



The Country House and Commons



Weekly Activity Calendar Monday, September 15th through Sunday, September 21st 2014

Monday 15th Activities w/ Katie & Delphine	Tuesday 16th Activities w/ Delphine & Katie	Wednesday 17th Activities w/ Katie & Delphine	Thursday 18th 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>Sept. Birthstone: Sapphire</i> 10:45 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:00 Montessori Connections 11:30 Get Moving: <i>Ball Toss</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Spa at the House 1:45 Group Activity: <i>High Rollers</i> Therapy Dog Visit, Pula 2:00 @ House 2:30 @ CMS 2:45 Group Game: <i>Bean Bag Toss</i> 3:30 Montessori Connections</p> <p style="text-align: center;">Afternoon RA Activity</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Mayflower History</i> 10:45 Sit & Be Fit: <i>Groovin & Moovin</i> 11:00 Spa at the Commons 11:30 Wii Game: <i>Wheel of Fortune</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Activity: <i>Bingo!</i> 2:45 Balloon Toss & Montessori Connections 3:30 Montessori Connections</p> <p style="text-align: center;">Afternoon RA Activity</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>US Citizens Day</i> 10:45 Sit & Be Fit: <i>Yoga & Meditation</i> 11:00 Montessori Connections 11:30 Reading: <i>Chicken Soup for the Soul</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Montessori Connections 1:45 Spa at Commons 2:15 Afternoon Walks to House for Music 2:30 Folk Music w/ Michael At House 2:30 Spa at House 3:30 Walk to the CMS After Music</p> <p style="text-align: center;">Afternoon RA Activity</p>	 <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>National Cheeseburger Day</i> 10:45 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:00 Spa at Commons 11:30 Get Moving: <i>Hoop Ball</i> 12:00 Lunch 1:00 Movie of the Day 1:15 Afternoon Walks 1:45 Group Activity: <i>Flower Arranging</i> 2:45 Flower Arranging & Montessori Connections 3:30 Montessori Connections</p> <p style="text-align: center;">Afternoon RA Activity</p>
Friday 19th Activities w/ Katie & Gabby	Saturday 20th Activities with Gabby	Sunday 21st Activities with Katie	Key
<p style="text-align: center;">Fun Friday</p> <p>Q: What did one autumn leaf say to another?</p> <p>A: I'm falling for you!</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>POA/MIA Recognition Day</i> 10:45 Sit & Be Fit: <i>Dance Party!</i> 11:00 Montessori Connections 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 & Bingo!</i> 2:45 Happy Hour & Montessori Connections 3:30 Montessori Connections</p> <p style="text-align: center;">Afternoon RA Activity</p>	 <p>INTERNATIONAL PEACE DAY</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Oktoberfest!</i> 10:45 Sit & Be Fit: <i>Exercise w/Noodles</i> 11:00 Spa at Commons 11:30 Trivia, Facts & Fun 12:00 Lunch 1:00 Movie of the Day 1:15 Group Game: <i>Bean Bag Toss</i> 1:45 Afternoon Activity <i>Card Games</i> 2:45 Afternoon Walks to House for Music 3:00 Songs w/ Jennifer At House 3:00 Spa at House</p> <p style="text-align: center;">Afternoon RA Activity</p>	<p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>International Peace Day</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>Balloon Volleyball</i> 2:45 Kick Ball & Montessori Connections 3:30 Montessori Connections</p> <p style="text-align: center;">Afternoon RA Activity</p>	<p style="text-align: center;">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: "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." - <i>Try to Remember</i>, Lyrics by Tom Jones and Harvey Schmidt</p>