

The Country House and Commons

Weekly Activity Calendar
Monday, August 29th through Sunday, September 4th



Monday 29th Activities w/ Katie	Tuesday 30th Activities w/ Parvaneh	Wednesday 31st Activities w/ Parvaneh	Thursday 1st Activities w/ Carol
<p>Salon Day 9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Mary Poppins 1964</i></p>  <p>10:45 Companion Time 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: Back to School Project 2:45 Group Activity: <i>Basketball</i> 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>International Bacon Day</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 1:45 Group Game: <i>Toys Processing</i> 2:45 Group Activity: <i>Bulls Eye!</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Farmer's Market Discussion</i> 10:00 Spa at the House 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 Companion Time 1:45 Group Game: <i>Yahtzee</i> 2:45 Group Activity: <i>Stamping</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</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>Germany Invades Poland</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 Companion Time</p> <p>Flower Arranging! 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Teddy Bear BINGO!</i> 4:00 Companion Time</p>
Friday 2nd Activities w/ Parvaneh	Saturday 3rd Activities w/ Parvaneh	Sunday 24h Activities w/ Carol	Key
<p>Happy Birthday Marilyn C Fun Friday Q: What is a tree's least favorite month? A: Sep-timber! 9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>V-J 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 Companion Time 1:45 Group Game: <i>Shake Loose a Memory</i> 2:45 Group Activity: <i>Bean Bag Toss</i> 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>1st Image of Uncle Sam</i></p>  <p>10:45 Companion Time 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Can You Name 5</i> 2:45 Group Activity: <i>Tea Time</i> 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>Newspaper Carriers Day</i> 10:00 Group Game: <i>Finish the Phrase</i> 10:45 Spa at the Commons 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: <i>Mini Golf</i> 2:15 Afternoon Walks to House for Music 2:30 Music at the House w/Paul Cavitt</p>  <p>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: "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>