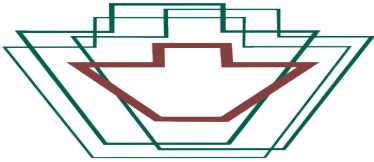




# INDEPENDENT LIVING

## SEPTEMBER 2025



# Keystone Commons

*A Life Fulfilling Retirement Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Monthly Theme</u></b> 	<b>1</b> <i>9:30- Shopping in Chicopee</i> 	<b>2</b> 9:30- Topic Talks-3A 10:00- Blood Pressure Clinic-Pub 10:30- Kazoo and You-3A <i>1pm-Reading of the Newsletter-Pub</i> <i>For those who are visually impaired</i> 1pm- Wii Bowling- Theater 2pm- Painting Class-3A <i>3:15- Blackjack Gold- \$25.00-3A</i> 6:45- Popcorn Club- Theater	<b>3</b> <i>9:30- Hubbard Coffee Chat and Dani's Magical Sourdough-3A</i> <i>10:30- Meditation w/ Rob-3A</i> 12:30- Rosary-T <i>1:15pm-Exercise w/ Alliyah OT-T</i> 2pm- Wii Bowling- Theater <i>3:30pm- Tchotchke Bingo-3A</i> 6:45- Rummikub-Billiard	<b>4</b> <i>9:30- Around the World Breakfast Club- Courtyard-</i> <i>10:30- Double Card Bingo</i> <i>2.50 to play- Courtyard</i> <i>11:30- Monthly Birthday Luncheon</i> 1pm- Jeopardy for Amateurs-3A <i>2pm- Mike and Dan Performs-3A</i> 3:15- Help Your Neighbor- Card Game-3A 6:45- Canasta-Pub 6:45- Kings in the Corner- Billiards	<b>5</b> <i>9:30- Coffee and Brain Games-3A</i> <i>10:30- Bus leaves for Hadley Mall to see "Hamilton"</i> 12:30- Rosary-Theater 1pm- Wii Bowling-Theater <i>1pm- Mark Palardy from Berkshire Hills Performs-3A</i> <i>3:30- Upwords- Billiards</i> <i>4pm- Happy Hour -Cocktails with a Literary Twist-Pub</i> 6:45- Crazy 8's- Billiards	<b>6</b> 9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling Theater <i>2pm- Honky Tonk Piano Man</i> <i>3:15- Newsletter Committee Meets-Pub -</i>
<b>7</b> <i>Grandparents Day</i> Mass at St Elizabeth's <i>2pm- Rummikub-Billiards</i> <i>2pm- Make Your Own Sundae- IL Dining Room</i>	<b>8</b> <i>Assisted Living Week</i> <i>9:30- Shopping in Ludlow</i> 10:00- Communion w/ Deacon Tom IL Vestibule 10:30- Boggle-Billiards 12:30- Rosary-Theater <i>1pm Writing for Fun Just Cuz-Pub</i> 2pm- Balloon Volleyball-3A 3:15- Wii Bowling- Theater 3:15- Canasta Billiards Room 6:45- Quarter Bingo with Harriet-Pub	<b>9</b> <i>Celebrating John R's 90<sup>th</sup></i> 9:30- Topic Talks-3A 10:00- Blood Pressure Clinic-Pub <i>10:30- Bob Michelson Presents "All About Foxes"- 3A</i> 1pm- Wii Bowling- Theater 2pm- Painting Class-3A 3:15- Nickels-3A- 2.00 in nickels 6:45- Popcorn Club- Theater <i>Wear Your Favorite Fall Sweater</i>	<b>10</b> 9:30- Hubbard Coffee Chat -3A 10:30- Meditation w/Lynn and Amy <i>11:30- Bus leaves to make Lunch for the Ronald McDonald House</i> 12:30- Rosary-T 1pm- Grief Support Group-Pub <i>1:15pm-Exercise w/ Alliyah OT-T</i> 