



The Country House and Commons

Weekly Activity Calendar
Monday, May 22nd through Sunday, May 28th 2017



Monday 22nd Activities w/ Lee	Tuesday 23rd Activities w/ Parvaneh	Wednesday 24th Activities w/ Lee	Thursday 25th Activities w/ Carol
<p>RESIDENT LUNCH OUTING Load @ 10:30 AM</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Mister Rogers Debuts</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>Pumpkin 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 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>International Jazz Day</i></p>  <p>11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Resident Council</i> 2:45 Group Game: <i>Nuts and Bolts</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 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>May Flower: Lily of the Valley</i> 11:00 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>This or That</i> 2:45 Group Game: <i>High Rollers</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p> 	<p>Happy Birthday Eleanor! 9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Star War Released</i> 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 26th Activities w/ Lee	Saturday 27th Activities w/ Nidia	Sunday 28th Activities w/ Nidia	Key
<p>Fun Friday Q: How do you make a jam sandwich? A: Take 2 pieces of bread and jam them together!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>May Birthstone: Emerald</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>Happy Birthday Marie!!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Pop-up Toaster Patented</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>Book Club</i> 2:45 Group Game: <i>Jumbo Checkers</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: Golden Gate Bridge opens 10:00 Group Game: <i>Chat Pack</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 2:30 Piano at the Commons w/ Chris 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: "When you look at the dark side, careful you must be. For the dark side looks back." —Jedi Master Yoda</p>