

# The Country House and Commons

Weekly Activity Calendar  
Monday, August 14th through Sunday, August 20th 2017



Monday 14th Activities w/ Lee	Tuesday 15th Activities w/ Carol	Wednesday 16th Activities w/ Lee	Thursday 17th Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Superstitions (discussion topic)</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:30 What's Missing? 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Toy Processing</i> 2:45 Group Activity: <i>Race to the Finish</i> 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 Sit &amp; Be Fit Exercises 10:00 Morning Gathering: <i>Relaxation 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 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Resident Council</i> 1:45 Spa at the House 2:15 Afternoon Walks to House for Music</p> <p>2:30 Accordion at the House w/ Kathleen</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>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>National Tell a Joke Day</i> 10:00 Group Game: <i>Zoot Suit</i> 11:15 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 What's Missing? 12:00 Lunch 1:00 Afternoon Walks to House for Music</p> <p>1:15 Music Therapy at the House w/ Pam</p> <p>2:30 Companion Time 3:00 Spa at the Commons 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p> <p>Why was the Cow Afraid?</p>  <p>He was a Cow-Herd</p>	<p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Thrift Shop Day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal Or No Deal 12:00 Lunch 1:00 Movie of the Day</p> <p><u>Flower Arranging!</u> 1:00 @ House</p>  <p>2:45 Group Game: <i>Flower Match</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>
Friday 18th Activities w/ Lee	Saturday 19th Activities w/ Lauren	Sunday 20th Activities w/ Lauren	Key
<p><b>Fun Friday</b> Q: What happens to a frog's car when it breaks down? A: It gets toad away!</p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Cupcake Day</i> 11:00 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p><u>Bible Study with Lee!</u> 1:45 @ Commons 2:45 @ 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>Aviation Day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p><u>Baking with Mel:</u> 1:45 @ House 2:45 @ Commons</p>  <p>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>National Peach Month</i> 11:30 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p><u>Therapy Bunnies Visit!!!</u> 1:30 @ House 2:30 @ Commons</p> <p>3:30 Afternoon RA Activity: <i>Ball Toss</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p> 	<p>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</p> <p><u>Quote of the Week:</u> "I may not have gone where I intended to go, but I think I have ended up where I needed to be." ~ Douglas Adams</p>