

The Country House and Commons

Weekly Activity Calendar
Monday, May 23rd through Sunday, May 29th 2016



Monday 23rd Activities w/Katie	Tuesday 24th Activities w/Katie	Wednesday 25th Activities w/Parvaneh	Thursday 26th Activities w/Parvaneh
<p>Salon Day 9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>International Jazz Day</i> 10:45 Morning Walks 11:15 Sit & 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 House</p> <p>Visits with Pumpkin 1:30 @ House 2:15 @ Commons</p> <p>3:00 Group Activity: <i>Pixy Cubes</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Group Game: <i>High Rollers</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>May Flower: Lily of the Valley</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p>Community Service: Cards for Veterans 1:45 @ House 2:45 @ Commons</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1978: Star Wars is Released</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>BINGO</i> 2:00 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/Dorothy</p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:45 Group Activity: <i>Teddy Bear Bingo</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>May Birthstone: Emerald</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 The Price Is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Can You Name 5?</i> 2:00 Companion Time 2:15 Afternoon Walks to Commons for Music</p> <p>2:30 Piano at the Commons w/Chris</p>  <p>2:30 Spa at the Commons 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:45 Group Activity: <i>Household Fun</i> 4:00 Companion Time</p>
Friday 27th Activities w/Carol	Saturday 28th Activities w/Parvaneh	Sunday 29th Activities w/Carol	Key
<p>Happy 101st Birthday Marie! <i>Fun Friday</i> Q: How do you make a jam sandwich? A: Take 2 pieces of bread and jam them together!</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Pop-Up Toaster Patented</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Sequence</i> 2:45 Group Activity: <i>Race to the Finish</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Golden Gate Bridge Opens</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Yahtzee</i> 2:00 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/Michael</p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:45 Group Activity: <i>Shut the Box</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1st Person Climbs Mt. Everest</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Apples to Apples</i> 2:45 Group Activity: <i>Water Sensory Box</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Bean Bag Toss</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>