

The Country House and Commons

Weekly Activity Calendar

Monday, January 4th through Sunday, January 10th 2016



Monday 4th Activities w/ Katie	Tuesday 5th Activities w/ Bre	Wednesday 6th Activities w/ Katie	Thursday 7th Activities w/ Katie
<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Trivia Day</i> 10:45 Morning Walks 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 Afternoon Walks 1:45 Table Game: <i>Dominoes</i> 2:45 Group Game: <i>Sensory Matching Game</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: Balloon Volleyball 4:00 Companion Time</p> 	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Bird Day</i></p>  <p>10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:45 Group Game: <i>Bingo!</i> 2:45 Group Activity: <i>Household Fun</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>The Telegraph 1838</i> 10:00 Group Game: <i>Apples to Apples</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: <i>Balloon Toss</i> 2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Dorothy</p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Teddy Bear BINGO!</i> 4:15 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Jupiter's Moons Discovered</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Afternoon Walks</p> <p>Flower Arranging! 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>Farkle</i> 4:00 Companion Time</p>
Friday 8th Activities w/ Carol	Saturday 9th Activities w/ Bre	Sunday 10th Activities w/ Carol	Key
<p>Fun Friday Q: Why do seals swim in salt water? A: Because pepper water makes them sneeze!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Blood Donor Month</i> 10:45 Morning Walks 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 Afternoon Walks</p> <p>Pet Therapy: Bunnies! 1:30 @ House 2:30 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Group Game: <i>UNO!</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>United Nations Opens Headquarters in NYC</i> 10:00 Group Game: <i>Kings in the Corner</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 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: <i>Bowling</i> 2:15 Afternoon Walks to House for Music 2:30 Hymns at the House w/ Michael</p>  <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Nuts and Bolts</i> 4:15 Companion Time</p>	 <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1st Underground Railway opens in London</i> 10:45 Morning Walks 11:15 Sit & 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>High Rollers</i> 2:45 Group Activity: <i>Winter Sensory Bin</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</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: "January is here, with eyes that keenly glow, A frost-mailed warrior striding a shadowy steed of snow." - Edgar Fawcett</p> 