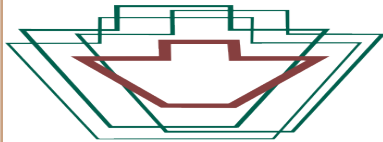
			Interim Holistic Program October 2025			Keystone Commons A Life Fulfilling Retirement Community
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Monthly Theme</u> 	<u>Monthly Birthdays</u> 10/6- Christa Aiken 10/9-Euclid Piedra 10/13- Hedy Tenczar 10-13- Barbara Boucier 10/12- Dolores Choquette 10/17- Joan Goodreau 10/20- Shirley LeTellier 10/25- Ray Fitzgerald	<u>Artist Showcase</u> Happening this month Helen Ham's Paintings Visit the Library during set times to view artist work and talk with the artist	1 9:30- Coffee Talk-(C) 10:30- Magdalana Presents-(E)-3A 12:30- Rosary-T 1pm- Whiteboard Games-(C) 2pm- Music Therapy w/ Sarah the Fiddler-(MT) 3pm- Scarf Exercises-(P)-FR 5pm- Puzzle Time-(T)	2 9:30- Concentration Puzzles_-(C) 10:30- Reborns w/ Reason-(E)-C 11:30- Monthly Birthday Lunch-Pub-(S) 1pm- Word Search-(C) 2pm- Bean Bag Tic Tac Toe-(P) 3:15pm- Popcorn Club and Happy Hour- Theater 5pm- Talk and Toss-(P)	3 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- Remember When?-(E) 5pm- Peaceful Scenes and massage(MS)-FR	4 9:30- Coffee Chat-2A 10:30- Dime Bingo-3A 1pm- Wii Bowling Theater 2pm- Honky Tonk Piano Man-3A
5 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	6 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:30- Music Therapy w/ Rusty-C-(MT) 11:30- Picnic Outing at the Quabbin 2pm- Balloon Volleyball-(P)-3A 3pm- Manicures-(T) 5pm- Travel Video-(E)	7 9:30- Easy Stretching-(P) 10:30- Bingo for Prizes-(S) 1pm- Wii Bowling Cheerleaders-T 2pm- Making Spider Web Window Clings w/ Cottage 3:15pm-Holistic Helpers- Making Spider Deviled Eggs -(T)-Cottage 6pm- Relaxing Meditation and Moisturizing Hand Massage-(E)-FR	8 9:30- Coffee Talk-(C) 10:30- Meditation w/ Rob-(M)-3A 12:30- Rosary-T) 1 :15- Exercise w/ AlliyahOT-T 1:30- Mark Palardy Performs from Berkshire Hills-(MT)-3A 3pm- Scarf Exercises-(P)-FR 5pm- Puzzle Time-(T)	9 Flu Shot-12-1 10:00- Coffee House-3A 10:30- Larry Batter Performs-3A 1pm- A to Z- Insects-(C) 2pm- Sunflower Craft-(AT) 3:15pm- Popcorn Club and Happy Hour- Theater 5pm- Talk and Toss-(P)	10 9:30- Smile Club-(MS) 10:30- Adaptive Boxing-(P)-3A 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Exercise w/ Sarah-(P)-FR 3pm- Lawrence Welks Halloween Special-(S)-FR 5pm- Peaceful Scenes and massage-(MS)-FR	11 9:30- Coffee Chat-2A 10:30- Bingo for Prizes-3A 1pm- Wii Bowling Team Play 2pm- Popcorn Club-FR
12 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	13 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)	14 9:30-Coffee Chat w/ Friends-2A 10:30- Yahtzee-(C) 1pm- Wii Bowling Cheerleaders-T 2pm-Giggles and Gafaws-(E) 3pm- Holistic Helpers- Making Spider Snacks-(T)- Cottage 4pm- Whistle While We Work-(T 6pm-Relaxing Meditation and Hand Massage-(E)-FR	15 9:30- Trivia & Coffee Chat-(C) 10:30- Horseracing-(S) 12:30- Rosary-(R) 1:15pm- Exercise w/ Alliyah OT-T 2pm- Watercolor Spider Web project w/ Cottage-(AT) 5pm- Puzzle