

# The Country House and Commons

Weekly Activity Calendar  
Monday, September 18th through Sunday, September 24th 2017



| Monday 18th<br>Activities w/ Lee  | Tuesday 19th<br>Activities w/ Carol  | Wednesday 20th<br>Activities w/ Parvaneh and Lee   | Thursday 21st<br>Activities w/ Carol  |
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| <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>National Cheeseburger Day</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Sit &amp; Be Fit</i><br/>11:30 What's Missing?<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time</p> <p><b><u>Butte Humane Society Dog Visits!</u></b><br/>1:30 @ House<br/>2:15 @ Commons</p> <p>3:30 Afternoon RA Activity:<br/><i>Balloon Bat</i><br/>3:30 Get Moving:<br/><i>Ball Toss</i><br/>4:00 Companion Time</p>   | <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>POW/MIA Recognition Day</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Exercise w/ Noodles</i><br/>11:30 Wheel of Fortune<br/>12:00 Lunch<br/>1:00 Movie of the Day</p> <p><b><u>Country Village Trinkets to Treasures Bazaar!</u></b></p>  <p>2:45 Group Game:<br/><i>Teddy Bear BINGO</i><br/>3:30 Afternoon RA Activity:<br/><i>Bean Bag Toss</i><br/>3:30 Get Moving:<br/><i>Bean Bag Toss</i><br/>4:00 Companion Time</p> |  <p>9:30 Sit &amp; Be Fit Exercises<br/>9:45 Morning Gathering:<br/><i>Oktoberfest</i><br/>10:00 Group Game:<br/><i>Reminiscence Reading</i><br/>11:15 Sit &amp; Be Fit:<br/><i>Senior Yoga</i><br/>11:30 What's Missing?<br/>12:00 Lunch<br/>1:00 Afternoon Walks to House for Music</p> <p><b>1:15 Music Therapy at the House w/ Pam</b></p> <p>2:30 Companion Time<br/>3:00 Spa at the Commons<br/>3:30 Afternoon RA Activity:<br/><i>Parachute Fun!</i><br/>3:45 Get Moving:<br/><i>Balloon Tennis</i><br/>4:00 Companion Time</p> | <p>9:30 Spa at the Commons<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>International Peace Day</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Exercise w/ Noodles</i><br/>11:30 Deal Or No Deal<br/>12:00 Lunch<br/>1:00 Movie of the Day</p> <p><b><u>Flower Arranging!</u></b><br/>1:00 @ House</p>  <p>2:45 Group Game:<br/><i>Barrel of Monkeys</i><br/>3:30 Afternoon RA Activity:<br/><i>Bowling</i><br/>3:30 Companion Time<br/>3:30 Get Moving:<br/><i>Ball Toss</i><br/>4:00 Companion Time</p> |
| Friday 22nd<br>Activities w/ Lee  | Saturday 23rd<br>Activities w/ Carol   | Sunday 24th<br>Activities w/ Parvaneh Carol  | Key   |
| <p><b><i>Fun Friday</i></b><br/><b>Q: What did one autumn leaf say to another?</b><br/><b>A: I'm falling for you.</b></p> <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>1st Day of Autumn!!</i></p>  <p>11:00 Sit &amp; Be Fit:<br/><i>Dance Party!!!</i><br/>11:30 Sing-A-Long<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time</p> <p><b><u>Baking with Mel:</u></b><br/>1:45 @ House<br/>2:45 @ Commons</p> <p>3:30 Afternoon RA Activity:<br/><i>This or That Ball</i><br/>3:30 Get Moving:<br/><i>Mini Golf</i><br/>4:00 Companion Time</p> | <p>9:30 Spa at the House<br/>10:15 Sit &amp; Be Fit Exercises<br/>10:30 Morning Gathering:<br/><i>Pets Discussion Topic</i><br/>11:00 Sit &amp; Be Fit:<br/><i>Dance Party!!!</i><br/>11:30 Sing-A-Long<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Companion Time<br/>1:45 Group Game:<br/><i>Headbandz</i><br/>2:45 Group Game:<br/><i>Nuts and Bolts</i><br/>3:30 Afternoon RA Activity:<br/><i>Balloon Toss</i><br/>3:30 Get Moving:<br/><i>Hula Hoop Ball</i><br/>4:00 Companion Time</p>  | <p>9:30 Sit &amp; Be Fit Exercises<br/>9:45 Morning Gathering:<br/><i>National Honey Month</i><br/>10:00 Group Game:<br/><i>Faces BINGO</i><br/>11:15 Sit &amp; Be Fit:<br/><i>Groovin &amp; Moovin</i><br/>11:30 Family Feud<br/>12:00 Lunch<br/>1:00 Movie of the Day<br/>1:00 Spa at the Commons<br/>1:45 Companion Time<br/>2:15 Afternoon Walks to Commons for Music</p> <p><b>2:30 Piano at the Commons w/ Chris</b></p> <p>3:30 Afternoon RA Activity:<br/><i>Parachute Fun!</i><br/>3:30 Get Moving:<br/><i>Bowling</i><br/>4:00 Companion Time</p>  | <p>Country House<br/>Country Commons<br/>Special Events or Outings<br/>Lunch<br/>Country House &amp; Commons<br/>Both Houses meeting in the Country House Living Room</p> <p><b>Quote of the Week:</b></p> <p><b>"By all these lovely Tokens September days are here, With summer's best of weather And autumn's best of cheer."</b></p> <p>Helen Hunt Jackson, <i>September</i>, 1830-1885</p>   |
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