

# The Country House and Commons

Weekly Activity Calendar  
Monday, October 24th through Sunday, October 30th 2016



Monday 24th Activities w/ Katie	Tuesday 25th Activities w/ Parvaneh	Wednesday 26th Activities w/ Parvaneh	Thursday 27th Activities w/ Katie
<p><b>Salon Day</b> 9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Anna Taylor goes over Niagara Falls</i> 10:45 Companion Time 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the House</p> <p><b>Pumpkin Visits!</b> 1:30@ House 2:15 @ Commons</p>  <p>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 &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Pasta Day</i></p>  <p>10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Halloween Craft</i> 2:45 Group Game: <i>Halloween Craft</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p>	<p><b>Happy Birthday Marge B</b> 9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Erie Canal Opens 1825</i> 10:00 Spa at the Commons 10:30 Get Moving: <i>Conversation Ball</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 Internet Travel <b>12:00 Lunch</b> 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><b>2:30 Songs at the House w/ Judy</b></p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Teddy Bear BINGO!</i></p>	<p>9:30 Morning Gathering: <i>Navy Day</i> 10:30 Walks to Fall Festival 10:45 Walks to Fall Festival</p> <p><b>Mini Fall Festival 11am-1pm</b></p>  <p>1:00 Movie of the Day 1:00 Spa at the Commons</p> <p><b>Flower Arranging!</b> 1:45 @ House 2:45 @ Commons</p> <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Game:</p>
Friday 28th Activities w/ Katie	Saturday 29th Activities w/ Parvaneh	Sunday 30th Activities w/ Carol	Key
<p><b>Fun Friday</b></p> <p><b>Q. What did the papa ghost say to the baby ghost? A. Fasten your sheet belt.</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Gateway Arch Completed</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Cookie Decorating</i> 2:45 Group Game: <i>Cookie Decorating</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Halloween Bowling</i></p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Black Tuesday 1929</i> 10:00 Group Game: <i>High Rollers</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Family Feud <b>12:00 Lunch</b> 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><b>2:30 Accordion music at the House w/ Kathleen</b></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 &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Candy Corn Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>High Rollers</i> 2:45 Group Game: <i>Nuts and Bolts</i> 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i></p> 	<p><b>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons Both Houses meeting in the Country House Living Room</b></p> <p><b>Quote of the Week:</b> "The sweet calm sunshine of October, now Warms the low spot; upon its grassy mold The purple oak-leaf falls; the birchen bough drops its bright spoil like arrow-heads of gold." - William Cullen Bryant</p>