Time-(T)	16 9:30- Concentration Puzzles-(C) 10:30- T-Bone Performs-(S)-3A 1pm- Hang Man-(C) 2pm-Scrapbooking Shadowboxes for the newbies-(T) 3:15pm-Popcorn Club and Happy Hour- Theater 5pm-Talk and Toss-(P)	17 9:30- Smile Club-(MS) 10:30- Drumming Class-(P)-3A 11:30- Mcdonalds Take-Out for Lunch-Pub 12:30- Rosary-(R) 1pm- Easy Card Games-(C) 2pm- Exercise w/ Sarah-(P)-2A 3pm- Chicken Soup for the Soul-(E) 5pm- Walking Club-(P)	18 9:30-Coffee Chat-2A 10:30- Caden Performs Piano- 1st Floor Piano Room 1pm- Wii Bowling-Team Play 2pm- Dave Brinnel Performs-3A
19 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	20 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- Spider Toss Game-(S)-3A 3pm- Resident Council Meeting-(T) 5pm- Travel Video-(E)	21 9:30- Coffee & Chat with friends 10:30- Chef's Club- Making Spider Web Pizzas-(T)-3A 1pm- Divine Discussion w/ Judy and Laurie- Theater-(R) 1pm- Wii Bowling Cheerleaders-T-(S) 2pm- Line Dancing-2A-(P) 3pm- Outside Visit and Walk 6pm- Relaxing Meditation and Green Apple Hand Massages-(E)	22 9:30- Trivia & Coffee Chat-(C) 10:30- Men's Group w/ George- Donuts and Coffee-(S)-Pub 12:30- Rosary-(R) 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)	23 9:30- Concentration Puzzles-(C) 10:30- Adaptive Boxing-(P)-3A 1pm- Hangman-(C) 2pm- Steve the Duo Performs-3A 3:15pm- Popcorn Club and Happy Hour-Theater 5pm- Talk and Toss-(P)	24 9:30- Smile Club-(MS) 10:00- Artsong w/ Amy-(AT)-2A 10:30- Drumming Class-(P)-3A 12:30- Rosary-(R) 1pm- Easy card Games-(C) 2pm- Popcorn Club Special 3pm- Artist Reception for Helen Ham-Library 5pm- Walking Club-(P)	25 9:30- Coffee Chat-2A 10:30- Wii Bowling Team Play- Theater 2pm- Sandy Robinson Performs-3A
26 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	27 9:30- Fitness Dice- (P) 10:00- Communion w/ Deacon Tom-ILD-(R) 10:45- Music Therapy w/Rusty-C-MT 1pm- Outing for Cider Donuts and Scenic Ride 2pm- Pool Noodle Hockey-3A-(P) 3pm- Manicures-(E) 5pm- Travel Video-(E)	28 9:30- Coffee & Chat with friends 10:00-Holistic Helpers Making-Making Spider Web Taco Dip-(T) 1pm- Divine Discussion w/ Judy and Laurie-Theater 2pm- Wii Bowling Cheerleaders-T-(S) 6-7:30- Halloween Professor Bugman and Trick or Treating For Staff and Families Sign up at the Front Desk	29 9:30- Trivia and Coffee Chat-(C) 10:30- 3D Pumpkin Craft-(AT) 12:30- Rosary-(R) 1:15pm- Exercise w/ Alliyah OT-T 2pm- Pet Visits w/ Abby-(PT)-FR 3pm- Halloween Bingo-(S) 5pm- Puzzle Time-(T)	30 9:30- Concentration Puzzles-(C) 10:30- Pumpkin Painting-(AT) 1pm- Hangman-(C) 2pm- Jimmy Mazz Performs-(S) 3:15pm- Popcorn Club and Happy Hour-Theater 5pm- Talk and Toss-(P)	31 Halloween 9:30- Smile Club-(MS) 10:30- Halloween Tatoo fun-(S) 12:30- Halloween Costume Parade with staff and Pathfinder students-3A 2pm- Spider Halloween Photoshoot- Billiards Room 3pm- Youtube-100 Funny Halloween Babies in Costume-FR 5pm- Walking Club-(P)	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