



# The Country House and Commons



**Weekly Activity Calendar**  
**Monday, January 30th through Sunday, February 5th 2017**

| Monday 30th<br>Activities w/ Carol  | Tuesday 31st<br>Activities w/ Parvaneh  | Wednesday 1st<br>Activities w/ Parvaneh  | Thursday 2nd<br>Activities w/ Carol  |
|---|---|--|--|
| <p><b>Salon Day</b></p> <p>9:30 Spa at the House<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>National Soup Month</i><br/>           10:45 Companion Time<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Sit &amp; Be Fit</i><br/>           11:30 What's Missing?<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day<br/>           1:00 Companion Time<br/>           1:45 Group Game:<br/> <i>Yahtzee</i><br/>           2:45 Group Game:<br/> <i>Build a Snowman</i><br/>           3:30 Afternoon RA Activity:<br/> <i>Balloon Bat</i><br/>           3:30 Get Moving:<br/> <i>Hula Hoop Ball</i></p>                              | <p>9:30 Spa at the Commons<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>Jackie Robinson Birthday</i><br/>           10:45 Companion Time<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Exercise w/ Noodles</i><br/>           11:30 Wheel of Fortune<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day<br/>           1:00 Companion Time<br/>           1:45 Group Game:<br/> <i>Winter Craft</i><br/>           2:45 Group Game:<br/> <i>Winter Craft</i><br/>           3:30 Afternoon RA Activity:<br/> <i>Bean Bag Toss</i><br/>           3:30 Get Moving:<br/> <i>Bean Bag Toss</i></p>   | <p>9:30 Spa at the House<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>International Pancake Day</i></p>  <p>10:45 Companion Time<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Groovin &amp; Moovin</i><br/>           11:30 Internet Travel<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day<br/>           1:00 Companion Time<br/>           1:45 Group Game:<br/> <i>UNO</i><br/>           2:45 Group Game:<br/> <i>Shut the Box</i><br/>           3:30 Afternoon RA Activity:<br/> <i>Basketball</i><br/>           3:30 Get Moving:<br/> <i>Balloon Volleyball</i></p>   | <p>9:30 Spa at the Commons<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>Ground Hog Day</i><br/>           10:45 Companion Time<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Exercise w/ Noodles</i><br/>           11:30 Deal Or No Deal<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day</p> <p><b>Flower Arranging!</b><br/>           1:00 @ House</p> <p><b>2:30 Kathy Blair's Retirement Party @ House</b></p> <p>3:30 Afternoon RA Activity:<br/> <i>Bowling</i><br/>           3:30 Companion Time</p>  |
| Friday 3rd<br>Activities w/ Parvaneh  | Saturday 4th<br>Activities w/ Carol   | Sunday 5th<br>Activities w/ Carol  | Key  |
| <p><b>Fun Friday</b></p> <p><b>Q: Why did the banana go out with the prune?</b><br/> <b>A: Because it couldn't get a date!</b></p> <p>9:30 Spa at the House<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>National Carrot Cake Day</i><br/>           10:45 Companion Time<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Dance Party!!!</i><br/>           11:30 Sing-A-Long<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day<br/>           1:00 Companion Time<br/>           1:45 Group Game:<br/> <i>Matching Card Game</i><br/>           2:45 Group Game:<br/> <i>Jumbo Checkers</i><br/>           3:30 Afternoon RA Activity:<br/> <i>Balloon Toss</i><br/>           3:30 Get Moving:<br/> <i>Mini Golf</i></p> | <p>9:30 Companion Time<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>Black History Month</i><br/>           10:45 Companion Time<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Exercise w/ Noodles</i><br/>           11:30 Deal or no Deal<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day<br/>           1:00 Spa at the House<br/>           1:45 Group Game:<br/> <i>Tea Time</i><br/>           2:45 Group Game:<br/> <i>Tea Time</i></p>  <p>3:30 Afternoon RA Activity:<br/> <i>Parachute Fun!</i><br/>           3:30 Get Moving:<br/> <i>Balloon Tennis</i></p> | <p>9:30 Spa at the Commons<br/>           10:15 Sit &amp; Be Fit Exercises<br/>           10:30 Morning Gathering:<br/> <i>Weatherman Appreciation</i><br/>           10:45 Morning Walks<br/>           11:15 Sit &amp; Be Fit:<br/> <i>Exercise w/ Noodles</i><br/>           11:30 The Price is Right<br/> <b>12:00 Lunch</b><br/>           1:00 Movie of the Day<br/>           1:00 Afternoon Walks<br/>           1:45 Group Game:<br/> <i>High Rollers</i><br/>           2:15 Group Activity:<br/> <i>Sensory Matching Game</i></p> <p><b>2016 Super Bowl Game 3:00pm</b></p> <p><b>New England Patriots vs. Atlanta Falcons</b></p>  | <p><b>Country House</b><br/> <b>Country Commons</b><br/> <b>Special Events or Outings</b><br/> <b>Lunch</b><br/> <b>Country House &amp; Commons</b><br/> <b>Both Houses meeting in the Country House Living Room</b></p> <p><b>Quote of the Week:</b></p> <p>"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."</p> <p>- Edith Sitwell</p>  |