



The Country House and Commons



Weekly Activity Calendar Monday, November 28th through Sunday, December 4th 2016

Monday 28th Activities w/ Katie	Tuesday 29th Activities w/ Parvaneh	Wednesday 30th Activities w/ Parvaneh	Thursday 1st Activities w/ Katie
<p>Salon Day 9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Steamboat Willie Premiers</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Sit & Be Fit</i> 11:30 What's Missing? 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p>Pumpkin Visits! 1:30@ House 2:15 @ Commons</p> <p>2:45 Spa at the Commons 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Hula Hoop Ball</i></p> 	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Square Dance Day</i></p>  <p>10:45 Companion Time 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 Companion Time 1:45 Group Game: <i>Dominoes</i> 2:45 Group Game: <i>Mancala</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i></p>	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Revolutionary War Ends</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Shut the Box</i> 2:45 Group Game: <i>Kings in the Corner</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p>	<p>9:30 Companion Time 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Holiday Decorating Traditions</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p>2:00 Christmas Decorating Party in Both Houses!</p> 
Friday 2nd Activities w/ Katie	Saturday 3rd Activities w/ Parvaneh	Sunday 4th Activities w/ Parvaneh	Key
<p>Fun Friday Q: What do you get when you cross a snowman with a vampire? A: Frostbite.</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Fritter Day</i> 10:45 Companion Time 11:15 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>Apples to Apples</i> 2:45 Group Game: <i>Nuts and Bolts</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Mini Golf</i></p>	<p>9:30 Companion Time 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Andy Williams Birthday</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal or no Deal 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 Game: <i>Puzzles</i> 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Get Moving: <i>Balloon Tennis</i></p> 	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>"Santa's List Day"</i></p>  <p>10:45 Companion Time 11:15 Sit & Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>UNO</i> 2:45 Group Game: <i>Tea Time</i> 3:30 Afternoon RA Activity: <i>Ball Toss</i> 3:30 Get Moving: <i>Bowling</i></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>"From December to March, there are for many of us three gardens - the garden outdoors, the garden of pots and bowls in the house, and the garden of the mind's eye."</p> <p>- Katherine S. White</p>