

The Country House and Commons

Weekly Activity Calendar
Monday, August 1st through Sunday, August 7th 2016



Monday 1st Activities w/Carol	Tuesday 2nd Activities w/Parvaneh	Wednesday 3rd Activities w/Parvaneh	Thursday 4th Activities w/Katie
<p>Salon Day 9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1st Census Completed 1790</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Sequence</i> 2:45 Group Activity: <i>Nutz and Boltz</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p> 	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>August Birthstone: Peridot</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>High Rollers</i> 2:45 Group Activity: <i>Teddy Bear BINGO</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Volleyball</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Ntl Friendship Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Guess The Location 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 Songs at the House w/Dorothy</p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Puzzles</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Chocolate Chip Cookie Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 The Price Is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p>Nidia's Baby Shower! 2:00 @ Commons Meeting Room</p>  <p>3:00 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Game: <i>Yahtzee</i> 4:00 Companion Time</p>
Friday 5th Activities w/Parvaneh	Saturday 6th Activities w/Parvaneh	Sunday 7th Activities w/Carol	Key
<p>Fun Friday Q: Two waves had a race. Who won? A: They tide! 9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Summer Olympics Begin!</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Short Stories 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House Olympic Celebration! 1:45 @ Commons 2:15 @ House</p> <p>3:00 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Toss</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Lucile Ball Born 1911</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Trivia! 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>BINGO</i> 2:45 Group Activity: <i>Sensory Matching Game</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 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>Purple Heart Created 1782</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Apples to Apples</i> 2:45 Group Activity: <i>Bulls Eye</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Baseball</i> 3:30 Get Moving: <i>Hoop Ball</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: “The secret to staying young is to live honestly, eat slowly, and lie about your age.” -Lucille Ball</p>