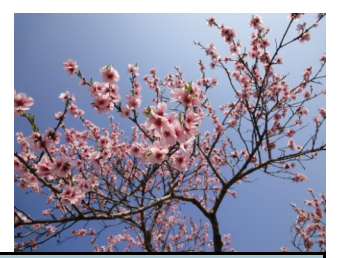
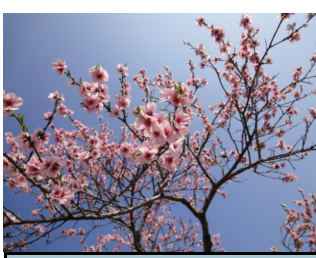


# The Country House and Commons

Weekly Activity Calendar  
Monday, February 22nd through Sunday, February 28th 2016



Monday 22nd Activities w/ Katie	Tuesday 23rd Activities w/ Bre	Wednesday 24th Activities w/ Katie	Thursday 25th Activities w/ Bre
<p><b>Salon Day</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Canning Food</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>UNO!</i> 2:45 Group Activity: <i>Valentine Montessori Puzzle</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Heart's Bean Bag Toss</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>Tootsie Rolls in Stores</i></p>  <p>10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>Book Club</i> 2:45 Group Activity: <i>Valentine Sensory Bin</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Great American Pie Month</i> 10:00 Morning Walks 10:30 Get Moving: <i>Balloon Tennis</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Valentine's Day BINGO</i> 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Songs at the House w/ Dorothy</b></p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Nuts and Bolts</i> 4:15 Companion Time</p>	<p><b>Happy Birthday Daniel!!</b></p> <p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Clam Chowder Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p><b>Flower Arranging!</b> 1:45 @ House 2:45 @ Commons</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Puzzle</i> 4:00 Companion Time</p>
Friday 26th Activities w/ Katie	Saturday 27th Activities w/ Carol	Sunday 28th Activities w/ Bre	Key
<p><b>Fun Friday</b> <b>Q: Can February March?</b> <b>A: No, but April May!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Carnival!</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p><b>Happy Hour!!</b> 1:45 @ Commons 2:45 @ House</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Elizabeth Taylor 1932</i> 10:00 Group Game: <i>Apples to Apples</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; 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>High Rollers</i> 2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Songs at the House w/ Michael</b></p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Sensory Matching Game</i> 4:15 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>88th Academy Awards</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>Shake Loose a Memory</i> 2:15 Group Activity: <i>Race to the Finish</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p> 	<p><b>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</b></p> <p><b>Quote of the Week:</b></p> <p>Springtime is the land awakening. The March winds are the morning yawn.</p> <p>~Quoted by Lewis Grizzard in <i>Kathy Sue Loudermilk, I Love You</i></p>