

The Country House and Commons

Weekly Activity Calendar

Monday November 17th through Sunday, November 23rd 2014



Monday 17th Activities w/ Katie & Devyn	Tuesday 18th Activities w/ Devyn & Katie	Wednesday 19th Activities w/ Katie & Devyn	Thursday 20th Activities w/ Devyn & Gabby
<p style="text-align: center;">Salon Day</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Homemade Bread Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Trivia, Facts & Fun 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45 Group Activity: <i>Bingo!</i> 2:45 Group Game: <i>Hoola Hoop Ball</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons</p> <p style="text-align: center;">Resident Lunch Outing 10:30 am</p> <p>12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Sit & Be Fit: <i>Groovin' & Movin'</i> 2:00 Companion Time 2:30 Afternoon Activity: <i>High Rollers</i> 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Spa at the House 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1863 Gettysburg Address</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:15 Group Activity: <i>Yahtzee!</i> 1:45 Group Activity: <i>Balloon Tennis</i> 2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ <i>Michael At House</i> 2:30 Spa at the House 3:30 Afternoon RA Activity: <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>Great American Smokeout</i> 10:45 Spa at Commons 11:15 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Flower Arranging 2:45 Group Activity: <i>Flower Arranging</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Get Moving: <i>Race to the Finish</i> 4:00 Companion Time</p>
Friday 21st Activities with Gabby	Saturday 22nd Activities with Gabby	Sunday 23rd Activities with Katie	Key
<p style="text-align: center;">Fun Friday</p> <p style="text-align: center;">Why didn't the turkey eat dessert?</p> <p style="text-align: center;">He was already stuffed!</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>November Birthstone: Topaz</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Laugh Out Loud Jokes 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45 Happy Hour! I am Thankful for... 2:45 Happy Hour! 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	 <p style="text-align: center;">Native American Heritage Month</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Native American Heritage Month</i> 10:45 Spa at Commons 11:15 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Wii Game: <i>Wheel of Fortune</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Companion Time 2:15 Group Activity: <i>Mini Golf</i> 2:45 Afternoon Walks to House for Music 3:00 Songs w/ Jennifer <i>At House</i> 3:00 Spa at the House 3:30 Afternoon RA Activity <i>Parachute Fun!</i> 4:00 Walk to the CMS After Music</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Cashew Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin' & Moovin</i> 11:30 Positive Quotes 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45 Group Activity: <i>UNO!</i> 2:45 Group Game: <i>Bulls Eye!</i> 3:15 Companion Time 3:30 Afternoon RA Activity <i>Basketball</i> 3:30 Get Moving: <i>Hoola Hoop Ball</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:</p> <p>"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."</p> <p>- Elizabeth Coatsworth</p>