



The Country House and Commons

May 21st-27th 2018



Monday the 21st With Lee	Tuesday the 22nd With Liz	Wednesday the 23rd With Lee	Thursday the 24th With Liz
<p>9:45 Morning Gathering: 1932 Amelia Earhart lands in Ireland completing the first transatlantic flight by a woman 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the House 1:00 Montessori with Dana Butte Humane Society Dog Visits! 1:30@ House 2:15 @ Commons 2:00 Get Moving: 3:30 R.A Activity: Nuts and Bolts 4:00 Companion Time 4:30 Companion Time with Dana 5:45 R.A activity: Nail Cleaning</p>	<p>9:45 Morning Gathering: HBD Arthur Conan Doyle 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the House Music With Pam 1:15 @CMS 2:45 Group Game: 3:30 Afternoon RA Activity: Pixy Cubes 3:30 Get Moving: 4:00 Companion Time 4:30 Companion Time With Dana 5:45 R.A activity: Nail Cleaning</p>	<p>9:45 Morning Gathering: 1785 Benjamin Franklin invents Bifocal's 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: 2:45 Group Game: 2:30 R.A Activity: Barrel of Monkeys 3:30 Get Moving: 4:00 Companion Time 4:30 Companion Time With Dana 5:45 R.A activity: Nail Cleaning</p>	<p>9:45 Morning Gathering: 1976 California Wines win over French wines in Blind test in France 10:15 Walks to the House for music Kim & Poppy 10:30 @ the house 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the Commons 1:30 Group Activity: Flower Arranging 3:00 Get Moving 3:30 R.A Activity: Nuts and Bolts 4:00 Companion Time 4:30 Companion Time With Dana 5:45 R.A activity: Nail Cleaning</p>
Friday the 25th With Lee	Saturday the 26th With Liz	Sunday the 13th With Carol and Kathy	Key
<p>Q: What is red and moves up and down? A: A tomato in an elevator</p> <p>9:45 Morning Gathering: 1977 First Star Wars Movie released 10:30 Walks to the house for music One Accord 11am 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House Baking with Mel: 1:45 @ House 2:45 @ Commons 3:30 Get Moving: 3:30 R.A Activity: Teddy Bear Bingo 4:00 Companion Time 4:30 Companion Time With Dana 5:45 R.A activity: Nail Cleaning</p>	<p style="text-align: center;">Trivia:</p> <p style="text-align: center;">Who was the first woman inducted into the rock and roll hall of fame?</p> <p>9:45 Morning Gathering: HBD John Wayne 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the House 1:45 Group Game: 2:45 Group Game: 3:30 Afternoon RA Activity: Ball Toss 3:30 Group Activity: Craft 4:00 Companion Time 5:45 R.A activity: Nail Cleaning</p> <p style="text-align: right; font-size: small;">A. Aretha Franklin</p>	<div style="border: 2px dashed purple; padding: 10px; margin: 0 auto; width: 80%;"> <p style="color: purple; font-style: italic;">Happy Birthday Marie!!!</p> </div> <p>10:00 Morning Gathering: HBD Wild Bill Hickok 10:15 Hydration 10:30 Library Cart and Reading 10:30 Reading 10:45 Hydration 12:00 Lunch 2:00 Coffee with Kathy 2:30 Afternoon Walks (Weather permitting) 3:00 Group Activity: Chat Pack 5:45 R.A activity: Nail Cleaning 6:00 Movie of the Day</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; color: green;">Quote of the Week:</p> <p style="text-align: center; font-style: italic;">“Courage is being scared to death but saddling up anyway” -John Wayne</p>