

# The Country House and Commons

## Weekly Activity Calendar

Monday, December 22nd through Sunday, December 28th



Monday 22nd Activities w/ Katie	Tuesday 23rd Activities w/ Devyn	Wednesday 24th Activities w/ Devyn	Thursday 25th Activities w/ Katie
<p><b>Salon Day</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Date Nut Bread Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/Noodles</i> 11:30 Trivia, Facts &amp; Fun 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks to House for Music 1:15 Spa at the House 1:45 Afternoon Activity: <i>Bingo!</i> 2:45 Group Game: <i>Race to the Finish</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons</p> <p>Kinder Kids Christmas Carolers 10:00 @ House 10:30 @ CMS</p> <p>10:45 Spa at the Commons 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Reading: <i>Chicken Soup for the Soul</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Game: <i>Yahtzee!</i> 2:45 Group Fun: <i>Mini Golf</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Table Game: <i>Trash Card Game</i> 4:00 Companion Time</p>	<p><i>'Twas the Night Before Christmas...</i></p>  <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>1818 Silent Night, Sing Along</i> 10:45 Spa at the Commons 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 Reading: <i>'Twas Night Before Christmas</i> 12:00 Lunch 1:00 Movie of the Day</p>  <p><i>Christmas Eve Candlelight Service</i></p> <p>With Michael 2:30 @ House 3:15 @ Commons</p>	 <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Merry Christmas!!!</i> 10:45 Spa at Commons 11:15 Sit &amp; Be Fit: <i>Exercise w/Noodles</i> 11:30 Christmas Trivia 12:00 Lunch 1:00 Movie of the Day 3:30 Afternoon RA Activity: <i>Bowling</i></p> 
Friday 26th Activities w/ Gabby	Saturday 27th Activities w/ Gabby	Sunday 28th Activities w/ Katie	Key
<p><b>Fun Friday</b></p> <p><b>Q: Why does Santa Claus like to go down the chimney?</b> <b>A: Because it soots him!</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Happy Kwanza!</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Laugh Out Loud Jokes 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45: Happy Hour &amp; <i>High Rollers!</i> 2:45 Happy Hour &amp; <i>Bunco!</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p><b>Happy Birthday Orna!!!</b></p>  <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>1932 Radio Music Hall Opens</i> 10:45 Spa at Commons 11:15 Sit &amp; Be Fit: <i>Exercise w/Noodles</i> 11:30 Tips for a Happier You 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Companion Time 2:15 Group Activity: <i>Mini Golf</i> 2:45 Afternoon Walks to House for Music 3:00 Songs w/ Jennifer At House 3:00 Spa at the House 3:30 Afternoon RA Activity <i>Parachute Fun!</i> 4:00 Walk to the CMS After Music</p>	 <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>1869 Chewing Gum Patented</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Reading: <i>Chicken Soup for the Soul</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45 Group Activity: <i>Sequence!</i> 2:45 Group Game: <i>Soccer</i> 3:15 Companion Time 3:30 Afternoon RA Activity <i>Basketball</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</p> <p><b>Quote of the Week:</b></p> <p>"I heard the bells on Christmas Day Their old, familiar carols play, And wild and sweet the words repeat Of peace on earth, Good will to men!"</p> <p>- Henry Wadsworth Longfellow</p>