

2015

Happy New Year

The Country House and Commons

Weekly Activity Calendar

Monday, December 29th 2014 through Sunday, January 5th 2015

2015

Happy New Year

Monday 29th Activities w/ Devyn	Tuesday 30th Activities w/ Devyn	Wednesday 31st Activities w/ Katie	Thursday 1st Activities w/ Gabby
<p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1936 Mary Tyler Moore Bday</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Trivia, Facts & Fun 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks to House for Music 1:15 Afternoon Walks 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: Balloon Volleyball 4:00 Companion Time</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1924 Galaxies Discovered</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & 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 Afternoon Activity: <i>Sequence</i> 2:45 Group Game: Balloon Tennis 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Table Game: Trash Card Game 4:00 Companion Time</p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>New Year's Eve Traditions</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Tips for a Healthy You 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p>New Year's Eve Party!</p> <p>1:30 Commons</p> <p>2:30 House</p>  <p>2:15 Afternoon Walks to House for Music 2:30 Accordion Music w/ Kathleen 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 4:00 Companion Time</p>	  <p>Morning Rose Bowl Parade Channels ABC & NBC 8:00am</p> <p>9:30 Spa at the House 10:00 Flower Arranging 10:45 Spa at the Commons 11:15 Flower Arranging 12:00 Lunch 1:00 Movie of the Day 3:30 Afternoon RA Activity: <i>Bowling</i></p> <p>Afternoon: Football!!!</p>
Friday 2nd Activities w/ Katie	Saturday 3rd Activities w/ Gabby	Sunday 4th Activities w/ Katie	Key
<p>Fun Friday</p> <p>Q: What month goes great with peanut butter? A. JAMuary</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>January Flower, Carnation</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Laugh Out Loud Jokes 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Happy Hour & <i>High Rollers!</i> 2:45 Happy Hour & <i>Race to the Finish</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>January Birthstone, Garnet</i> 10:45 Morning Walks 11:15 Sit & 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>Bulls Eye!</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 & Be Fit Exercises 10:30 Morning Gathering: <i>National Trivia Day!</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & 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>Dominos</i> 2:45 Group Game: <i>Mini Golf</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 & Commons Both Houses meeting in the Country House Living Room</p> <p>Quote of the Week:</p> <p>Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.</p> <p>-Goran Persson</p>