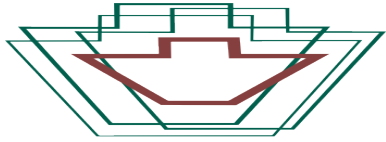




INTERIM MEMORY CARE
HOLISTIC PROGRAM
SEPTEMBER 2025



Keystone
Commons
A Life Fulfilling Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Monthly Theme</u> 	1 	2 9:30- Easy Stretching-(P) 10:30- Kazoo and You-(MT)-3A 1pm- Wii Bowling Cheerleaders-T 2pm-Collaborative Book Art Piece w/ Cottage-(AT)-2A 3:15pm-Holistic Helpers- Making Bookworm cupcakes-(T) 5pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR	3 9:30- Coffee Talk-(C) 10:30- Meditation w/ Rob-3A-(M) 12:30- Rosary-T 11:30- Lunch w/ Kind Hands Residents 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 2pm- Pet Visits w/Abby-(PT)-FR 3pm- Scarf Exercises-(P)-FR 5pm- Puzzle Time-(T)	4 9:30- Concentration Puzzles_-(C) 10:30- Reborns w/ Reason-(E)-C 11:30- Monthly Birthday Lunch-Pub-(S) 1pm- Word Search-(C) 2pm- Mike and Dan Performs-3A 3:15pm- Popcorn Club and Happy Hour- Theater 5pm- Talk and Toss-(P)	5 9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT) 12:30- Rosary- (R)-FR 1pm- Easy Card Games-(S)-2A 2pm- Exercise w/ Sarah-(P)-FR 3pm- Read Aloud- FR 5pm- Peaceful Scenes and massage(MS)-FR	6 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Theater 2pm- Honky Tonk Piano Man-3A
7 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	8 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 The Stables in Hadley 2pm- Balloon Volleyball-(P)-3A 3pm- Manicures-(T) 5pm- Travel Video-(E)	9 9:30- Easy Stretching-(P) 10:30- Bob Michelson presents “All about foxes”-3A 1pm- Wii Bowling Cheerleaders-T 2pm- Making Bookmarks-(T) 3:15pm-Holistic Helpers- Making Apple Cider Muffins-(T) 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR	10 9:30- Coffee Talk-(C) 10:30- Famous Stars Read Aloud-(E) FR 12:30- Rosary-T) 1 :15- Exercise w/ AlliyahOT-T 2pm- Joanne and Donna Lee performs-3A 3pm- Scarf Exercises-(P)-FR 5pm- Puzzle Time-(T)	11 9:30- Concentration Puzzles_-(C) 10:30- Adaptive Boxing-(P)-3A 1pm- Pet Therapy w/ Abby-(PT) 2pm- Richie Mitnik Performs-3A 3:15pm- Popcorn Club and Happy Hour- Theater 5pm- Talk and Toss-(P)	12 9:30- Smile Club-(MS) 10:30- Drumming Class-(P)-3A 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Mime Performance w/ Robert Rivest-(E)-3A 3pm- Read Aloud-FR 5pm- Peaceful Scenes and massage-(MS)-FR	13 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Team Play 2pm- Teri Lafleur and Bella Voce Performs-3A
14 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	15 9:30- Fitness Dice-(P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- African Drumming-ILD-(P) 2pm Music Therapy w/Rusty-C-MT 3pm- Manicures-(E) 5pm- Travel Video-(E)	16 9:30-Coffee Chat w/ Friends-2A 10:30- Yahtzee-(C) 1pm- Wii Bowling Cheerleaders-T 2pm-Making Book Dancers Craft-(T) 3pm- Holistic Helpers- Apple Samoas 4pm- Whistle While We Work-(T) 6pm-Relaxing Meditation and Hand Massage-(E)-FR	17 9:30- Trivia & Coffee Chat-(C) 10:30- Horseracing-(S) 1:15pm- Exercise w/ Alliyah OT-T 2pm- Johnny P Performs-3A-(S) 3pm- Shaker Exercises-(P)-FR 5pm- Puzzle Time-(T)	18 9:30- Concentration Puzzles-(C) 10:30- A to Z School Days-(C) 1pm- Hang Man-(C) 2pm- Sarah the Fiddler Performs-3A 3:15pm-Popcorn Club and Happy Hour- Theater 5pm-Talk and Toss-(P)	19 9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT)-2A 12:30- Rosary-(R) 1pm- Easy Card Games-(C) 2pm- Exercise w/ Sarah-(P)-2A 3pm- Read Aloud-FR 5pm- Walking Club-(P)	20 9:30-Coffee Chat-2A 10:30- Caden Performs Piano- 1st Floor Piano Rm 1pm- Wii Bowling-Team Play- Theater 2pm- Dime Bingo-3A
21 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	22 First Day of Autumn 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- Making Fall Pens-(T) 3pm- Resident Council Meeting-(T) 5pm- Travel Video-(E)	23 9:30- Coffee & Chat with friends 10:30- Chef's Club 1pm- Divine Discussion w/ Judy and Laurie- Theater 1pm- Wii Bowling Cheerleaders-T-(S) 2pm- Line Dancing-2A 3pm- Outside Visit and Walk 6pm- Relaxing Meditation and Green Apple Hand Massages-(E)	24 9:30- Trivia & Coffee Chat-(C) 10:30- Men's Group w/ George- Donuts and Coffee-(S)-Pub 12:30- Rosary-(R) 1pm- Outing for Cider Donuts and Scenic Ride 1:15pm- Exercise w/ Aalliyah-(P)-3A 2pm- Pet Visits w/ Abby-(PT)-FR 3pm- How many words in a book title- 5pm- Puzzle Time-(T)	25 9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 1pm- Hangman-(C) 2pm- Jimmy Mazz Performs-3A 3pm- Popcorn Club and Happy Hour-Theater 5pm- Talk and Toss-(P)	26 9:30- Smile Club-(MS) 10:30- Drumming Class-(P)-3A 12:30- Rosary-(R) 1pm- Easy card Games-(C) 2pm- Popcorn Club Special 3pm- Artist Reception for Dolores Yergeau-Library 5pm- Walking Club-(P)	27 9:30- Coffee Chat-2A 10:30- Wii Bowling Team Play- Theater 2pm- Bingo for Prizes-3A
28 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	29 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 Video-(E)	30 9:30- Coffee & Chat with friends 10:00- Coffee House-3A 10:30- Willie Nininger Performs-3A 1pm- Divine Discussion w/ Judy and Laurie-Theater 2pm- Wii Bowling Cheerleaders-T-(S) 3pm- Holistic Helpers- Fall Salad 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR	Artist Showcase Happening in the coming months September- Dolores Yergeau- Painting October- Helen Ham- Painting Visit the Library during set times to view artist work and talk with the artist	Code Key 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	Room Key 2A- 2 nd Floor Activity Room 3A-3 rd Floor Activity Room L- Library FR- Fireside Room ILD- Il Dining Room C- Courtyard T- Theater PR- Piano Room FL- Front Lobby	Monthly Birthdays 9/4- Regina Nowak 9/4- Barbara Guyer 9/9- John Reed- 90 th 9/9- Ray Hand 9/10- Norman Lussier 9/11- Helen Ham 9/24- Tony Lymneos 9/26- Carol Grise-90 th 9/27- Denise Lussier- 85 th