



The Country House and Commons



Weekly Activity Calendar Monday January 20th through Sunday, January 26th 2014

Monday 20th Activities with Mary	Tuesday 21st Activities with Mary	Wednesday 22nd Activities with Jalissa	Thursday 23rd Activities with Mary
<p style="text-align: center;">Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Martin Luther King Jr. Day</i> 10:45 Sit & Be Fit: <i>Stretch Bowling</i> 11:00 Montessori Connections 11:30 Wii Game: <i>Family Feud</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Game: <i>Bingo</i> 2:45 Afternoon Walks <i>And Bean Bag Throw</i> 3:30 Montessori Connections w/Mary</p> <p>Afternoon RA Activity Picture Matching</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Hugging Day</i> 10:45 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:00 Montessori Connections 11:30 Morning Reminiscing: <i>Reasons to give a Hug</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks to House for Music 1:30 Singing with Dorothy at House 2:30 Walks to the CMS After Music 2:45 Afternoon Walks <i>And Balloon Toss</i> 3:30 Montessori Connections w/Mary</p> <p>Afternoon RA Activity Bean Bag Toss</p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Nat. Blonde Brownie Day</i> 10:45 Sit & Be Fit: <i>Groovin & Moovin</i> 11:00 Montessori Connections 11:30 Wii Game: <i>Deal or No Deal</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks to House for Music 1:15 Afternoon Walks 1:30 Folk Music w/Michael At House 2:30 Walks to the CMS After Music 2:45 Afternoon Walks <i>With Color Game</i> 3:30 Montessori Connections w/Jalissa</p> <p>Afternoon RA Activity Bowling</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Great American Pie Day</i> 10:45 Sit & Be Fit: <i>Stretch Bowling</i> 11:00 Montessori Connections 11:30 Trivia, Facts & Fun: <i>What's Your Favorite Pie?</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Afternoon Baking: <i>American Pies</i> 2:45 Afternoon Walks <i>And Bean Bag Throw</i> 3:30 Montessori Connections w/Mary</p> <p>Afternoon RA Activity Picture Matching</p>
Friday 24th Activities with Jalissa	Saturday 25th Activities with Jalissa	Sunday 26th Activities with Mary	Key
<p style="text-align: center;"><i>Fun Friday</i></p> <p>Q: What do women use to stay young looking in the Arctic? A: Cold cream</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Nat. Compliment Day</i> 10:45 Sit & Be Fit: <i>Groovin & Moving</i> 11:00 Montessori Connections 11:30 Wii Game: <i>Wheel of Fortune</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Game: <i>Bingo</i> 2:45 Afternoon Walks <i>And Balloon Toss</i> 3:30 Montessori Connections w/Jalissa</p> <p>Afternoon RA Activity: Bean Bag Toss</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>First Winter Olympic 1924</i> 10:45 Sit & Be Fit: <i>Stretch Bowling</i> 11:00 Montessori Connections 11:30 Today in History: <i>Winter Olympics</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Afternoon Creations: <i>Valentine Crafts</i> 2:45 Afternoon Walks <i>And Bean Bag Throw</i> 3:30 Montessori Connections w/Jalissa</p> <p>Afternoon RA Activity Bowling</p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Soup Month</i> 10:45 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:00 Montessori Connections 11:30 Wii Game: <i>Deal or No Deal</i> 12:00 Soup & Sandwich Lunch Bar 1:15 Movie of the Day 1:30 Afternoon Walks 1:45 Group Game: <i>High Rollers</i> 2:45 Afternoon Walks <i>And Color Game</i> 3:30 Montessori Connections w/Mary</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>"January is the quietest month in the garden. ... But just because it looks quiet doesn't mean that nothing is happening. The soil, open to the sky, absorbs the pure rainfall while microorganisms convert tilled-under fodder into usable nutrients for the next crop of plants. The feasting earthworms tunnel along, aerating the soil and preparing it to welcome the seeds and bare roots to come." - Rosalie Muller Wright, Editor of <i>Sunset Magazine</i>, 1/99</p>