



# The Country House and Commons

## Monday, November 13th through Sunday, November 19th 2017



Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th
<p>9:45 Morning Gathering: <i>World Kindness Day</i></p> <p>10:30 Sit &amp; Be Fit Exercises</p> <p>10:45 Hydration</p> <p>11:00 Spa at the House</p> <p>11:00 Sit &amp; Be Fit: Noodles With Dana</p> <p>11:15 Reading (<i>news paper</i>)</p> <p>12:00 Lunch</p> <p>1:15 Music Therapy with Pam</p> <p>3:30 Afternoon RA Activity: <i>Nuts and Bolts</i></p> <p>3:30 Group Game: <i>High Rollers</i></p> <p>4:00 Companion Time</p> <p>4:30 Companion Time with Dana</p> <div style="text-align: center;">  </div>	<p>10:00 Sit &amp; Be Fit Exercises</p> <p>10:15 Hydration</p> <p>10:30 Morning Gathering: <i>First Street car was used in 1832</i></p> <p>11:00 Sit &amp; Be Fit:</p> <p>11:15 Reading</p> <p>12:00 Lunch</p> <p>1:00 Music Time</p> <p style="text-align: center;"><b><u>Baking with Mel:</u></b></p> <p style="text-align: center;">1:45 @ House 2:45 @ Commons</p> <p>3:30 Afternoon RA Activity: <i>Bull's Eye</i></p> <p>3:30 Group Game: <i>BINGO</i></p> <p>4:00 Companion Time</p> <p>4:30 Companion Time with Dana</p>	<p>9:45 Morning Gathering: <i>Louis-Gabriel Guillemain composer Born c. 1705</i></p> <p>10:30 Sit &amp; Be Fit Exercises</p> <p>10:45 Hydration</p> <p>11:00 Sit &amp; Be Fit: Head shoulders knees and toes</p> <p>11:15 Reading</p> <p>12:00 Lunch</p> <p>1:00 Spa at the House</p> <p>2:30 Companion Time</p> <p>3:30 Afternoon RA Activity: <i>Flower Match</i></p> <p>3:45 Get Moving: <i>Bowling</i></p> <p>4:00 Companion Time with Dana</p> <div style="text-align: center;">  </div>	<p>10:00 Sit &amp; Be Fit Exercises</p> <p>10:15 Hydration</p> <p>10:30 Morning Gathering: <i>Flower for November is the Chrysanthemum</i></p> <p>11:00 Sit &amp; Be Fit: Noodles</p> <p>11:15 Reading</p> <p>12:00 Lunch</p> <p>1:00 Music Time</p> <p style="text-align: center;"><b><i>Fall Leaves Bus Tour!</i></b></p> <p style="text-align: center;"><b><i>Load at 1:30</i></b></p> <div style="text-align: center;">  </div> <p>3:30 Afternoon RA Activity: <i>Sensory Matching Game</i></p> <p>4:00 Companion Time</p> <p>4:30 Companion Time with Dana</p>
Friday 17th	Saturday 18th	Sunday 19th	Key
<p style="text-align: center;"><b><i>Fun Friday</i></b></p> <p><b>Q. Why didn't the turkey eat dessert?</b></p> <p><b>A. He was already stuffed!</b></p> <p>9:45 Spa at the House</p> <p>10:15 Sit &amp; Be Fit Exercises</p> <p>10:30 Hydration</p> <p>10:45 Morning Gathering: <i>Elizabeth The 1st becomes Queen of England and Ireland 1558</i></p> <p>11:30 Sit &amp; Be Fit: <i>Noodle exercises</i></p> <p>12:00 Lunch</p> <p>1:00 Music Time</p> <p style="text-align: center;"><b><u>Bible Study with Lee!</u></b></p> <p style="text-align: center;">1:45 @ Commons 2:45 @ House</p> <p>3:30 Afternoon RA Activity: <i>Jumbo Checkers</i></p> <p>3:30 Group Game: Wheel Of Fortune</p> <p>4:00 Companion Time</p> <p>4:30 Companion Time with Dana</p>	<p>9:45 Spa at the House</p> <p>10:30 Sit &amp; Be Fit Exercises</p> <p>10:45 Hydration</p> <p>11:00 Morning Gathering: <i>Walt Disney released "Steam Boat Willie" marking the Debut of Mickey Mouse 1928</i></p> <p>11:30 Sit &amp; Be Fit: <i>Stretching</i></p> <p>11:45 Reading</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day</p> <p>1:00 Movie Time</p> <p>1:45 Group Game: <i>Chat Pack</i></p> <p>2:45 Group Game: <i>Bull's Eye</i></p> <p>3:30 Afternoon RA Activity: <i>Jumbo Checkers</i></p> <p>3:30 Get Moving: Bean Bag Toss</p> <p>4:00 Companion Time</p> <div style="text-align: center;">  </div>	<div style="text-align: center;">  </div> <p>9:45 Companion Time</p> <p>10:30 Sit &amp; Be Fit Exercises</p> <p>10:45 Hydration</p> <p>11:00 Morning Gathering: <i>Lincoln Delivers the Gettysburg Address 1863</i></p> <p>11:30 Sit &amp; Be Fit: <i>Senior Yoga</i></p> <p>11:45 Reading</p> <p>11:30</p> <p>12:00 Lunch</p> <p>1:00 Movie of the Day</p> <p>1:00</p> <p>1:45 Group Game: <i>Qwirkle</i></p> <p>2:45 Group Game: <i>Balloon Toss</i></p> <p>3:30 Afternoon RA Activity: <i>Reminiscence Reading</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 &amp; Commons Both Houses meeting in the Country House Living Room</p> <p style="text-align: center;"><b>Quote of the Week:</b></p> <p style="text-align: center;">"November comes And November goes, With the last red berries And the first white snows. With night coming early, And dawn coming late, And ice in the bucket And frost by the gate. The fires burn And the kettles sing, And earth sinks to rest Until next spring." - Elizabeth Coatsworth</p>