



# The Country House and Commons



## Weekly Activity Calendar Monday, January 5th through Sunday, January 11th 2015

Monday 5th Activities w/ Gabby	Tuesday 6th Activities w/ Katie & Markie	Wednesday 7th Activities w/ Devyn	Thursday 8th Activities w/ Devyn & Markie
<p style="text-align: center;"><b>Salon Day</b></p> <p>9:30 Spa at the House            10:15 Sit &amp; Be Fit Exercises            10:30 Morning Gathering:  <i>National Bird Day</i>            10:45 Morning Walks            11:15 Sit &amp; Be Fit:  <i>Exercise w/Noodles</i>            11:30 Trivia, Facts &amp; Fun  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:00 Afternoon Walks to            House for Music            1:15 Afternoon Walks</p> <p><b>Afternoon Craft:Peace Birds</b>            1:45 @ House            2:45 @ Commons</p> <p>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 &amp; Be Fit Exercises            10:30 Morning Gathering:  <i>1838 The Telegraph</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>  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:15 Afternoon Walks            1:45 Afternoon Activity:  <i>Sequence</i>            2:45 Group Game:  <i>Race to the Finish</i>            3:30 Afternoon RA Activity:  <i>Kick Ball</i>            3:30 Get Moving:  <i>Mini Golf</i>            4:00 Companion Time</p>	 <p>9:30 Spa at the House            10:15 Sit &amp; Be Fit Exercises            10:30 Morning Gathering:  <i>1610 Discovers Jupiter's Moon</i>            10:45 Morning Walks            11:15 Sit &amp; Be Fit:  <i>Yoga &amp; Meditation</i>            11:30 Tips for a Healthy You  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:00 Afternoon Walks            1:15 Table Game:  <i>Dominos</i>            1:45 Group Game:  <i>Balloon Tennis</i>            2:15 Afternoon Walks to            House for Music  <b>2:30 Folk Music w/            Michael at House</b>            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 &amp; Be Fit Exercises            10:30 Morning Gathering:            Ntl Blood Donor's Month            10:45 Morning Walks            11:15 Sit &amp; Be Fit:  <i>Exercise w/Noodles</i>            11:30 Trivia, Facts &amp; Fun  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:15 Afternoon Walks</p> <p style="text-align: center;"><b>Flower Arranging!</b>            1:45 @ House            2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity:  <i>Bowling</i>            4:00 Companion Time</p>
Friday 9th Activities w/ Markie	Saturday 10th Activities w/ Katie	Sunday 11th Activities w/ Katie	Key
<p style="text-align: center;"><b>Fun Friday</b></p> <p><b>Q:Why do seals swim in salt water?</b>  <b>A:Because pepper water makes them sneeze!</b></p> <p>9:30 Spa at the House            10:15 Sit &amp; Be Fit Exercises            10:30 Morning Gathering:  <i>UN Opens in NYC</i>            10:45 Morning Walks            11:15 Sit &amp; Be Fit:  <i>Dance Party!</i>            11:30 Laugh Out Loud Jokes  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:15 Afternoon Walks</p> <p><b>Pet Therapy: Bunnies!</b>            1:30 @ House            2:30 @ Commons</p> <p>3:30 Afternoon RA Activity:  <i>Baseball</i>            3:30 Get Moving:  <i>Trash Card Game</i>            4:00 Companion Time</p>	<p style="text-align: center;"><b>January</b></p> <p>9:30 Spa at the Commons            10:15 Sit &amp; Be Fit Exercises            10:30 Morning Gathering:  <i>1863 1st Underground Railroad</i>            10:45 Morning Walks            11:15 Sit &amp; Be Fit:  <i>Yoga &amp; Meditation</i>            11:30 Tips for a Happier You  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:00 Afternoon Walks            1:30 Table Game:  <i>High Rollers!</i>            2:15 Group Activity:  <i>Bulls Eye!</i>            2:45 Afternoon Walks to            House for Music  <b>3:00 Songs w/ Jennifer            At House</b>            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>1973 "Designated Hitter Rule"</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>  <b>12:00 Lunch</b>            1:00 Movie of the Day            1:15 Spa at the House            1:45 Group Activity:  <i>Bingo</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  <b>Special Events or Outings            Lunch</b>            Country House &amp; Commons  <b>Both Houses meeting in the            Country House Living            Room</b></p> <p><b>Quote of the Week:</b>            "January is here, with eyes            that keenly glow,            A frost-mailed warrior            striding a shadowy steed of            snow."            - Edgar Fawcett</p>