



The Country House and Commons



Weekly Activity Calendar Monday, January 16th through Sunday, January 22nd 2017

Monday 16th Activities w/ Katie	Tuesday 17th Activities w/ Parvaneh	Wednesday 18th Activities w/ Parvaneh	Thursday 19th Activities w/ Katie
<p>Salon Day 9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Fig Newton 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</p> <p>Butte Humane Society Dog Visits! 1:30@ House 2:15 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Hula Hoop Ball</i></p>	<p>9:30 Sit & Be Fit Exercises 10:00 Morning Gathering: <i>Mohammad Ali's Birthday</i> 10:45 Sit & Be Fit: <i>Yoga & Meditation</i> 11:00 Get Moving: <i>Balloon Toss</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>High Rollers</i> 1:45 Spa at the Commons 2:15 Afternoon Walks to House for Music</p> <p>2:30 Accordion at the House w/ Kathleen</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Build a Snowman</i></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 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</p> <p>Baking with Mel: 1:45 @ Commons 2:45 @ House</p> <p>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 Pop Corn Day</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal Or No Deal 12:00 Lunch 1:00 Movie of the Day</p> <p>Flower Arranging! 1:45 @ House</p>  <p>2:45 Group Game: <i>Basketball</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time</p>
Friday 20th Activities w/ Katie	Saturday 21st Activities w/ Parvaneh	Sunday 22nd Activities w/ Carol	Key
<p>Fun Friday 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>Milk 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>The Ungame</i> 2:45 Group Game: <i>Build a Snowman</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>Clam Chowder Day</i></p>  <p>10:00 Group Game: <i>Resident Council</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 Hymns at the House w/ Donnie</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: Celebration of life Day 10:00 Group Game: <i>Shake Loose a Memory</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: "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, <i>Editor of Sunset Magazine, 1/99</i></p>