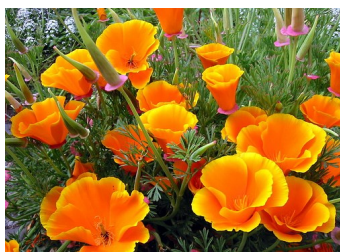


# The Country House and Commons

Weekly Activity Calendar  
Monday, June 5th through Sunday, June 11th 2017



Monday 5th Activities w/ Lee	Tuesday 6th Activities w/ Parvaneh	Wednesday 7th Activities w/ Lee	Thursday 8th Activities w/ Carol
<p><u>Happy Birthday Roland!</u></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>World Environment Day</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Sit &amp; 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>Matching Card Game</i> 2:45 Group Game: <i>Teddy Bear BINGO</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>	<p><u>Happy Birthday George!</u></p> <p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>D-day WWII</i> 11:00 Sit &amp; 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 Commons</p> <p><b>STAFF MEETING</b> <b>1:30pm</b></p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i></p> 	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Chocolate Ice Cream Day</i> 10:00 Group Game: <i>Can You Name 5?</i> 11:15 Sit &amp; 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 House 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	<p><u>Happy Birthday Barbara H.!</u></p> <p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Milton Berle Show 1948</i> <b>Flower Arranging!</b> 10:00 @ House 11:30 Sit &amp; 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 9th Activities w/ Lee	Saturday 10th Activities w/ Nidia	Sunday 11th Activities w/ Nidia	Key
<p><i>Fun Friday</i></p> <p><b>Q: What do you get from a pampered cow?</b> <b>A: Spoiled milk!</b></p> <p><u>Happy Birthday Joanie!</u></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Donald Duck Debuts 1934</i> 11:00 Sit &amp; 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>Summer Sensory Bin</i> 2:45 Group Game: <i>Wildlife BINGO</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 &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Ben Franklin Discovers Electricity</i> 11:00 Sit &amp; 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><u>Baking with Mel:</u> 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 &amp; Be Fit Exercises 9:45 Morning Gathering: <i>ET Released 1982</i></p>  <p>10:00 Group Game: <i>Bunco</i> 11:15 Sit &amp; Be Fit: <i>Groovin' &amp; 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 <b>Special Events or Outings</b> Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</p> <p><b>Quote of the Week:</b></p> <p>"I'd rather be a could-be if I cannot be an are; because a could-be is a maybe who is reaching for a star. I'd rather be a has-been than a might-have-been, by far; for a might have-been has never been, but a has was once an are." --Milton Berle</p> 