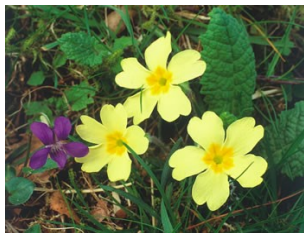


# The Country House and Commons

Weekly Activity Calendar  
Monday, January 25th through Sunday, January 31st 2016



Monday 25th Activities w/ Katie	Tuesday 26th Activities w/ Bre	Wednesday 27th Activities w/ Katie	Thursday 28th 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>1st Winter Olympics 1934</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</p> <p><b>Visits From Pumpkin:</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>Balloon Tennis</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>Spouse's Day</i> 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</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 Group Game: <i>UNO!</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Chocolate Cake Day</i> 10:00 Morning Walks 10:30 Get Moving: <i>Bean Bag Toss</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Apples to Apples</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>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>Blueberry Pancake Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal</p> <p><b>Country Village Indoor Picnic! 12:00 at both houses</b></p> <p>1:00 Movie of the Day 1:00 Afternoon Walks</p> <p><b>Flower Arranging!</b> 1:45 @ Commons 2:45 @ House</p> <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Game: <i>Dominoes</i> 4:00 Companion Time</p>
Friday 29th Activities w/ Carol	Saturday 30th Activities w/ Carol	Sunday 31st Activities w/ Carol	Key
<p><b>Fun Friday</b> <b>Q: How do you know if there's a snowman in your bed?</b> <b>A: You wake up wet!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Oprah Winfrey's Birthday</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 @ House 2:45 @ Commons</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Group Game: <i>Shake Loose a Memory</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>National Soup Month</i> 10:00 Group Game: <i>Book Club</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: Balloon Volleyball 2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Accordion music at the House w/ Kathleen</b></p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Winter Montessori Puzzle</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>Jackie Robinson's Birthday</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>Farkle</i> 2:45 Group Activity: <i>Race to the Finish</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: <i>Mini Golf</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>"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>