

The Country House and Commons

Weekly Activity Calendar
Monday, September 11th through Sunday, September 17th 2017



Monday 11th Activities w/ Lee	Tuesday 12th Activities w/ Carol	Wednesday 13th Activities w/ Parvaneh and Lee	Thursday 14th Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Patriot Day</i> 11:00 Sit & Be Fit: <i>Sit & 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>Summer Sensory Bin</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 & Be Fit Exercises 10:30 Morning Gathering: <i>Chocolate Milkshake Day</i> 11:00 Sit & Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House</p> <p>Cake and lemonade for Lynn Balmer's 110th birthday! 2pm @ House</p> <p>3:00 Companion Time 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Balloon Toss</i> 4:00 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Peanut Day</i></p>  <p>11:00 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Flower Match</i> 2:45 Group Game: <i>BINGO</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 & Be Fit Exercises 9:45 Morning Gathering: <i>Star Spangled Banner 1814</i></p> <p>Flower Arranging! 10:00 @ House</p>  <p>11:30 Sit & Be Fit: <i>Senior Yoga</i> 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p>STAFF MEETING 1:30pm</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i></p>
Friday 15th Activities w/ Lee	Saturday 16th Activities w/ Lauren	Sunday 17th Activities w/ Carol	Key
<p><i>Fun Friday</i> Q: What did one autumn leaf say to another? A: I'm falling for you.</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>September Flower</i> 11:00 Sit & 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>Bible Study with Lee! 1:45 @ Commons 2:45 @ 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 & Be Fit Exercises 10:30 Morning Gathering: <i>Mayflower Sets Sail</i></p>  <p>11:00 Sit & 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>The Ungame</i> 2:45 Group Game: <i>Tea Time</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 & Be Fit Exercises 10:30 Morning Gathering: <i>Constitution Day</i> 11:00 Sit & 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>Can You Name 5?</i> 2:45 Group Game: <i>This or That</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 & Commons Both Houses meeting in the Country House Living Room</p> <p>Quote of the Week:</p> <p>"Try to remember the kind of September, When life was slow and oh so mellow Try to remember the kind of September, When grass was green and grain so yellow Try to remember the kind of September, When you were a young and a callow fellow Try to remember and if you remember, Then follow-- follow, oh-oh." - Try to Remember, Lyrics by Tom Jones and Harvey Schmidt</p>