

# The Country House and Commons

Weekly Activity Calendar  
Monday, September 12th through Sunday, September 18th 2016



Monday 12th Activities w/ Katie	Tuesday 13th Activities w/ Carol	Wednesday 14th Activities w/ Carol	Thursday 15th Activities w/ Katie
<p><b>Happy Birthday Lyn! Salon Day</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Chocolate Milkshake Day</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 1:45 Group Game: <i>Farkle</i> 2:45 Group Activity: <i>Basketball</i> 3:30 Afternoon RA Activity: <i>Matching Card Game</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p> 	 <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Peanut Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day</p> <p><b>Staff Meeting 1:30 pm</b></p> <p>2:15 Afternoon Walks to House for Music</p> <p><b>2:30 Songs at the House w/Dorothy</b></p>	<p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Star Spangled Banner 1814</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Guess the Place <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Word Teasers</i> 2:45 Group Activity: <i>Nuts and Bolts</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Balloon Toss</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>Sept. Flower: Morning Glory</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time</p> <p><b>Flower Arranging!</b> 1:45@ House 2:45 @ Commons</p>  <p>3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Activity: <i>Bean Bag Toss</i> 4:00 Companion Time</p>
Friday 16th Activities w/ Katie	Saturday 17th Activities w/ Parvaneh	Sunday 18th Activities w/ Carol	Key
<p><b>Fun Friday</b> <b>Q: What did one autumn leaf say to another?</b> <b>A: I'm falling for you.</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Mayflower Sets Sail</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>Fall Craft</i> 2:45 Group Activity: <i>Fall Craft</i> 3:30 Afternoon RA Activity: <i>Baseball</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>Constitution Day</i></p>  <p>10:45 Companion Time 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 Group Game: <i>Finish the Phrase</i> 2:45 Group Activity: <i>Bulls Eye!</i> 3:30 Afternoon RA Activity: <i>Basketball</i> 3:30 Get Moving: <i>Bean Bag Toss</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>Cheeseburger Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 The Price is Right <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Apples to Apples</i> 2:45 Group Activity: <i>Tea Time</i> 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</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></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>