



The Country House and Commons



Weekly Activity Calendar Monday, May 8th through Sunday, May 14th 2017

Monday 8th Activities w/ Lee	Tuesday 9th Activities w/ Carol	Wednesday 10th Activities w/ Lee	Thursday 11th Activities w/ Parvaneh
<p>Salon Day 9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>V-E Day</i> 10:45 Afternoon Walks to House for Music</p> <p>One Accord Women's Choir 11:15 @ House</p> <p>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>National Shrimp 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>Faces BINGO</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 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Fred Astaire Birthday</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 Movie of the Day 1:00 Spa at the House 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Greg</p> <p>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 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Eat What You Want Day</i></p> <p>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></p> <p>4:00 Crafts with the Boy's and Girl's Club</p>
Friday 12th Activities w/ Lee	Saturday 13th Activities w/ Nidia	Sunday 14th Activities w/ Carol	Key
<p>Fun Friday Q: What's the best thing to put in pie? A: Your teeth!</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Katherine Hepburn Bday</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>Zoot Suit</i> 2:45 Group Game: <i>Race to the Finish</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 Apple Pie 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>The Ungame</i> 2:45 Group Game: <i>Household Fun</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 Mother's Day Brunch! 11am-2pm Both Houses</p> <p>HAPPY Mother's DAY</p>  <p>2:45 Afternoon Walks to Commons for Music</p> <p>3:00 Piano at the Commons w/ Chris</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>"I have no desire to prove anything by dancing. I have never used it as an outlet or a means of expressing myself. I just dance. I just put my feet in the air and move them around." -Fred Astaire</p>