



The Country House and Commons

Weekly Activity Calendar
Monday, January 26th through Sunday, February 1st 2015



Monday 26th Activities w/ Gabby & Devyn	Tuesday 27th Activities w/ Devyn & Markie	Wednesday 28th Activities w/ Delphine & Devyn	Thursday 29th Activities w/ Devyn & Markie
<p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Spouse's 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><u>Pumpkin, Therapy Horse</u> 1:30 @ House 2:15 @ Commons</p> <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Bowling</i></p>  <p>4:00 Companion Time</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Chocolate Cake 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 1:00 Afternoon Walks</p> <p><u>Afternoon Baking</u> <u>Chocolate Cakes!</u> 1:45 @ House 2:45 @ Commons</p> <p>3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Table Game: <i>Dominoes</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 10:15 Morning Walks to House for Music 10:30 Songs w/ Jennifer at House</p>  <p>10:30 Spa at the House 11:45 Sit & Be Fit: <i>Yoga & Meditation</i> 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Afternoon Gathering: <i>1692 Salem Witch Hunt</i> 1:45 Table Game: <i>High Rollers</i> 2:45 Group Game: <i>Race to the Finish</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1954 Oprah Winfrey's 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</p> <p><u>Flower Arranging!</u> 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>
Friday 30th Activities w/ Markie	Saturday 31st Activities w/ Katie	Sunday 1st Activities w/ Katie	Key
<p><i>Fun Friday</i></p> <p>Q: How do you know if there's a snowman in your bed?</p> <p>A: You wake up wet !</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Soup Month</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 Afternoon Walks 1:45 Happy Hour & <i>Bingo!</i> 2:45 Happy Hour & <i>Shut the Box</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Afternoon Walks</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Chinese New Year</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>Mini Golf</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>International Pancake 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 1:00 Spa at the House 1:45 Group Activity: <i>Sequence</i> 2:45 Group Game: <i>Matching Card Game</i> 3:15 Companion Time 3:30 Afternoon RA Activity <i>Basketball</i> 3:30 Get Moving: <i>Mini Golf</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>"Bare branches of each tree on this chilly January morn look so cold so forlorn. Gray skies dip ever so low left from yesterday's dusting of snow. Yet in the heart of each tree waiting for each who wait to see new life as warm sun and breeze will blow, like magic, unlock springs sap to flow, buds, new leaves, then blooms will grow." - Nelda Hartmann, <i>January Morn</i></p>