

# The Country House and Commons

Weekly Activity Calendar  
Monday, January 18th through Sunday, January 24th 2016



Monday 18th Activities w/ Katie	Tuesday 19th Activities w/ Bre	Wednesday 20th Activities w/ Katie	Thursday 21st Activities w/ Katie
<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>Martin Luther King Jr. birthday</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p><b>Humane Society Dog Visits:</b> 1:30 @ House 2:15 @ Commons</p>  <p>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>National Popcorn Day</i> 10:00 Group Game: <i>Book Club</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 Guess the Place <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: <i>Bowling</i> 2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Accordion music at the House w/</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>National Milk Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Internet Travel <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p><b>Baking with Mel:</b> 1:45 @ House 2:45 @ Commons</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Group Game: <i>Scrabble</i> 4:00 Companion Time</p>	<p><b>RESIDENT LUNCH OUTING Load @ 10:30 AM</b></p> <p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Calm Chowder Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal <b>12:00 Lunch</b> 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 Game: <i>BINGO</i> 4:00 Companion Time</p>
Friday 22nd Activities w/ Carol	Saturday 23rd Activities w/ Carol	Sunday 24th Activities w/ Carol	Key
<p><b>Fun Friday</b> <b>Q: What do women use to stay young looking in the Arctic?</b> <b>A: Cold cream!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Discussion Topic: Sports</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: Sequence BINGO 2:45 Group Activity: <i>Winter Montessori Puzzle</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p> 	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>National Pie Day</i> 10:00 Group Game: <i>Finish the Phrase</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: <i>Ball Toss</i> 2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Hymns 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>Winter Sensory Bin</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>1935 Beer Sold in Cans!</i></p>  <p>10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 The Price is Right <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>UNO!</i> 2:45 Group Activity: <i>Matching Card Game</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: Balloon Volleyball 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> "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."</p> <p>- Rosalie Muller Wright, <i>Editor of Sunset Magazine, 1/99</i></p>