



The Country House and Commons



Weekly Activity Calendar Monday, August 22nd through Sunday, August 28th 2016

Monday 22nd Activities w/ Katie	Tuesday 23rd Activities w/ Parvaneh	Wednesday 24th Activities w/ Parvaneh	Thursday 25th Activities w/ Parvaneh
<p>Salon Day 9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Mona Lisa stolen 1911</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 Afternoon Walks</p> <p>Visits with Pumpkin! 1:30 @ House 2:15 @ Commons</p>  <p>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>Planet Earth documentary</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:30 Companion Time</p> <p>Ice Cream Social 2pm @ the House</p> <p>3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:00 Get Moving: <i>Balloon Tennis</i> 4:00 Afternoon Walks</p> 	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>National Waffle Day</i> 10:00 Morning Walks 10:30 Get Moving: <i>Balloon Toss</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Apples to Apples</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>Bulls Eye!</i> 4:15 Companion Time</p>	<p>Happy Birthday Marilyn J Resident Lunch Outing 10:45 am</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Amelia Earhart's 1st flight</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal 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 Activity: <i>Nuts and Bolts</i> 4:00 Companion Time</p>
Friday 26th Activities w/ Parvaneh	Saturday 27th Activities w/ Parvaneh	Sunday 28th Activities w/ Carol	Key
<p>Fun Friday Q: What did the tree say to autumn? A: leaf me alone!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Dog Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p>Happy Hour! 1:45 @ Commons 2:15 @ House</p> <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Conversation Ball</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Banana lovers day</i> Country Store 10am @ House</p>  <p>10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Spa at the House 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>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>"I Have A Dream" speech</i> 10:00 Group Game: <i>Finish the Phrase</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: 2:15 Afternoon Walks to Commons for Music</p> <p>2:30 Piano Music at the Commons w/ Chris</p>  <p>2:30 Spa at the Commons 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Race to the Finish</i> 4:15 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: 'Tis the last rose of summer, left blooming alone; All her lovely companions are faded and gone.'</p> <p>- Thomas Moore, 1830 <i>The Last Rose of Summer</i></p>