



The Country House and Commons  
Monday, October 30th through Sunday, November 5th 2017



Monday 30th Activities w/ Lee	Tuesday 31st Activities w/ Dana	Wednesday 1st Activities w/ Lee	Thursday 2nd Activities w/ Dana
<p>9:45 Spa at the House 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Morning Gathering: National Candy Corn Day and Halloween Traditions Around the World 11:30 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:45 <i>Nuts and Bolts</i> 12:00 Lunch 1:00 Music Time</p> <p><b>Cookie Decorating:</b> 1:45 @ House 2:45 @ Commons</p> <p>3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Bingo with Dana 4:00 Companion Time 4:30 Companion Time with Dana</p> 	<p><b>HAPPY HALLOWEEN</b></p> <p>9:00 Halloween Dress Up <b>Trick or Treating with Chico Preschoolers @ 10 &amp; 11 AM</b> 11:45 Legend of Sleepy Hollow 12:00 Lunch</p> <p><b>Halloween Party!</b> 1:30 @ House 2:30 @ Commons</p> <p>1:30 Movie of the Day 2:30 Movie of the Day</p> <p>3:15 Armchair Travel: Sleepy Hollow/Tarrytown, NY and the Legend of Sleepy Hollow Story 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:45 Get Moving: <i>Mini Golf</i> 4:00 Companion Time 4:30 Companion Time</p> 	<p>9:45 Spa at the House 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Morning Gathering: <i>All Saints Day</i> 11:30 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:45 <i>Potpourri</i> 12:00 Lunch 1:00 Afternoon Walks to House for Music</p> <p><b>1:15 Music Therapy at the House w/ Pam</b></p> <p>2:30 Companion Time 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time with Dana</p> 	<p>10:00 Sit &amp; Be Fit Exercises 10:15 Hydration 10:30 Morning Gathering: <i>National Deviled eggs day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 <i>Bean Bag Toss</i> 12:00 Lunch 1:00 Music Time</p> <p><b>Flower Arranging!</b> 1:45 @ House</p> <p>2:45 Group Game: <i>Barrel of Monkeys</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Potpourri with Dana 4:00 Companion Time 4:30 Companion Time with Dana</p> 
Friday 3rd Activities w/ Lee	Saturday 4th Activities w/ Lauren	Sunday 5th Activities w/ Lauren	Key
<p><b>Fun Friday</b></p> <p><b>Q. How do you picture yourself flying on a broom?</b> <b>A. By witchful thinking!</b></p> <p>9:45 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Hydration 10:45 Morning Gathering: <i>National Sandwich day</i> 11:30 Sit &amp; Be Fit: <i>Dance Party!!!</i> 12:00 Lunch 1:00 Music Time</p> <p><b>Baking with Mel:</b> 1:45 @ Commons 2:45 @ House</p> <p>3:30 Afternoon RA Activity: <i>This or That Ball</i> 3:30 Potpourri with Dana 4:00 Companion Time 4:30 Companion Time with Dana</p> 	<p>9:45 Spa at the House 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Morning Gathering: <i>King Tut Day</i> 11:30 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:45 Hydration 12:00 Lunch 1:00 Movie of the Day 1:00 Yahtzee 1:45 Group Game: <i>Table Topics</i> 2:45 Group Game: <i>Bull's Eye</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p> 	<p>9:45 Companion Time 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Morning Gathering: <i>National Aviation History Month</i> 11:30 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:45 Hydration 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Tea Time on the porch 1:45 Group Game: <i>Farkle</i> 2:45 Group Game: <i>Hula Hoop Ball</i> 3:30 Afternoon RA Activity: <i>Ball Toss</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p>	<p></p> <p>Country House Country Commons <b>Special Events or Outings Lunch</b> Country House &amp; Commons <b>Both Houses meeting in the Country House Living Room</b></p> <p><b>Quote of the Week:</b> There is a child in every one of us who is still a trick -or-treater looking for a brightly-lit front porch. ~Robert Brault</p> 