

The Country House and Commons

Weekly Activity Calendar
Monday, November 7th through Sunday, November 13th



Monday 7th Activities w/ Katie	Tuesday 8th Activities w/ Parvaneh	Wednesday 9th Activities w/ Parvaneh	Thursday 10th Activities w/ Katie
<p>Salon Day</p>  <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Republican party elephant</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>Bunco</i> 2:45 Group Activity: <i>Puzzles</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Balloon Toss</i></p>	<p>9:30 Spa 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>NTL peanut butter month</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</p> <p>Staff Meeting <i>1:30 pm</i></p> <p>2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Loki</p> 	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Giant pandas discovered</i></p>  <p>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>Resident Council</i> 2:45 Group Activity: <i>Race to the Finish</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Balloon Toss</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>USMC day</i> 10:45 Companion Time 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p>Flower Arranging! 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Sensory Matching Game</i></p>
Friday 11th Activities w/ Katie	Saturday 12th Activities w/ Parvaneh	Sunday 13th Activities w/ Carol	Key
<p>Fun Friday</p> <p>Q. When does Christmas come before Thanksgiving? A. In the dictionary!</p> <p>9:30 Morning Walks to House for Visitors</p> <p>10:00 Coffee and Doughnuts with Army Visitors</p> <p>10:45 Morning Gathering: <i>Veteran's Day</i> 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 Spa at the House 1:45 Group Game: <i>Word Teasers</i> 2:45 Group Game: <i>Colored Dominoes</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Bean Bag Toss</i></p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Elizabeth Cady Stanton</i> 10:00 Group Game: <i>High Rollers</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 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/ Michael</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Teddy Bear BINGO!</i></p> 	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Draft Age Lowered</i> 10:00 Group Game: <i>BINGO!</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Companion Time 2:15 Afternoon Walks to Commons for Music</p> <p>2:30 Piano at the Commons w/ Chris</p> <p>3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:45 Group Activity: <i>Hula Hoop Ball</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>"So dull and dark are the November days.</p> <p>The lazy mist high up the evening curled,</p> <p>And now the morn quite hides in smoke and haze;</p> <p>The place we occupy seems all the world."</p> <p>- John Clare, <i>November</i></p>