

# The Country House and Commons

Weekly Activity Calendar  
Monday, April 17th through Sunday, April 23rd 2017



Monday 17th Activities w/ Lee	Tuesday 18th Activities w/ Parvaneh	Wednesday 19th Activities w/ Lee	Thursday 20th Activities w/ Carol
<p><b>Salon Day</b> 9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>April Flowers: Sweet Peas</i> 11:00 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:30 What's Missing? <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time</p> <p><b>Butte Humane Society Dog Visits!</b> 1:30@ House 2:15 @ Commons</p> <p>3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Conversation Ball</i> 4:00 Companion Time</p> 	<p>9:30 Sit &amp; Be Fit Exercises 10:00 Morning Gathering: <i>Jugglers Day</i> 10:45 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:00 Get Moving: <i>Balloon Toss</i> 11:30 Internet Travel <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Group Game: <i>Sequence</i> 1:45 Spa at the Commons 2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Accordion at the House w/ Kathleen</b></p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Group Activity: <i>Sensory Matching Game</i> 4:00 Companion Time</p>	<p><b>Happy Birthday Marlee!!</b> 9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>National Garlic Day</i> 10:00 Group Game: <i>Can You Name 5?</i> 11:15 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 What's Missing? <b>12:00 Lunch</b> 1:00 Afternoon Walks to House for Music</p> <p><b>1:15 Music Therapy at the House w/ Pam</b></p>  <p>2:30 Companion Time 3:00 Spa at the House 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	<p><b>RESIDENT LUNCH OUTING Load @ 10:45 AM</b></p> <p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Patriots Day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal Or No Deal <b>12:00 Lunch</b> 1:00 Movie of the Day</p> <p><b>Flower Arranging!</b> 1:00 @ House</p> <p>2:45 Group Game: <i>Mancala</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time 3:30 Get Moving: <i>Balloon Toss</i> 4:00 Companion Time</p>
Friday 21st Activities w/ Lee	Saturday 22nd Activities w/ Nidia	Sunday 23rd Activities w/ Nidia	Key
<p><b>Fun Friday</b> <b>Q: What kind of tree grows in your hand?</b> <b>A: A Palm Tree!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>April Birthstone: Diamond</i> 11:00 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Bible Study</i> 2:45 Group Game: <i>Bible Study</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</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>National Jelly Bean Day</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Book Club</i> 2:45 Group Game: <i>Easter Montessori Puzzle</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Shakespeare's Birthday</i> 10:00 Group Game: <i>Yahtzee Hands Down</i> 11:15 Sit &amp; Be Fit: <i>Groovin' &amp; Moovin</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Companion Time 2:15 Afternoon Walks to Commons for Music</p> <p><b>2:30 Piano at the Commons w/ Chris</b></p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p> 	<p><b>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</b></p> <p><b>Quote of the Week:</b> "Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean." —John Muir</p>