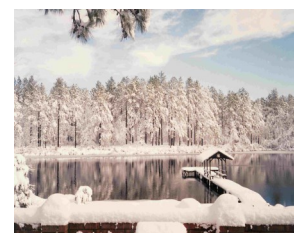
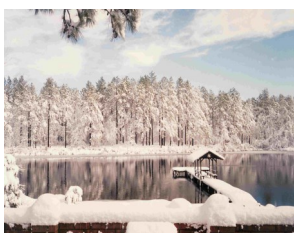


The Country House and Commons

Weekly Activity Calendar Monday, January 9th through Sunday, January 15th 2017



Monday 9th Activities w/ Katie	Tuesday 10th Activities w/ Parvaneh	Wednesday 11th Activities w/ Parvaneh	Thursday 12th Activities w/ Katie
<p align="center">Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>UN Opens in NYC</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>Dominoes</i> 2:45 Group Game: <i>Puzzles</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>London Railway opens 1863</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day</p> <p align="center">STAFF MEETING 1:30pm</p> <p>2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Loki</p> <p>3:30 Afternoon RA Activity: <i>Bean Bag Toss</i></p>	<p align="center">Happy Birthday Diane G.!!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Designated Hitter Rule</i></p>  <p>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>LCR Dice Game</i> 2:45 Group Game: <i>Parachute Fun!</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p>	<p align="center">Happy Birthday Alfred!!</p> <p align="center">RESIDENT LUNCH OUTING Load @ 10:30 AM</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Batman Debuts 1974</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 align="center">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 13th Activities w/ Katie	Saturday 14th Activities w/ Parvaneh	Sunday 15th Activities w/ Carol	Key
<p align="center">Fun Friday</p> <p>Q: Where can you find an <u>ocean</u> without any water? A: On a map!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Hot Tea Month</i></p>  <p>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>The Ugame</i> 2:45 Group Game: <i>Build a Snowman</i> 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>Dress Your Pet Day</i> 10:00 Group Game: <i>Resident Council</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 2:30 Songs at the House w/ Michael 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Companion Time</p> 	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Happy Days Debuts</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place 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>Household Fun</i> 3:30 Afternoon RA Activity: <i>Ball Toss</i> 3:30 Get Moving: <i>Bowling</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>"Whose woods these are I think I know. His house is in the village though; He will not see me stopping here To watch his woods fill up with snow."</p> <p align="right">- Robert Frost, <i>Stopping by Woods on a Snowy Evening</i></p>