

The Country House and Commons

Weekly Activity Calendar
Monday, May 9th through Sunday, May 15th 2016



Monday 9th Activities w/Katie	Tuesday 10th Activities w/Katie	Wednesday 11th Activities w/Parvaneh	Thursday 12th Activities w/Katie
<p style="text-align: center;">Salon Day</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National shrimp 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 1:45 Group Game: <i>Sequence</i> 2:45 Group Activity: <i>Stamping</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Balloon Toss</i> 4:00 Companion Time</p> 	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Fred Astaire's Birthday</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Can You Name 5?</i></p> <p style="text-align: center;">2:30 Music at the House w/ Dorothy</p>  <p>2:45 Group Activity: <i>Household Fun</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Afternoon Walks</p>	 <p>9:30 Morning Walks 10:00 Sit & Be Fit Exercises 10:15 Morning Gathering: <i>Eat What You Want Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</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>BINGO</i> 2:45 Group Activity: <i>Pixy Cubes</i> 3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Katherine Hepburn's Bday</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Guess The Place 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p style="text-align: center;">Flower Arranging 1:45 @ House 2:45 @ Commons</p>  <p>3:00 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Game: <i>Can You Name 5?</i> 4:00 Companion Time</p>
Friday 13th Activities w/Parvaneh	Saturday 14th Activities w/Parvaneh	Sunday 15th Activities w/Carol	Key
<p style="text-align: center;">Fun Friday</p> <p>Q: What's the best thing to put in pie? A: Your teeth!</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Apple Pie Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House</p> <p style="text-align: center;">Therapy Bunnies 1:30 @ House 2:30 @ Commons</p> <p>3:00 Group Game: <i>High Rollers</i> 3:45 Companion Time 3:30 Afternoon RA Activity: <i>Card Matching</i> 4:15 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Vaseline Hits Stores 1878</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Shake Loose A Memory</i> 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p style="text-align: center;">2:30 Hymns at the House w/Donnie</p> <p>2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Water Sensory Box</i> 4:15 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Bike to Work Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga and Meditation</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Yahtzee</i> 2:45 Group Activity: <i>Race to the Finish</i> 3:00 Companion Time 3:30 Afternoon RA Activity: 3:30 Get Moving: <i>Bulls Eye</i> 4:00 Companion Time</p> 	<p style="text-align: center;">Country House Country Commons Special Events or Outings Lunch Country House & Commons Both Houses meeting in the Country House Living Room</p> <p style="text-align: center;">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>