

# The Country House and Commons

Weekly Activity Calendar  
Monday, October 9th through Sunday, October 15th 2017



Monday 9th Activities w/ Lee	Tuesday 10th Activities w/ Carol	Wednesday 11th Activities w/ Parvaneh and Lee	Thursday 12th Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>John Lennon birthday</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:30 What's Missing? 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Resident Council</i> 2:45 Group Activity: <i>Balloon Toss</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>	<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Angel Food Cake Day</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:45 Group Game: <i>The Red Square Says</i> 2:45 Group Game: <i>Zoot Suit</i> 2:45 Group Game: <i>Teddy Bear BINGO</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Bean Bag Toss</i> 4:00 Companion Time</p> 	<p><i>...SOME GAME CONSUMERS CONTINUE TO SPIN</i> <b>Soviet Blonde Orbiting as First Woman in Space</b> Conservatives Rally To Back Macmillan In Profumo Debate Ben-Gurion Quits All His Posts His Explanation: "Personal Needs"</p>  <p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>First Woman in Space</i> 11:00 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Tea Time</i> 2:45 Group Game: <i>Toy Processing</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>First Oktoberfest 1810</i></p> <p><b>Flower Arranging!</b> 10:00 @ House</p> <p>11:30 Sit &amp; Be Fit: <i>Senior Yoga</i> 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p><b>STAFF MEETING</b> <b>1:30pm</b></p> <p>2:15 Afternoon Walks to House for Music 2:30 Music w/ the Joyful Hosannas 3:30 Afternoon RA Activity: <i>Parachute Fun!</i></p>
Friday 13th Activities w/ Lee	Saturday 14th Activities w/ Lauren	Sunday 15th Activities w/ Lauren	Key
<p><b>Fun Friday</b> Q: How can you tell when windows are scared? A: They get shudders.</p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>US Navy Created</i> 11:00 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p><b>Happy Hour!</b> 1:45 @ Commons 2:15 @ House</p>  <p>3:30 Afternoon RA Activity: <i>This or That Ball</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p>	<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>MLK Jr. Wins Nobel Prize</i></p>  <p>11:00 Sit &amp; 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 Game: <i>Table Topics</i> 2:45 Group Game: <i>Sensory Matching Game</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>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>"I Love Lucy" Premieres</i> 11:00 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 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>Country House Country Commons Special Events or Outings Lunch Country House &amp; 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>