- Peaceful Scenes and massage(MS)-FR </div> </div>	<div> <div>2</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>3</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>4</div> <div> 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-Cottage-(MT) 1pm- Ice cream at Mr. Cone and Scenic Ride 2pm- Balloon Volleyball-(P)-3A 3pm- Manicures in the Courtyard-(E) 5pm- Travel Video-(E) </div> </div>	<div> <div>5</div> <div> 9:30- Easy Stretching-(P) 10:30- Kazoo and You-(MT)-3A 1pm- Outdoor Visit and Walk 2pm- Wii Bowling Cheerleaders-T 3:15pm-Holistic Helpers- Peacock Fruit platter-(T)- Cottage 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR </div> </div>	<div> <div>6</div> <div> 9:30- Coffee Talk-(C) 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary-T 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Pet Visits w/Abby-(PT)-FR 3pm- Scarf Exercises-(P)-FR 5pm- Puzzle Time-(T) </div> </div>	<div> <div>7</div> <div> 9:30- Concentration Puzzles-_(C) 10:30- Reborns w/ Reason-(E)-C 11:30- Monthly Birthday Lunch-Pub-(S) 1pm- Word Search-(C) 2pm- Summer Categories Game 3pm- Popcorn Club and Happy Hour- Theater 6pm- Talk and Toss-(P) </div> </div>	<div> <div>8</div> <div> 9:30- Smile Club-(MS) 10:00 Artsong w/ Amy-(AT) 10:30- Dog Days Guessing Game 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Pool Noodle Stamping-(AT)-C 3pm- Drumming Class-(P)-3A 5pm- Peaceful Scenes and massage-(MS)-FR </div> </div>	<div> <div>9</div> <div> 9:30- Coffee Chat-2A 10:30- Caden Performs on Piano-1st Floor Piano Room 1pm- Wii Bowling Team Play 2pm- Laura Hicks Performs </div> </div>
<div> <div>10</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>11</div> <div> 9:30- Fitness Dice-(P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm- Iced tea and Trivia-(C) 2pm- Dave Colucci Performs-3^a-(MT) 3pm- Manicures-(E) 5pm- Travel Video-(E) </div> </div>	<div> <div>12</div> <div> 9:30-Coffee Chat w/ Friends-2A 10:30- Yahtzee-(C) 1pm- Freezer Pops and Bubbles-(C) 2pm- Wii Bowling Cheerleaders-T 3pm- Holistic Helpers- Making Triple Berry Fruit Pizza-(T)- Cottage 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Hand Massage-(E)-FR </div> </div>	<div> <div>13</div> <div> 9:30- Trivia & Coffee Chat-(C) 10:30- Horseracing-(S) 1:15pm- Exercise w/ Alliyah OT-T 1 :30- Mark from Berkshire Hills Performs-3A 2pm- Pet Visits w/ Abby-(PT)-FR 3:15- African Drumming w/Tara- Il Dining Room 5pm- Puzzle Time-(T) </div> </div>	<div> <div>14</div> <div> 9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 1pm- Hang Man-(C) 2pm- Docs of Dixie Performs-(S)-3A 3pm-Popcorn Club and Happy Hour-Theater 6pm-Talk and Toss-(P) </div> </div>	<div> <div>15</div> <div> 9:30- Smile Club-(MS) 11:30- Lunch Outing Rondeau's Footlong Hot Dogs and ice cream 12:30- Rosary-(R) 1pm- Easy Card Games-(C) 2pm- Bocce Ball w/ Cottage_(P) 3pm- Drumming Class-(P)-3A 5pm- Walking Club-(P) </div> </div>	<div> <div>16</div> <div> 9:30-Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling-Team Play- Theater 2pm- Dave Brinnel and Lisa Carter Perform-3A </div> </div>
<div> <div>17</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>18</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>19</div> <div> 9:30- Coffee & Chat with friends 10:30- Chef's Club-Sundae Supper 1pm- Divine Discussion w/ Judy and Laurie- Theater 2pm- Wii Bowling Cheerleaders-T-(S) 2pm- Line Dancing-2A 3pm- Holistic Helpers- Making Peacock Cupcakes-(T) 6pm- Relaxing Meditation and Green Apple Hand Massages-(E) </div> </div>	<div> <div>20</div> <div> 9:30- Trivia & Coffee Chat-(C) 10:30- Men's Group w/ George- Donuts and Coffee-(S)-Pub 10:30- Adult Coloring-Peacocks-FR 12:30- Rosary-(R) 1:15pm- Exercise w/ Aalliyah-(P)-3A 2pm- Pet Visits w/ Abby-(PT)-FR 3pm- Watermelon in the Courtyard 5pm- Puzzle Time-(T) </div> </div>	<div> <div>21</div> <div> 9:30- Concentration Puzzles-(C) 10:00- Coffee House-3A 10:30- Roger Hart Presents One w/ Nature Slide Presentation-3A 1pm- Hangman-(C) 2pm- Faux Oil Painting w/ Cottage-(AT) 3pm- Popcorn Club and Happy Hour-Theater 6pm- Talk and Toss-(P) </div> </div>	<div> <div>22</div> <div> 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 Artist Corner- Library-(E) 2pm- Popcorn Club Special Feature- (T) 3:30pm- Trip to Horse Farm for Wagon Ride 5pm- Walking Club-(P) </div> </div>	<div> <div>23</div> <div> 9:30- Coffee Chat-2A 10:30- Wii Bowling Team Play- Theater 2pm- Dime Bingo-3A </div> </div>
<div> <div>24</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 31 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>25</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>26</div> <div> 9:30- Coffee & Chat with friends 10:30- Marty Gitlin presents Film Classics-3A 1pm- Divine Discussion w/ Judy and Laurie-Theater 2pm- Wii Bowling Cheerleaders-T-(S) 3pm-Holistic Helpers Making Banana Split Bites=(T) 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR </div> </div>	<div> <div>27</div> <div> 9:30- Trivia & Coffee Chat-(C) 10:30- Making illuminated mandalas-(AT) 12:30- Rosary-(R) 1:15- Exercise w/ Aalliyah-(P) 2pm- Pet Visits w/ Abby-FR-(PT) 3pm- World of Peacocks- Youtube-FR 5pm- Puzzle Time-(T) </div> </div>	<div> <div>28</div> <div> 9:30- Concentration Puzzles-(C) 10:30- Adult Coloring- Peacocks(T)-FR 1:00-Whats the Scoop Game-(C) 2pm-Larry Batter Performs-(S)-3A 3:15- Popcorn Club and Happy Hour- Theater-(S) 6pm- Talk and Toss-(P) </div> </div>	<div> <div>29</div> <div> 9:30- Smile Club-(MS) 10:30- Horses in the Courtyard-(E) 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Peacock Project-(AT) 3pm- Drumming Class-(P)-3A 5pm- Peaceful Scenes and massage-(MS)-FR </div> </div>	<div> <div>30</div> <div> 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Theater 2pm- Joanne and Donna Lee Perform-3A </div> </div>