



The Country House and Commons



Weekly Activity Calendar Monday, July 3rd through Sunday, July 9th 2017

Monday 3rd Activities w/ Lee	Tuesday 4th Activities w/ Parvaneh	Wednesday 5th Activities w/ Lee	Thursday 6th Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Plastic Bag Free Day</i> 11:00 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</p> <p>Cookie Decorating: 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>	 <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Independence Day!</i> 11:00 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</p> <p>4th of July party! 2:30 at Country House Livingroom</p>  <p><i>Happy 4th of July</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Bikini Makes Debut</i></p>  <p>11:00 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>Bible Study</i> 2:45 Group Game: <i>Bible Study</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Fried Chicken Day</i> 11:00 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! 1:00 @ House</p>  <p>2:45 Group Game: <i>Stamping</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>
Friday 7th Activities w/ Lee	Saturday 8th Activities w/ Carol	Sunday 9th Activities w/ Nidia	Key
<p>Fun Friday Q: What do you call a can opener that doesn't work? A: A can't opener!</p> <p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>US Annexes Hawaii</i> 10:00 Group Game: <i>Book Club</i> 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 What's Missing? 12:00 Lunch 1:00 Afternoon Walks to House for Music</p> <p>1:15 Music Therapy at the House w/ Pam</p> <p>2:30 Companion Time 3:00 Spa at the Commons 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Balloon Tennis</i></p>	<p>Happy Birthday Jim!!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1st Passport Issued</i> 11:00 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</p> <p>Baking with Mel: 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Balloon 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>Dick Clark's 1st Bandstand</i> 10:00 Group Game: <i>Bunco</i> 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> 3:30 Get Moving: <i>Bowling</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: “ I've always dealt with light, frivolous things that didn't count. But I'm not ashamed of that, because I think there's so much heaviness in our lives. Somebody's got to be the class clown.” —Dick Clark</p>