



The Country House and Commons

Weekly Activity Calendar
Monday, May 29th through Sunday, June 4th 2017



| Monday 29th Activities w/ Lee | Tuesday 30th Activities w/ Parvaneh | Wednesday 31st Activities w/ Lee | Thursday 1st Activities w/ Carol |
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| <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises</p> <p>Celebrate Memorial Day 10:30 @ House</p> <p>11:15 Sit & Be Fit: <i>Sit & Be Fit</i></p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Zoot Suit</i></p> <p>2:45 Group Game: <i>Barrel of Monkeys</i></p> <p>3:30 Afternoon RA Activity: <i>Balloon Bat</i></p> <p>3:30 Get Moving: <i>Ball Toss</i></p> <p>4:00 Companion Time</p>  | <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Older American's Month</i></p> <p>11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i></p> <p>11:30 Wheel of Fortune</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Tea Time on the porch</i></p> <p>2:45 Group Game: <i>Stamping</i></p> <p>3:30 Afternoon RA Activity: <i>Bean Bag Toss</i></p> <p>3:30 Get Moving: <i>Bean Bag Toss</i></p> <p>4:00 Companion Time</p> | <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>No Tobacco Day</i></p>  <p>11:00 Sit & Be Fit: <i>Groovin & Moovin</i></p> <p>11:30 Internet Travel</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Race to the Finish</i></p> <p>2:45 Group Game: <i>Shake Loose a Memory</i></p> <p>3:30 Afternoon RA Activity: <i>Basketball</i></p> <p>3:30 Get Moving: <i>Balloon Volleyball</i></p> <p>4:00 Companion Time</p> | <p>Happy Birthday Rob!!</p> <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Ed Sullivan Show 1971</i></p> <p>11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i></p> <p>11:30 Deal Or No Deal</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day</p> <p>Flower Arranging! 1:00 @ House</p>  <p>2:45 Group Game: <i>This or That</i></p> <p>3:30 Afternoon RA Activity: <i>Bowling</i></p> <p>3:30 Companion Time 3:30 Get Moving: <i>Ball Toss</i></p> <p>4:00 Companion Time</p> |
| Friday 2nd Activities w/ Lee | Saturday 3rd Activities w/ Nidia | Sunday 4th Activities w/ Nidia | Key |
| <p>Fun Friday Q: What do you call a fake noodle? A: An Impasta!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>PT Barnum's Circus Tour</i></p>  <p>11:00 Sit & Be Fit: <i>Dance Party!!!</i></p> <p>11:30 Sing-A-Long</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Bible Study</i></p> <p>2:45 Group Game: <i>Bible Study</i></p> <p>3:30 Afternoon RA Activity: <i>This or That Ball</i></p> <p>3:30 Get Moving: <i>Mini Golf</i></p> <p>4:00 Companion Time</p> | <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Doughnut Day</i></p> <p>11:00 Sit & Be Fit: <i>Dance Party!!!</i></p> <p>11:30 Sing-A-Long</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Farkle</i></p> <p>2:45 Group Game: <i>Household Fun</i></p> <p>3:30 Afternoon RA Activity: <i>Balloon Toss</i></p> <p>3:30 Get Moving: <i>Ball Toss</i></p> <p>4:00 Companion Time</p>  | <p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Eggs Benedict Day</i></p>  <p>11:00 Sit & Be Fit: <i>Senior Yoga</i></p> <p>11:30 Guess the Place</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>High Rollers</i></p> <p>2:45 Group Game: <i>Tea Time</i></p> <p>3:30 Afternoon RA Activity: <i>Ball Toss</i></p> <p>3:30 Get Moving: <i>Bowling</i></p> <p>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>“If you do a good job for others, you heal yourself at the same time, because a dose of joy is a spiritual cure. It transcends all barriers.” —Ed Sullivan</p> |