



The Country House and Commons



Weekly Activity Calendar Monday, January 23rd through Sunday, January 29th 2017

Monday 23rd Activities w/ Carol	Tuesday 24th Activities w/ Parvaneh	Wednesday 25th Activities w/ Parvaneh	Thursday 26th Activities w/ Carol
<p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Pie Day</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Sit & Be Fit</i> 11:30 What's Missing?</p> <p>Country Village Indoor Picnic! 12:00 at both houses</p> <p>1:00 Movie of the Day 1:00 Companion Time</p> <p>Pumpkin 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>1935 Beer Sold in Cans</i></p>  <p>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>Word Teasers</i> 1:45 Spa at the Commons 2:15 Afternoon Walks to House for Music</p> <p>2:30 Folk music at the House w/ Loki</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Colored Blocks</i></p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1934 1st Winter Olympics</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>Kings in the Corner</i> 2:45 Group Game: <i>Nuts and Bolts</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>Spouse's 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>Colored Dominoes</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time</p>
Friday 27th Activities w/ Parvaneh	Saturday 28th Activities w/ Carol	Sunday 29th Activities w/ Carol	Key
<p>Fun Friday</p> <p>Q: How do you know if there's a snowman in your bed? A: You wake up wet !</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Chocolate Cake 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</p> <p>Happy Hour! 1:45 @ Commons 2:15@ House</p>  <p>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>Blueberry Pancake Day</i></p>  <p>10:00 Group Game: <i>Apples to Apples</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 Folk Music at the House w/ Michael</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: Oprah Winfrey's Bday 10:00 Group Game: <i>Finish the Phrase</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 Music w/ Mary and Julie</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>"Bare branches of each tree on this chilly January morn look so cold so forlorn. Gray skies dip ever so low left from yesterday's dusting of snow. Yet in the heart of each tree waiting for each who wait to see new life as warm sun and breeze will blow, like magic, unlock springs sap to flow, buds, new leaves, then blooms will grow." - Nelda Hartmann, <i>January Morn</i></p>