

The Country House and Commons

Weekly Activity Calendar

Monday, January 12th through Sunday, January 18th 2015

Monday 12th Activities w/ Katie	Tuesday 13th Activities w/ Katie & Markie	Wednesday 14th Activities w/ Katie	Thursday 15th Activities w/ Devyn & Markie
<p style="text-align: center;">Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1966 Batman Debuts on TV</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 Table Game: <i>Dominos</i> 2:45 Group Game: <i>UNO!</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Hot Tea Month</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</p> <p style="text-align: center;">Tea Party!! 1:45 @ House 2:45 @ Commons</p> <p>3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Table Game: <i>Trash Card Game</i> 4:00 Companion Time</p>	 <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Ntl Dress Up Your Pet Day!</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 style="text-align: center;">Staff Meeting 1:30pm</p> <p>2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ Michael at House 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1974 "Happy Days" Debuts</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 1:15 Afternoon Walks</p> <p style="text-align: center;">Flower Arranging! 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>
Friday 16th Activities w/ Markie	Saturday 17th Activities w/ Devyn	Sunday 18th Activities w/ Devyn	Key
<p style="text-align: center;">Fun Friday</p> <p>Q: Where can you find an <u>ocean</u> without any water? A: On a map!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Fig Newton Day</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>Sequence</i> 2:45 Happy Hour & <i>Mini Golf</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p style="text-align: center;">Happy Birthday BJ!!!</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Winnie the Pooh Day!</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Tips for a Happier You 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Table Game: <i>High Rollers!</i> 2:15 Group Activity: <i>Balloon Tennis</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 Popcorn 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>Bingo!</i> 2:45 Group Game: <i>Bull's Eye</i> 3:15 Companion Time 3:30 Afternoon RA Activity <i>Basketball</i> 3:30 Get Moving: Mini Golf 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>"Whose woods these are I think I know. His house is in the village though; He will not see me stopping here To watch his woods fill up with snow."</p> <p style="text-align: right;">- Robert Frost, <i>Stopping by Woods on a Snowy Evening</i></p>