



The Country House and Commons



Weekly Activity Calendar Monday, January 19th through Sunday, January 25th 2015

Monday 19th Activities w/ Gabby & Devyn	Tuesday 20th Activities w/ Devyn & Markie	Wednesday 21st Activities w/ Delphine & Devyn	Thursday 22nd 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>National Popcorn Day</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 1:45 Table Game: <i>Bingo!</i> 2:45 Group Game: <i>Bull's Eye</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>MLK Celebration Day</i></p> <p style="text-align: center;">RESIDENT LUNCH OUTING Load @ 10:30am</p> <p>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 1:00 Afternoon Walks 2:45 Group Game: <i>Race to the Finish</i> 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Table Game: <i>High Rollers</i> 4:00 Companion Time</p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Clam Chowder Coast to Coast</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 1:30 Companion Time 1:45 Group Game: <i>Race to the Finish</i> 2:15 Afternoon Walks to House for Music 2:30 Accordion Music w/ Kathleen at House</p>  <p>3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 4:00 Table Game: <i>Trash Card Game</i></p>	<p style="text-align: center;">Happy Birthday Bernice!!!</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Celebrate Life Day</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</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>Mini Golf</i> 4:00 Companion Time</p>
Friday 23rd Activities w/ Markie	Saturday 24th Activities w/ Katie	Sunday 25th Activities w/ Katie	Key
<p style="text-align: center;">Fun Friday</p> <p>Q: What do women use to stay young looking in the Arctic?</p> <p>A: Cold cream!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Pie 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 1:00 Resident Counsel 1:45 Happy Hour & <i>Shake Loose a Memory</i> 2:45 Happy Hour & <i>Matching Card Game</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Afternoon Walks</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1935 Beer Sold in Cans!</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 Companion Time 1:45 Group Activity: <i>Balloon Tennis</i> 2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ Michael 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>1924 1st Winter Olympics</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 1:00 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>Hula Hoop Ball</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 style="text-align: center;">Quote of the Week:</p> <p>"January is the quietest month in the garden. ... But just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the pure rainfall while microorganisms convert tilled-under fodder into usable nutrients for the next crop of plants. The feasting earthworms tunnel along, aerating the soil and preparing it to welcome the seeds and bare roots to come."</p> <p>- Rosalie Muller Wright, <i>Editor of Sunset Magazine, 1/99</i></p>