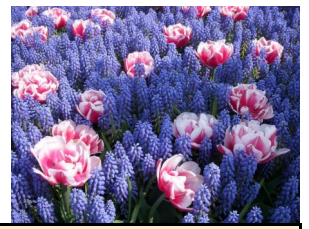


# The Country House and Commons

Weekly Activity Calendar  
Monday, April 24th through Sunday, April 30th 2017



Monday 24th Activities w/ Lee	Tuesday 25th Activities w/ Parvaneh	Wednesday 26th Activities w/ Lee	Thursday 27th 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>Pigs in a Blanket Day</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>Pumpkin Visits!</b> 1:30 @ House 2:15 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Ball 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: <i>Penguin Day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Resident Council</i> 2:45 Group Game: <i>Nuts and Bolts</i> 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>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Pretzel Day</i> 11:00 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Internet Travel <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Teddy Bear BINGO</i> 2:45 Group Game: <i>Table Topics</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Babe Ruth Day</i></p> <p><b>Flower Arranging!</b> 10:00 @ House</p>  <p>11:30 Sit &amp; Be Fit: <i>Senior Yoga</i> <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 House for Music</p> <p><b>2:30 Folk music at the House w/ Loki</b></p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>
Friday 28th Activities w/ Lee	Saturday 29th Activities w/ Nidia	Sunday 30th Activities w/ Nidia	Key
<p><b>Fun Friday</b> <b>Q: Did you hear the joke about the oak tree?</b> <b>A: It's acorny one!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Poetry Appreciation Day</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</p> <p><b>Happy Hour!</b> 1:45 @ Commons 2:15 @ House</p>  <p>3:30 Afternoon RA Activity: <i>This or That 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>National BLT Month</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>Reminiscing</i> 2:45 Group Game: <i>Race to the Finish</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Ball 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: <i>Hairstyle Appreciation Day</i> 11:00 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>High Rollers</i> 2:45 Group Game: <i>Tea Time</i> 3:30 Afternoon RA Activity: <i>Ball Toss</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>  <p>1920      1930      1940</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> "Each generation takes the earth as trustees. We ought to bequeath to posterity as many forests and orchards as we have exhausted and consumed." -J. Sterling Morton</p>