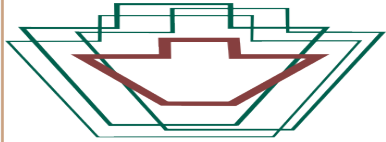


 Interim Holistic Program December 2025  Keystone Commons A Life Fulfilling Retirement Community						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Theme 	1 9:30- Fitness Dice-(P) 10:00- Communion w/ Deacon Keith-Theater (R) 10:30- Music Therapy w/ Rusty-C- (MT) 11:30- Lunch Outing at Tea and Crepes-(S) 2pm- Balloon Volleyball-(P)-3A 3pm- Decorating for Christmas 5pm- Travel Video-(E)	2 9:30- Easy Stretching-(P) 10:30- African Drumming w/ Tara-(P)-IL Dining Room 1pm- Wii Bowling-Cheerleaders-T-(S) 2pm- Manicures-FR-(E) 3pm- Holistic Helpers Making “Christmas Crack”. (T)-C 5pm- Meditation and Moisturizing Hand Massage-FR	3 9:30- Coffee Talk-(C) 10:30-Meditation w/Rob-(M)-3A 12:30- Rosary-(T) 1pm- Music Therapy w/ Sarah the Fiddler-(MT) 1:30- Exercise w/ Laura-(P)-3A 2pm- Come Build a Snowman-(T) 3pm- Andy Williams Christmas Special-(E)-FR 5pm- Puzzle Time-(T)	4 9:30- Concentration Puzzles-(C) 10:30- Reborns w/ Reason-(E)-C 11:30- Monthly Birthday Luncheon-P 2pm- Matt York Performs- Willie Nelson-(S)-3A 3:15- Happy Hour and Popcorn Club-Theater-(S) 5pm- Toss and Talk-(P)	5 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) 3pm- Making Holiday Centerpieces-(T) 5pm- Walking Club-(P)	6 9:30- Coffee Chat-2A 10:30- Bingo for Prizes 1pm- Mindful Meditation-FR 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 Keith-Theater (R) 10:30- Music Therapy w/ Rusty-C-(MT) 1pm- Yahtzee-(S) 2pm- Rooftop Drop Game-3A 3pm- Manicures-(T) 5pm- Travel Video-(E)	9 9:30- Easy Stretching-(P) 10:30- Bob Michelson Presents Endangered Terns-3A 1pm- Wii Bowling Cheerleaders-T-(S) 2pm- Holiday Tablecloth Coloring 3:15pm-Holistic Helpers- Making Christmas Rice Krispy Treat Balls-(T)-C 5pm- Meditation & Moisturizing Hand Massage-(E)-FR	10 9:30- Coffee Talk-(C) 10:30- Horseracing-(S) 12:30- Rosary-(T) 1:30- Mark Performs from Berkshire 2pm- Holiday Trivia-(C) 3pm- Dean Martins Christmas Special-(E)-FR 5pm- Puzzle Time-(T)	11 9:30- Concentration Puzzles-(C) 10:00- Coffee House-3A 10:30- T- Bone Holiday Show-3A 1pm-Mary's Slideshow of the Mediterranean-3A 2pm- Prize Bingo-(S) 3:15pm- Popcorn Club and Happy Hour- Theater 5pm- Talk and Toss-(P)	12 9:30- Smile Club-(MS) 10:30- Holiday Drumming Class-(P)-3A 12:30- Rosary- (R) 1pm- Easy Card Games-(S) 2pm- Exercise w/ Sarah-(P)-FR 3pm- Christmas Spiritual Message and Singalong-(R) 5pm- Peaceful Scenes and massage-(MS)-FR	13 9:30- Coffee Chat-2A 10:30- Dime Bingo-pub 1pm- Tenz-Billiards 2pm- Dave Brinnel performs
