

The Country House and Commons

Weekly Activity Calendar Monday, October 13th through Sunday, October 19th 2014



Monday 13th Activities w/ Katie & Delphine	Tuesday 14th Activities w/ Delphine & Katie	Wednesday 15th Activities w/ Katie & Delphine	Thursday 16th Activities w/ Delphine & 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>Columbus 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>Balloon Volleyball</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Dessert Day</i> 10:45 Spa at the Commons 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Afternoon Baking <i>Donuts!</i> 2:45 Afternoon Baking 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1951 I Love Lucy Premiers</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Wii Game: <i>Wheel of Fortune</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Companion Time 1:45 Group Game: <i>Dice Games</i> 2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ Michael At House 2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Walk to the CMS After Music 3:30 Get Moving:: <i>Bowling</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Bosses Day</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 Group Activity: <i>Flower Arranging</i> 2:45 Group Activity: <i>Flower Arranging</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Afternoon Activity: <i>Yahtzee!</i> 4:00 Companion Time</p>
Friday 17th Activities with Gabby	Saturday 18th Activities with Gabby	Sunday 19th Activities with Katie	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 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>October Seasonal Foods</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 Baby Bunnies Visit! 1:30 @ House 2:30 @ Commons 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>1918 Rita Haworth Born</i> 10:45 Spa at Commons 11:15 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Reading: <i>Chicken Soup for the Soul</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Craft: <i>Potpourri Bags</i> 2:45 Sensory Activity: <i>Essential Oils</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Parachute Fun</i> 3:30 Get Moving: <i>Baseball</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>October Birthstone, Opal</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Wii Game: <i>Family Feud</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45 Group Activity: <i>High Rollers</i> 2:45 Group Game: <i>Race to the Finish</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>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>"The leaves fall patiently Nothing remembers or grieves The river takes to the sea The yellow drift of leaves." - Sara Teasdale</p>