

The Country House and Commons

Weekly Activity Calendar
Monday, May 15th through Sunday, May 21st 2017

Monday 15th Activities w/ Lee	Tuesday 16th Activities w/ Parvaneh	Wednesday 17th Activities w/ Lee	Thursday 18th Activities w/ Carol
<p><u>Happy Birthday Marj Chan!</u></p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Bike to Work Day</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><u>Butte Humane Society Dog Visits!</u> 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>Root Beer Invented</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 Commons 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>1st Kentucky Derby</i></p>  <p>10:00 Group Game: <i>Can You Name 5?</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 House 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>Meatball Day</i> <u>Flower Arranging!</u> 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</p> <p>STAFF MEETING 1:30pm</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i></p>
Friday 19th Activities w/ Lee	Saturday 20th Activities w/ Nidia	Sunday 21st Activities w/ Nidia	Key
<p><i>Fun Friday</i></p> <p>Q: What do you call a sad strawberry? A: A blueberry!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Bike to Work Day</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>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>Armed Forces Day</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>Spring Craft</i> 2:45 Group Game: <i>Spring Craft</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 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>The American Red Cross</i> 11:30 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p><u>Therapy Bunnies Visit!!!</u> 1:30 @ House 2:30 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Ball Toss</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>“Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now.” -Mister Fred Rogers</p>