

The Country House and Commons

Weekly Activity Calendar
Monday, August 28th through Sunday, September 3rd 2017



Monday 28th Activities w/ Lee	Tuesday 29th Activities w/ Carol	Wednesday 30th Activities w/ Lee	Thursday 31st Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: "I Have a Dream" Speech 11:00 Sit & Be Fit: <i>Sit & Be Fit</i> 11:30 What's Missing? 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p>Pumpkin Visits! 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 House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1964 Mary Poppins</i> 11:00 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>Trash Card Game</i> 2:45 Group Activity: <i>Nuts and Bolts</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Balloon Toss</i> 4:00 Companion Time</p> 	<p>I LOVE BACON!</p>  <p>9:30 Sit & Be Fit Exercises 10:00 Morning Gathering: <i>International Bacon Day</i> 10:45 Sit & Be Fit: <i>Yoga & 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>The Ungame</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>Race to the Finish</i> 4:00 Companion Time</p>	<p>Resident Breakfast Outing 8:00 am</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Farmer's Market Discussion</i> 11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal Or No Deal 12:00 Lunch 1:00 Movie of the Day</p> <p>Flower Arranging! 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 1st Activities w/ Lee	Saturday 2nd Activities w/ Lauren	Sunday 3rd Activities w/ Lauren	Key
<p>Fun Friday Q: What is a tree's least favorite month? A: Sep-timber!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>WWII Begins</i> 11:00 Sit & Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Household Fun</i> 2:45 Group Game: <i>Labor Day Cards for Staff</i> 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>Happy Birthday, Marilyn C.!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>V-J Day</i> 11:00 Sit & Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Farkle</i> 2:45 Group Game: <i>Summer Sensory Bin</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1st Image of Uncle Sam</i></p>  <p>11:00 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Can You Name 5?</i> 2:45 Group Game: <i>This or That</i> 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 & Commons Both Houses meeting in the Country House Living Room</p> <p>Quote of the Week: "By all these lovely tokens September days are here, With summer's best of weather And autumn's best of cheer." Helen Hunt Jackson, September, 1830-1885</p>

