

The Country House and Commons

Weekly Activity Calendar

Monday, July 18th through Sunday, July 24th 2016



| Monday 18th Activities w/Katie | Tuesday 19th Activities w/Katie | Wednesday 20th Activities w/Parvaneh | Thursday 21st Activities w/Parvaneh |
|--|---|---|--|
| <p style="text-align: center;">Salon Day</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>July Flower: Larkspur</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House Butte Humane Visits! 1:45@ House 2:15 @ Commons</p>  <p>3:00 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p> | <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>July Birthstone: Ruby</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>High Rollers</i> 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p style="text-align: center;">2:30 Songs at the House w/ Kathleen</p>  <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Water Sensory Bin</i> 4:00 Companion Time</p> | <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1969: Man Walks on Moon</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Can You Name 5?</i> 2:45 Group Activity: <i>Color Dominoes</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>  | <p style="text-align: center;">Resident Breakfast Outing 8:15 am</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Ntl Hot Dog Month</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Guess The Location 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p style="text-align: center;">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>BINGO</i> 4:00 Companion Time</p> |
| Friday 22nd Activities w/Parvaneh | Saturday 23rd Activities w/Parvaneh | Sunday 24th Activities w/Carol | Key |
| <p style="text-align: center;">Fun Friday</p> <p>Q: Why is it called when a cat wins a dog show? A: A Cat-Has-Trophy!</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Alex Trebek's Birthday</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Short Stories 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House Baking with Mel! 1:45 @ Commons 2:15@ House</p> <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p> | <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Ice Cream Cone Invented</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 Group Game: <i>Book Club</i> 1:45 Companion Time 2:15 Afternoon Walks to House for Music 2:30 Songs at the House w/Michael</p>  <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:45 Group Activity: <i>Bulls Eye</i> 4:00 Companion Time</p> | <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Amelia Earhart Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Trivia! 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>BINGO</i> 1:45 Companion Time 2:15 Afternoon Walks to Commons for Music</p> <p style="text-align: center;">2:30 Music at the Commons w/Chris</p> <p>2:30 Spa at the Commons 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:45 Group Activity: <i>Sensory Matching</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>“Flying might not be all plain sailing, but the fun of it is worth the price.” —Amelia Earhart</p> |