

# The Country House and Commons

Weekly Activity Calendar  
Monday, September 14th through Sunday, September 20th 2015



Monday 14th Activities w/ Katie	Tuesday 15th Activities w/ Katie	Wednesday 16th Activities w/ Katie	Thursday 17th Activities w/ Katie
<p><b>Salon Day</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>1814 Star Spangled Banner</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Guess that Location <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Shake Loose a Memory</i> 2:45 Group Activity: <i>Household Fun</i> 3:00 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 &amp; Be Fit Exercises 10:30 Morning Gathering: <i>September Flower: Morning Glory</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal or No Deal <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Finish the Phrase</i> 2:45 Group Activity: <i>Nuts and Bolts</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Balloon Volleyball</i> 4:00 Companion Time</p>	<p>9:30 Morning Walks 10:00 Group Game: <i>Scrabble</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Sing- A- Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Sit &amp; Be Fit Exercises 1:15 Morning Gathering: <i>Mayflower Sets Sail</i> 1:30 Companion Time 2:00 Group Game: <i>Bowling</i> 2:15 Afternoon Walks to House for Music <b>2:30 Songs w/ Dorothy At House</b> 2:30 Spa at the House 3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:30 Group Activity: <i>Puzzle</i> 4:00 Companion Time</p> 	 <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Constitution Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons</p> <p><b>Flower Arranging!</b> 1:45 @ House 2:45 @ Commons</p>  <p>3:15 Companion Time 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Group Game: <i>Apples to Apples</i> 4:00 Companion Time</p>
Friday 18th Activities w/ Bre	Saturday 19th Activities w/ Bre	Sunday 20th Activities w/ Bre	Key
<p><b>Fun Friday</b></p> <p><b>Q: What did one autumn leaf say to another?</b> <b>A: I'm falling for you.</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>National Cheeseburger Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Internet Travel <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the House 1:45 Community Service Project: <i>Cal Fire</i> 2:45 Group Game: <i>Race to the Finish</i> 3:15 Companion Time 3:30 Afternoon RA Activity: <i>Baseball</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p> 	 <p>9:30 Morning Walks 10:00 Table Game: <i>Trash Card Game</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 The Price is Right <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Sit &amp; Be Fit Exercises 1:15 Morning Gathering: <i>POW/MIA Recognition</i> 1:30 Companion Time 2:00 Group Activity: <i>Matching Card Game</i> 2:15 Afternoon Walks to House for Music <b>2:30 Folk Music w/ Michael At House</b> 2:30 Spa at the House 3:30 Afternoon RA Activity <i>Parachute Fun!</i> 3:45 Companion Time 4:15 Group Game: <i>Bean Bag Toss</i></p>	<p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Oktoberfest</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Group Game: <i>Book Club</i> 2:45 Group Activity: <i>Teddy Bear BINGO!</i> 3:15 Companion Time 3:30 Afternoon RA Activity <i>Basketball</i> 3:30 Get Moving: <i>Bowling</i> 4:00 Companion Time</p> 	<p><b>Country House</b> <b>Country Commons</b> <b>Special Events or Outings</b> <b>Lunch</b> <b>Country House &amp; Commons</b> <b>Both Houses meeting in the</b> <b>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>