



The Country House and Commons

Weekly Activity Calendar

Monday, May 25th through Sunday, May 31st 2015



Monday 25th Activities w/ Katie	Tuesday 26th Activities w/ Bre	Wednesday 27th Activities w/ Katie	Thursday 28th Activities w/ Markie
<p style="text-align: center;">Salon Day</p>  <p>9:30 Spa at the House 10:00 Coffee & Donuts <i>Memorial Day Discussion</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Sit & Be Fit 11:45 Trivia! 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p><u>Pumpkin , the Mini Horse</u> 1:30 @ House 2:15 @ Commons</p> <p>3:00 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>May birthstone: Emerald</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Sing- A- Long 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>High Rollers</i> 2:45 Group Activity: <i>Teddy Bear Bingo!</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p>	<p style="text-align: center;">Happy 100th B-day Marie! Happy Birthday Virginia!</p>  <p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>1919 Pop-Up Toaster Patent</i> 10:00 Table Game: <i>Bingo!</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Spa at the House 2:00 Walks to Back Patio</p> <p style="text-align: center;">2:30 Birthday Party! Music, Cake & Fun!</p> <p>3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Companion Time 4:15 Group Game: <i>Matching Card Game</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1937 Golden Gate Bridge</i></p>  <p>10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Family Feud 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>2:45 Group Activity: <i>Color Dominoes</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Card Game: <i>Kings in a Corner</i> 4:00 Companion Time</p>
<p style="text-align: center;">Friday 29th Activities w/ Bre</p>	<p style="text-align: center;">Saturday 30th Activities w/ Bre</p>	<p style="text-align: center;">Sunday 31st Activities w/ Katie</p>	<p style="text-align: center;">Key</p>
<p style="text-align: center;">Fun Friday</p> <p>Q: Why do hummingbirds hum? A: Because they forgot the words!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises</p> <p style="text-align: center;">Resident Lunch Outing Load @ 10:30am</p> <p>11:00 Morning Walks 11:30 Sit & Be Fit: <i>Dance Party!!!</i> 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Race to the Finish</i> 1:30 Companion Time 2:00 Group Game: <i>Yahtzee!</i> 3:00 Spa at the Commons 3:30 Afternoon RA Activity: <i>Baseball</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Older American's Month</i> 10:00 Table Game: <i>UNO!</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: <i>Balloon Toss</i> 2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ Michael At House</p>  <p>2:30 Spa at the House 3:30 Afternoon RA Activity <i>Parachute Fun!</i> 3:45 Companion Time 4:15 Group Game: <i>Bulls Eye!</i></p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>World No Tobacco Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Table Game: <i>Sequence</i> 2:45 Group Game: <i>Mini Golf</i> 3:30 Afternoon RA Activity <i>Basketball</i> 3:30 Get Moving: <i>Balloon Tennis</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>"May and June. Soft syllables, gentle names for the two best months in the garden year: cool, misty mornings gently burned away with a warming spring sun, followed by breezy afternoons and chilly nights. The discussion of philosophy is over; it's time for work to begin."</p> <p style="text-align: right;">- Peter Loewer</p>