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 Keith-Theater (R) 10:30- Making Holiday Pens-(T)-C 1pm- Visiting the Library-(E) 2pm Axe Throwing-3A-(P) 3pm- Manicures-(E) 5pm- Travel Video-(E)	16 9:30-Coffee Chat w/ Friends-2A 10:30- Holiday Memory Game-(C) 1pm- Divine Discussion w/ Judy and Laurie-Theater 2pm- Line Dancing-2A 3:15- Holistic Helpers Making - Christmas Tree Pullapart bread 5pm-Relaxing Meditation and Hand Massage-(E)-FR	17 9:30- Trivia & Coffee Chat-(C) 10:30- Snowball Toss-(P) 12:30- Rosary-(R) 1:30- Exercise w/ Laura-OT-3A 2pm- Walking Club 3pm-The Ray Coniff Christmas Show-(E)-FR 5:30pm- Bright Nights Outing	18 9:30- Concentration Puzzles-(C) 10:30- Ballroom Dancing w/ Michael and Sierra-3A 1pm- Christmas Carol Singalong-C 2pm- Hot Cocoa and Cookies 4:30- Holiday Candlelight Dinner 6:45- Freddie Marion Performs w/ Daughter-3A	19 9:30- Smile Club-(MS) 10:30- Artsong w/ Amy-(AT) 12:30- Rosary-(R) Holiday Party for the Staff- Activity Room will be closed from 12-3pm 5pm- Walking Club-(P)	20 9:30-Coffee Chat-2A 10:15- Caden Performs Piano-1st Floor Piano Room 1pm- One on Ones 2pm- Larry Batter Performs-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 9:30- Making Muffins-(MS) 10:00- Communion w/Deacon Keith -Theater (R) 10:30- Music Therapy w/Rusty-C-(MT) 1pm- Manicures-(E) 2pm- Santa Sling Shot-(P)-3A 3pm- Resident Council Meeting-(T) 3:30- Artsong w/Amy-(AT)-2A 5pm- Travel Video-(E)	23 9:30- Coffee Chat w/ Friends-2A 10:30- Holiday Word Searches-(C) 1pm- Easy Card Games-(C) 2pm- Exercise w/ Sarah-(P)-2A 3pm- Chicken Soup for the Soul-(E) 5pm- Relaxing Meditation and Evergreen 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) 1:30pm- Exercise w/ Laura-(P)-3A 2pm- Holiday Manicures and Outfit Choices-(T) 3pm- Holiday Special Feature-FR -5pm- Puzzle Time-(T)	25 	26 9:30- Smile Club-(MS) 10:30- Comedy Corner-FR 12:30- Rosary-(R) 1pm- Easy Card Games-(C) 2pm-Exercise w/ Sarah-(P) 3pm- Popcorn Club-FR 5pm- Walking Club-(P)	27 9:30- Coffee Chat-2A 10:30- Dime Bingo-Pub 1pm- One on One's 2pm- Steve the Duo Performs-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 Keith-Theater (R) 10:30- Music Therapy w/ Rusty-C-(MT) 1pm-Scenic Ride Outing 3pm- Manicures-(E) 5pm- Travel Video-(E)	30 9:30- Coffee & Chat with friends 10:30- Chef's Club- Chicken Cordon Bleu Chowder and Homemade Bread 1pm- Divine Discussion w/ Judy and Laurie-Theater 2pm- Wii Bowling Cheerleaders-T-(S) 3pm- Holistic Helpers making- Peppermint Fudge-(T)-C 5pm- Relaxing Meditation and Hand Massage-(E)-FR	31 9:30- Trivia and Coffee Chat-(C) 10:30- Adult Coloring 12:30- Rosary-(R) 1:15pm- Exercise w/ Laura OT-T 2pm- Pet Visits w/ Abby-(PT)-FR 3:30- Ringing in the New Year w/ Docs of Dixie and Champagne Toast 5pm- Puzzle Time-(T)	Room Key 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	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	Monthly Birthdays 12/12- Dolores Yergeau 12/13- Claire Stebbins 12/19-Christine Veautour 12/20- Rose Phoenix 12/25- Jim McAleer 12/31- Monique Breault