



The Country House and Commons

Weekly Activity Calendar
Monday, June 19th through Sunday, June 25th 2017



Monday 19th Activities w/ Lee	Tuesday 20th Activities w/ Parvaneh	Wednesday 21st Activities w/ Lee	Thursday 22nd Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Civil Rights Act Approved</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>World Jugglers Day</i> 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>Summer Solstice</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>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Donuts Created 1847</i></p> <p>Flower Arranging! 10:00 @ House</p>  <p>11:30 Sit & Be Fit: <i>Senior Yoga</i> 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Folk music at the House w/ Loki</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>
Friday 23rd Activities w/ Lee	Saturday 24th Activities w/ Carol	Sunday 25th Activities w/ Nidia	Key
<p>Fun Friday Q: What kind of flower grows on your face? A: Tulips!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>US Secret Service Created</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>Happy Hour! 1:45 @ Commons 2:15 @ House</p>  <p>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 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>June Birthstone: Pearl</i></p>  <p>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 Spa at the House 1:45 Group Game: <i>BINGO</i> 2:45 Group Game: <i>Household Fun</i> 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>June Flower: Rose</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: "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." ~James Dent</p>