

# The Country House and Commons

Weekly Activity Calendar  
Monday, March 20th through Sunday, March 26th 2017



| Monday 20th<br>Activities w/ Lee   | Tuesday 21st<br>Activities w/ Parvaneh  | Wednesday 22nd<br>Activities w/ Lee  | Thursday 23rd<br>Activities w/ Carol  |
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| <p><b>Salon Day</b></p> <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>Spring Equinox</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Sit &amp; Be Fit</i><br/>11:30 What's Missing?<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time</p> <p><b>Butte Humane Society Dog Visits!</b><br/>1:30 @ House<br/>2:15 @ Commons</p>  <p>3:30 Afternoon RA Activity:<br/><i>Balloon Bat</i><br/>3:30 Get Moving:<br/><i>Conversation Ball</i><br/>4:00 Companion Time</p>                                      | <p>9:30 Sit &amp; Be Fit Exercises<br/>10:00 Morning Gathering:<br/><i>National Quilting Day</i><br/>10:45 Sit &amp; Be Fit:<br/><i>Yoga &amp; Meditation</i><br/>11:00 Get Moving:<br/><i>Balloon Toss</i><br/>11:30 Internet Travel<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Group Game:<br/><i>Sequence</i><br/>1:45 Spa at the Commons<br/>2:15 Afternoon Walks to<br/>House for Music</p> <p><b>2:30 Accordion at the House w/ Kathleen</b></p> <p>3:30 Afternoon RA Activity:<br/><i>Parachute Fun!</i><br/>3:45 Group Activity:<br/><i>Sensory Matching Game</i></p> | <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>World Water Day</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Groovin &amp; Moovin</i><br/>11:30 Internet Travel<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time</p> <p><b>Baking with Mel:</b><br/>1:45 @ Commons<br/>2:45 @ House</p>  <p>3:30 Afternoon RA Activity:<br/><i>Basketball</i><br/>3:30 Get Moving:<br/><i>Balloon Volleyball</i><br/>4:00 Companion Time</p>   | <p>9:30 Sit &amp; Be Fit Exercises<br/>9:45 Morning Gathering:<br/><i>National Puppy Day</i></p> <p><b>Flower Arranging!</b><br/>10:00 @ House</p> <p>11:30 Sit &amp; Be Fit:<br/><i>Senior Yoga</i><br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Spa at the Commons<br/>1:45 Companion Time<br/>2:15 Afternoon Walks to<br/>House for Music</p> <p><b>2:30 Folk music at the House w/ Loki</b></p> <p>3:30 Afternoon RA Activity:<br/><i>Parachute Fun!</i><br/>3:30 Get Moving:<br/><i>Hula Hoop Ball</i><br/>4:00 Companion Time</p> |
| Friday 24th<br>Activities w/ Lee   | Saturday 25th<br>Activities w/ Nidia  | Sunday 26th<br>Activities w/ Nidia   | Key   |
| <p><b>Fun Friday</b></p> <p>Q: What flowers grow on faces?<br/>A: Tulips (Two-lips)!</p> <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>Chocolate Dipped Day</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Dance Party!!!</i><br/>11:30 Sing-A-Long<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time</p> <p><b>Happy Hour!</b><br/>1:45 @ Commons<br/>2:15 @ House</p>  <p>3:30 Afternoon RA Activity:<br/><i>Balloon Toss</i><br/>3:30 Get Moving:<br/><i>Mini Golf</i><br/>4:00 Companion Time</p> |  <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>International Waffle Day</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Dance Party!!!</i><br/>11:30 Sing-A-Long<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time<br/>1:45 Group Game:<br/><i>Finish the Phrase</i><br/>2:45 Group Game:<br/><i>Teddy Bear BINGO</i><br/>3:30 Afternoon RA Activity:<br/><i>Balloon Toss</i><br/>3:30 Get Moving:<br/><i>Mini Golf</i></p>             | <p>9:30 Sit &amp; Be Fit Exercises<br/>9:45 Morning Gathering:<br/><i>1st Motion Film</i><br/>10:00 Group Game:<br/><i>Farkle</i><br/>11:15 Sit &amp; Be Fit:<br/><i>Groovin &amp; Moovin</i><br/>11:30 Family Feud<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Spa at the Commons<br/>1:45 Companion Time<br/>2:15 Afternoon Walks to<br/>Commons for Music</p> <p><b>2:30 Piano at the Commons w/ Chris</b></p> <p>3:30 Afternoon RA Activity:<br/><i>Parachute Fun!</i><br/>3:30 Get Moving:<br/><i>Conversation Ball</i><br/>4:00 Companion Time</p>  | <p><b>Country House Country Commons Special Events or Outings Lunch</b><br/>Country House &amp; Commons Both Houses meeting in the Country House Living Room</p> <p><b>Quote of the Week:</b><br/>The seasons are what a symphony ought to be: four perfect movements in harmony with each other.<br/>~Arthur Rubenstein</p>  |