

The Country House and Commons

Weekly Activity Calendar

Monday, May 1st through Sunday, May 7th 2017



Monday 1st Activities w/ Lee	Tuesday 2nd Activities w/ Parvaneh	Wednesday 3rd Activities w/ Lee	Thursday 4th Activities w/ Carol
<p>Salon Day</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>May 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 1:45 Group Game: <i>Yahtzee</i> 2:45 Group Game: <i>Sensory Matching Game</i> 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 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Good Housekeeping 1885</i> 11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day</p> <p>Country Village Trinkets to Treasures Bazaar!</p> <p>B A Z A A R</p>  <p>2:45 Group Game: <i>Sensory Matching Game</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>"Gone with the Wind"</i> 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 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Bird Day</i> 11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal Or No Deal 12:00 Lunch 1:00 Movie of the Day</p> <p>Flower Arranging! 1:00 @ House</p> <p>2:45 Group Game:</p> <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>
Friday 5th Activities w/ Lee	Saturday 6th Activities w/ Nidia	Sunday 7th Activities w/ Nidia	Key
<p>Fun Friday</p> <p>Q: What did the evil chicken lay? A: Deviled Eggs! Happy Birthday Bob!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Cinco De Mayo</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>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>National Nurses 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</p> <p>Baking with Mel: 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 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Tourism Day</i></p>  <p>11:00 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 1:45 Group Game: <i>High Rollers</i> 2:45 Group Game: <i>Tea Time</i> 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>“There was a land of Cavaliers and Cotton Fields called the Old South. Here in this pretty world Gallantry took its last bow. Here was the last ever to be seen of Knights and their Ladies Fair, of Master and of Slave. Look for it only in books, for it is no more than a dream remembered. A Civilization gone with the wind...” —Margaret Mitchell, <i>Gone With The Wind</i></p>