

The Country House and Commons

Weekly Activity Calendar Monday, December 5th through Sunday, December 11th 2016



Monday 5th Activities w/ Katie	Tuesday 6th Activities w/ Parvaneh	Wednesday 7th Activities w/ Parvaneh	Thursday 8th Activities w/ Katie
<p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Walt Disney's Birthday</i></p>  <p>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 Trivia</i> 2:45 Group Game: <i>Race to the Finish</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>St. Nicholas Day</i> 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 Companion Time 1:45 Group Game: <i>Christmas Book Club</i> 2:45 Group Game: <i>Christmas Book Club</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i></p>  <p>St. Nicholas Day</p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Pearl Harbor 1941</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 Companion Time 1:45 Group Game: <i>Teddy Bear BINGO</i> 2:45 Group Game: <i>Matching Card Game</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Brownie Day</i> 10:45 Thankful Tree Craft 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>Christmas Discussion Game</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Christmas Cards</i></p>
Friday 9th Activities w/ Carol	Saturday 10th Activities w/ Parvaneh	Sunday 11th Activities w/ Katie	Key
<p>Fun Friday</p> <p>Q: What do snowmen like to eat for breakfast? A: Frosted Flakes!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Pastry Day</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 1:45 Group Game: <i>Build a Gingerbread Man</i> 2:45 Group Game: <i>Christmas Discussion Game</i> 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>Human Rights Day</i> 10:00 Group Game: <i>Can You Name 5?</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/ Michael</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Household Fun</i></p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: December Birthstone: Turquoise</p>  <p>10:00 Group Game: <i>Scrabble</i> 10:45 Morning Walks 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 Commons 1:45 Companion Time 2:15 Afternoon Walks to Commons for Music</p> <p>2:30 Piano at the Commons w/ Chris</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Conversation Ball</i></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>"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>