2pm- Joanne and Donna Lee Performs-3A 3:30pm- Dime Bingo-3A 6:45- Rummikub-Billiard	<b>11</b> 9:30- Coffee Chat and Chronicles <i>10:30- Adaptive Boxing-3A</i> 1pm- Literature Jeopardy for Amateurs-3A 2pm- Richie Mitnik Performs-3A 3:15- Trash Card Game-3A <i>5:15- Candlelight Dinner and Reveal Of Fall centerpieces</i> 6:45- Canasta-Pub 6:45- Kings in the Corner- Billiards	<b>12</b> <i>9:30- Outing for Walk and Tandem Bagels</i> 12:30- Rosary- Theater <i>1pm- Lewis and Clark Bingo-3A</i> 1pm- Wii Bowling-Theater <i>2pm- Mime Performance by Rob Rivest-3A</i> 3:15- Sequence- Billiards Room 4pm- Happy Hour-Pub 6:45- Crazy 8's- Billiards	<b>13</b> 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Team Play <i>2pm- Teri Lafleur and Bella Voce Performs-3A</i>
<b>14</b> Mass at St Elizabeth's <i>2pm- Rummikub-Billiards</i>	<b>15</b> <i>9:30- Shopping in Chicopee</i> 10:00- Communion w/ Deacon Tom IL Vestibule <i>10:30- African Drumming w/ Tara- IL</i> <i>11:30- Lunch Outing to the Traveler Restaurant in Union CT</i> 12:30- Rosary-T 2pm- Yard Pong-3A 3:15- Wii Bowling Theater 3:15- Canasta-Billiards Room <i>6:45- Quarter Bingo with Judy and Laurie- Pub</i>	<b>16</b> 10:00- Blood Pressure Clinic- Pub <i>10:30-Making a Book Bouquet- Signs up necessary see sign up book Followed by lunch-3A</i> 1pm- Wii Bowling- Theater 2pm- Painting Class-3A 3:15- Blackjack-Dollar Buy-in 6:45- Popcorn Club- Theater	<b>17</b> 9:30- Hubbard Coffee Chat Theater 10:30-Wii Trivia- Theater <i>11:30- Lunch Outing to the Student Prince</i> 12:30- Rosary-T <i>1:15pm- Exercise w/ Alliyah OT-T</i> 1pm- Wii Bowling-Theater 2pm- Johnny P Performs-3A <i>3:15- BookMark Bingo-Pub</i> 6:45- Rummikub-Billiards	<b>18</b> 9:30- Coffee Chat and Chronicles <i>10:30- Show and tell Favorite Authors- Start of our New Book Club Breakfast Group-Pub</i> 1pm- Jeopardy for Amateurs-3A <i>2pm- Sarah the Fiddler Performs-3A</i> <i>3:30 pm- Caretenders Presents Mindfullness-Pub</i> 6:45- Canasta-Pub 6:45- Kings in the Corner-Billiards	<b>19</b> 9:30- Coffee and Concentration Puzzles-3A 10:30- Drumming Class-3A 12:30- Rosary-T 1pm- Wii Bowling- Theater 3pm- Pokeno-3A 4pm- Happy Hour- Pub 6:45- Nachos Loco- Billiards	<b>20</b> 9:30-Coffee Chat-2A <i>10:30- Caden Performs on Piano-1<sup>st</sup> Floor Piano Room</i> 1pm- Wii Bowling-Team Play 2pm- Dime Bingo-3A <i>3:15- Newsletter Committee Meets-Pub</i>
