



The Country House and Commons



Weekly Activity Calendar Monday, July 17th through Sunday, July 23rd 2017

Monday 17th Activities w/ Lee	Tuesday 18th Activities w/ Carol	Wednesday 19th Activities w/ Lee	Thursday 20th Activities w/ Lauren
<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1955 Disneyland Opens!</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>Butte Humane Society Dog Visits! 1:30@ House 2:15 @ 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 Sit & Be Fit Exercises 10:00 Morning Gathering: <i>July Flower: Larkspur</i></p>  <p>10:45 Sit & Be Fit: <i>Yoga & Meditation</i> 11:00 Get Moving: <i>Balloon Toss</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Sequence</i> 1:45 Spa at the House 2:15 Afternoon Walks to House for Music</p> <p>2:30 Accordion at the House w/ Kathleen</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Group Activity: <i>Sensory Matching Game</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>July Birthstone: Ruby</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> 4:00 Companion Time</p> 	<p>Resident Breakfast Outing 8:15 am</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Armstrong Walks on the Moon</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 1:45 Group Game: <i>Apples to Apples</i> 2:45 Group Game: <i>Jumbo Checkers</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p>
Friday 21st Activities w/ Lee	Saturday 22nd Activities w/ Carol	Sunday 23rd Activities w/ Nidia	Key
<p>Fun Friday Q: Why does Alice ask so many questions? A: Because she's in Wonderland!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Hot Dog Month</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 1:45 Group Game: <i>Bible Study</i> 2:45 Group Game: <i>Bible Study</i> 3:30 Afternoon RA Activity: <i>This or That Ball</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p> 	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Alex Trebek Birthday</i></p>  <p>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 1:45 Group Game: <i>Reminiscing</i> 2:45 Group Game: <i>Tea Time</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Ice Cream Cone Invented</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:</p> <p>“To all who come to this happy place: Welcome. Dis- neyland is your land. Here age relives fond memories of the past, and here youth may savor the challenge and promise of the future. Disneyland is dedicat- ed to the ideals, the dreams, and the hardfacts that have creat- ed America; with the hope that it will be a source of joy and inspiration to all the w orld.” —Walt Disney</p>