

# The Country House and Commons

Weekly Activity Calendar  
Monday, December 8th through Sunday, December 14th 2014



Monday 8th Activities w/ Katie & Devyn	Tuesday 9th Activities w/ Devyn & Katie	Wednesday 10th Activities w/ Katie & Devyn	Thursday 11th Activities w/ Devyn & Gabby
<p style="text-align: center;"><b>Salon Day</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Brownie Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/Noodles</i> 11:30 Trivia, Facts &amp; Fun <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks to House for Music 1:15 Spa at the House 1:45 Afternoon Activity: <i>Dominos!</i> 2:45 Group Activity: <i>Bulls Eye!</i> 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 &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Pastry Day</i> 10:45 Spa at the Commons 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Reading: <i>Chicken Soup for the Soul</i> <b>12:00 Lunch</b> 1:00 Movie of the Day 1:15 Afternoon Walks</p> <p style="text-align: center;"><b>Pumpkin Visits!</b> <b>1:30 @ House</b> <b>2:15 @ Commons</b></p> <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Table Game: <i>Yahtzee!</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Human Rights Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 Spa at the House <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Balloon Toss</p> <p style="text-align: center;"><b>STAFF MEETING</b> <b>1:30pm</b></p> <p>2:15 Afternoon Walks to House for Music <b>2:30 Folk Music w/ Michael At House</b> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i></p>	<p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>December Birthstone, Turquoise</i> 10:45 Spa at Commons 11:15 Sit &amp; Be Fit: <i>Exercise w/Noodles</i> 11:30 Internet Travel <b>12:00 Lunch</b> 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Activity: <i>Flower Arranging</i> 2:45 Group Activity: <i>Flower Arranging</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: <i>Mini Golf</i></p>  <p>4:00 Companion Time</p>
Friday 12th Activities w/ Gabby	Saturday 13th Activities w/ Gabby	Sunday 14th Activities w/ Katie	Key
<p style="text-align: center;"><b>Fun Friday</b></p> <p><b>Q: What do snowmen like to eat for breakfast?</b></p> <p><b>A: Frosted Flakes!</b></p> <p>9:30 Morning Walks 10:00 Chico Community Children's Center Carolers 10:30 Sit &amp; Be Fit Exercises 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Laugh Out Loud Jokes <b>12:00 Lunch</b> 1:00 Movie of the Day 1:15 Spa at the House 1:30 Essential Oils Education w/ Joan 2:45 Happy Hour! <i>Dice Games</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Table Game: <i>Bingo!</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>1928 Clip on Tie Invented!</i> 10:45 Spa at Commons 11:15 Sit &amp; Be Fit: <i>Exercise w/Noodles</i> 11:30 Wii Game: <i>Wheel of Fortune</i> <b>12:00 Lunch</b> 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Companion Time 2:15 Group Activity: <i>Mini Golf</i> 2:45 Afternoon Walks to House for Music <b>3:00 Songs w/ Jennifer At House</b> 3:00 Spa at the House 3:30 Afternoon RA Activity <i>Parachute Fun!</i> 4:00 Walk to the CMS After Music</p>	 <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>December Flower: Holly</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Positive Quotes <b>12:00 Lunch</b> 1:00 Movie of the Day 1:15 Spa at the House 1:45 Group Activity: <i>High Rollers</i> 2:45 Group Game: <i>Hoop Ball</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>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</p> <p><b>Quote of the Week:</b></p> <p>"I heard a bird sing In the dark of December A magical thing And sweet to remember. 'We are nearer to Spring Than we were in September.' I heard a bird sing In the dark of December."</p> <p>- Oliver Herford, <i>I Heard a Bird Sing</i></p>