

# The Country House and Commons

Weekly Activity Calendar  
Monday, August 7th through Sunday, August 13th 2017



Monday 7th Activities w/ Lee	Tuesday 8th Activities w/ Carol	Wednesday 9th Activities w/ Lee	Thursday 10th Activities w/ Lauren
<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Purple Heart Created 1782</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:30 What's Missing? <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Sequence</i> 2:45 Group Activity: <i>Household Fun</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 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Be Happy Day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Headbandz</i> 2:45 Group Activity: <i>Summer Sensory Bin</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>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: Book Lovers Day</p>  <p>10:00 Group Game: <i>Can You Name 5?</i> 11:15 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 What's Missing? <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Companion Time 2:15 Afternoon Walks to House for Music  <b>2:30 Songs at the House w/ Greg</b>  3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Family Fun Month</i></p> <p><b>Flower Arranging!</b> 10:00 @ House</p>  <p>11:30 Sit &amp; Be Fit: <i>Senior Yoga</i> <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p><b>STAFF MEETING</b> <b>1:30pm</b></p> <p>2:15 Afternoon Walks to House for Music <b>2:30 Folk music at the House w/ Loki</b> 3:30 Afternoon RA Activity: <i>Parachute Fun!</i></p>
Friday 11th Activities w/ Lee	Saturday 12th Activities w/ Carol	Sunday 13th Activities w/ Nidia	Key
<p><b>Fun Friday</b> <b>Q: What's red and bad for your teeth?</b> <b>A: A brick!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National S'mores Day</i> 11:00 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time</p> <p><b>Happy Hour!</b> 1:45 @ Commons 2:15 @ 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>Islands (discussion Topic)</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time</p> <p><b>Baking with Mel:</b> 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 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Left Handers' Day</i></p>  <p>10:00 Group Game: <i>Bunco</i> 11:15 Sit &amp; Be Fit: <i>Groovin' &amp; Moovin'</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Companion Time 2:15 Afternoon Walks to Commons for Music  <b>2:30 Piano at the Commons w/ Chris</b>  3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p>Country House Country Commons <b>Special Events or Outings Lunch</b> Country House &amp; Commons <b>Both Houses meeting in the Country House Living Room</b></p> <p><b>Quote of the Week:</b>  "When you look at the dark side, careful you must be. For the dark side looks back." —Jedi Master Yoda</p>