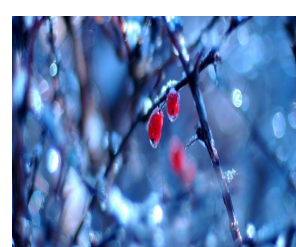
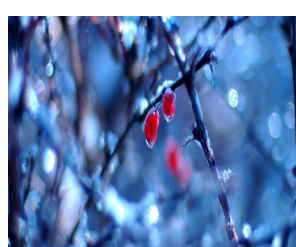


The Country House and Commons

Weekly Activity Calendar
Monday, January 2nd through Sunday, January 8th 2017



Monday 2nd Activities w/ Katie	Tuesday 3rd Activities w/ Parvaneh	Wednesday 4th Activities w/ Parvaneh	Thursday 5th Activities w/ Katie
<p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>January Flower: Carnation</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 1:45 Group Game: <i>Farkle</i> 2:45 Group Game: <i>Shut the Box</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Hula Hoop Ball</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>January Birthstone: Garnet</i></p>  <p>10:45 Companion Time 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Yahtzee</i> 2:45 Group Game: <i>Build a Snowman</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i></p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Trivia 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 1:45 Group Game: <i>Trash Card Game</i> 2:45 Group Game: <i>Race to the Finish</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p> 	<p>Happy Birthday Vincent!!</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Bird 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 6th Activities w/ Katie	Saturday 7th Activities w/ Parvaneh	Sunday 8th Activities w/ Carol	Key
<p>Fun Friday</p> <p>Q: Why do seals swim in salt water? A: Because pepper water makes them sneeze!</p> <p>Happy Birthday Marvin!!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1838 Telegraph</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>Bunco</i> 2:45 Group Game: <i>Checkers</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Mini Golf</i></p>	<p>9:30 Companion Time 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Jupiter's Moons Discovered</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 1:00 Spa at the House 1:45 Group Game: <i>Tea Time</i> 2:45 Group Game: <i>Tea Time</i> 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Balloon Tennis</i></p> 	 <p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Blood Donor Month</i> 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:</p> <p>"January is here, with eyes that keenly glow, A frost-mailed warrior striding a shadowy steed of snow." - Edgar Fawcett</p>