



The Country House and Commons



Weekly Activity Calendar Monday, October 6th through Sunday, October 12th 2014

Monday 6th Activities w/ Katie & Delphine	Tuesday 7th Activities w/ Delphine & Katie	Wednesday 8th Activities w/ Katie & Delphine	Thursday 9th 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>1889 1st Motion Picture</i> 10:45 Morning Walks 11:00 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 Bat</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>October Flower: Calendula</i> 10:45 Spa at the Commons 11:00 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 Group Activity: <i>High Rollers</i> 2:45 Group Game: <i>Balloon Toss</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Kick Ball</i> 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 Apple Month</i> 10:45 Morning Walks 11:00 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 Get Moving:: <i>Ball Toss</i></p> <p style="text-align: center;">Staff Meeting 1:30</p> <p>2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ Michael At House 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Walk to the CMS After Music</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Reminisce Fall Traditions</i> 10:45 Spa at Commons 11:00 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:30 Reading: <i>Positive Quotes</i> 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>Bingo!</i> 4:00 Companion Time</p>
Friday 10th Activities w/ Katie & Delphine	Saturday 11th Activities with Delphine	Sunday 12th Activities with Katie	Key
<p style="text-align: center;">Fun Friday</p> <p>Q: What did the papa ghost say to the baby ghost? A: Fasten your sheet belt!</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Angel Food Cake Day</i> 10:45 Morning Walks 11:00 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 1:45 Group Activity: <i>Happy Hour & Resident Counsel</i> 2:45 Happy Hour & <i>Sorting Games</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p style="text-align: center;">2014 Walk to End Alzheimer's Load Bus 8:00am</p>  <p>12:00 Lunch 1:00 Movie of the Day 1:15 Spa at House 1:45 Group Activity: <i>Card Games</i> 2:45 Group Game: <i>Bean Bag Toss</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bubbles</i> 3:30 Get Moving: <i>Hoop Ball</i> 4:00 Companion Time</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Farming in Butte County</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>Yahtzee!</i> 2:45 Group Game: <i>Kick Ball</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Baseball</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>"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."</p> <p>- Nathaniel Hawthorne</p>