

The Country House and Commons

Weekly Activity Calendar Monday, December 12th through Sunday, December 13th 2016



| Monday 12th Activities w/ Katie | Tuesday 13th Activities w/ Parvaneh | Wednesday 14th Activities w/ Parvaneh | Thursday 15th Activities w/ Katie |
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| <p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Hot Cocoa Day</i> 10:45 Companion Time 11:15 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 1:45 Group Game: <i>Christmas Cards</i> 2:45 Group Game: <i>Christmas Cards</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Hula Hoop Ball</i></p>  | <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Clip-On-Tie Created</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day</p> <p>STAFF MEETING 1:30pm</p> <p>2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Loki</p> <p>3:30 Afternoon RA Activity: <i>Bean Bag Toss</i></p> |  <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>December Flower: Holly</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks to Commons for Music</p> <p>1:45 Live Piano Music at the Commons</p> <p>2:45 Group Game: Christmas Book Club 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p> | <p>9:30 Morning Gathering: <i>Bill of Rights Enacted</i></p> <p>Christmas Carolers 10:00 @ House 10:30 @ CMS</p> <p>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</p>  <p>2:45 Group Game: <i>Build a Snowman</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Puzzles</i></p> |
| Friday 16th Activities w/ Katie | Saturday 17th Activities w/ Carol | Sunday 18th Activities w/ Parvaneh | Key |
| <p>Fun Friday</p> <p>Q: What is a parent's favorite Christmas carol? A: Silent Night!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Battle of the Bulge Began</i> 10:45 Companion Time 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 2:00 Group Game: Visits from the Boy Scouts! 2:30 Group Game: Visits from the Boy Scouts! 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Mini Golf</i></p> | <p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Wright Brothers 1st Flight</i> 10:00 Group Game: <i>Cookie Decorating</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 What's Missing? 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Donnie</p>  <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Companion Time:</p> | <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Christmas Traditions</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day</p> <p>Resident Family Christmas Party</p> <p>2:00 pm CMS 2:30 pm House</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:</p> <p>"The holly and the ivy, When they are both full grown, Of all trees that are in the wood, The holly bears the crown: O, the rising of the sun, And the running of the deer The playing of the merry organ, Sweet singing in the choir."</p> <p>- Christmas Carol</p> |