



The Country House and Commons



Weekly Activity Calendar Monday, April 25th through Sunday, May 1st 2016

Monday 25th Activities w/Katie	Tuesday 26th Activities w/Katie	Wednesday 27th Activities w/Carol	Thursday 28th Activities w/Katie
<p>Salon Day Happy Birthday Maria!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>World Penguin Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p>Visits from Pumpkin! 1:30 @ House 2:15 @ Commons</p> <p>3:00 Group Activity: <i>Checkers</i> 3:15 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>Ntl Prezel Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks Spring Craft: 1:45 House 2:45 Commons</p>  <p>3:15 Group Activity: <i>Letters and Numbers</i> 3:30 Companion Time 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Ring Toss</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Babe Ruth Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Dominoes</i> 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Music at the House w/ Dorothy</p> <p>2:30 Spa at the House 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Poetry Appreciation Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p>Flower Arranging! 1:45 @ House 2:45 @ Commons</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Game: BINGO 4:00 Companion Time</p>
Friday 29th Activities w/Bri	Saturday 30th Activities w/Carol	Sunday 1st Activities w/Bri	Key
<p>Fun Friday Q: Did you hear the joke about the oak tree? A: It's acorny one!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Arbor Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Finish the Phrase 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: Sequence 2:45 Group Activity: <i>Household Fun!</i> 3:15 Companion Time 3:30 Afternoon RA Activity: 3:30 Get Moving: <i>Basketball</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Hairstyle Appreciation Day</i> 10:00 Morning Walks 10:30 Get Moving: Balloon Bat 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 Group Game: Yahtzee 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Music at the House w/ Kathleen</p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Farming Sensory Box</i> 4:15 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>May Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>Book Club</i> 2:45 Group Activity: <i>Sensory Matching Game</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</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: “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>