<b>21</b> Mass at St Elizabeth's <i>2pm- Rummikub-Billiards</i>	<b>22</b> <i>First Day of Autumn</i> <i>9:30- Shopping to Ludlow</i> 10:00- Communion w/ Deacon Tom IL Vestibule 10:30- Quiddler- Billiards 12:30- Rosary-T <i>1pm- Writing for Fun Just Cuz-Pub</i> 3:15- Canasta- Billiards Room 3:15- Wii Bowling-Theater 6:45- Quarter Bingo w/ Denise-Pub	<b>23</b> 9:30- Topic Talks-3A 10:00- Blood Pressure Clinic- Pub <i>10:30- Chef's Club-Pasta w/ Sausage and Fennel-3A</i> <i>1pm- Divine Discussion w/ Judy and Laurie- Theater</i> 2pm- Wii Bowling- Theater <i>2pm- Line Dancing-2A</i> 3:15- Blackjack- Dollar Buy-in 6:45- Popcorn Club- Theater	<b>24</b> 9:30- Hubbard Coffee Chat-3A <i>10:30- Men's Group w/ George-Pub Donuts and Coffee</i> 12:30- Rosary-T <i>1:15- Exercise w/ Aaliyah-3A</i> <i>2pm- Making Book Paper Roses-3A</i> 2pm- Wii Bowling- Theater 3:30- Ladder Bingo-3A <i>4pm- Wine Down Wednesday-Pub</i> 6:45- Rummikub-Billiards	<b>25</b> <i>Massage Therapist 1-4pm</i> 9:30- Coffee Chat and Chronicles <i>10:30- Adaptive Boxing-3A</i> 1pm- Giant Crossword Puzzle-3A <i>2pm- Jimmy Mazz Performs-3A</i> 3:15- Popcorn Club-Theater 3:15- Go Boom Card Game-BR 6:45- Canasta- Pub	<b>26</b> <i>Celebrating Carols 90<sup>th</sup></i> 9:30- Coffee and Brain Games-3A 10:30- Drumming Class-3A 12:30- Rosary-T 1pm- Wii Bowling for newbies-T <i>1pm- Food Meeting-Pub</i> 2pm Pokeno-3A <i>3pm- Artist Reception for Dolores Yergeau- Library</i> 4pm- Happy Hour-Library 6:45- Crazy 8's- Billiards	<b>27</b> <i>Celebrating Denise's 85<sup>th</sup></i> 9:30- Coffee Chat-2A 10:30- Wii Bowling-Team Play 2pm- Bingo for Prizes-3A
<b>28</b> Mass at St Elizabeth's <i>2pm- Rummikub-Billiards</i>	<b>29</b> <i>9:30- Shopping in Chicopee</i> 10:00- Communion w/ Deacon Tom IL Vestibule 10:45- Game-Billiards 12:30- Rosary-Theater <i>2pm- Resident Council Meeting-3A</i> 3:15- Wii Bowling-Theater 3:15- Canasta- Billiards Room 6:45- Quarter Bingo with Harriet-Pub	<b>30</b> 9:30- Topic Talks-3A 10:00- Blood Pressure Clinic-Pub <i>10am- Coffee House-3A</i> <i>10:30- Willie Nininger Performs-3A</i> <i>1pm- Divine Discussion w/ Judy and Laurie-Theater</i> 2pm- Wii Bowling- Theater 3:15- Blackjack- Dollar buy-in-3A 6:45- Popcorn Club- Theater		<b>Artist Showcase</b> <b>Happening in the coming months</b> September- Dolores Yergeau- Painting October- Helen Ham- Painting  Visit the Library during set times to view artist work and talk with the artist	<b>Monthly Birthdays</b> 9/4- Regina Nowak 9/4- Barbara Guyer 9/9- John Reed- 90 <sup>th</sup> 9/9- Ray Hand 9/10- Norman Lussier 9/11- Helen Ham 9/24- Tony Lymneos 9/26- Carol Grise-90 <sup>th</sup> 9/27- Denise Lussier- 85 <sup>th</sup>	*Activities are Subject to Change Amy Creasia Programming Specialist <a href="mailto:ACreasia@keystonesenior.com">ACreasia@keystonesenior.com</a>