

The Country House and Commons

Weekly Activity Calendar
Monday, October 10th through Sunday, October 16th 2016



Monday 10th Activities w/ Katie	Tuesday 11th Activities w/ Parvaneh	Wednesday 12th Activities w/ Parvaneh	Thursday 13th 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>NTL angel Food Cake Day</i> 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 Spa at the House 1:45 Group Game: <i>Kings in the Corner</i> 2:45 Group Activity: <i>Tea Time</i> 3:30 Afternoon RA Activity: <i>Matching Card Game</i> 3:30 Get Moving: <i>Mini Golf</i></p> 	<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1st US Woman in Space</i></p>  <p>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 style="text-align: center;">Staff Meeting <i>1:30 pm</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: Birthstone: Opal 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Dominoes</i> 2:45 Group Activity: <i>Basketball</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</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>US Navy Created</i> 10:45 Morning Walks 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 style="text-align: center;">Flower Arranging! 1:45 @ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Bean Bag Toss</i></p>
Friday 14th Activities w/ Parvaneh	Saturday 15th Activities w/ Parvaneh	Sunday 16th Activities w/ Carol	Key
<p style="text-align: center;">Fun Friday</p> <p>Q: How can you tell when windows are scared? A: They get shudders.</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>MLK JR. Wins Peace Prize</i> 10:45 Morning Walks 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 Activity: <i>Bulls Eye!</i> 2:45 Group Game: <i>Name 5</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p>	<p>9:30 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>"I Love Lucy" Premier</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 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>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Teddy Bear BINGO!</i></p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: Angela Lansbury Bday 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 The Price is Right 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p style="text-align: center;">Therapy Bunnies Visit!! 1:30 @ House 2:30 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Kick Ball</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: "The leaves fall patiently Nothing remembers or grieves The river takes to the sea The yellow drift of leaves." - Sara Teasdale</p>