

The Country House and Commons

Weekly Activity Calendar

Monday, September 26th through Sunday, October 2nd 2016



Monday 26th Activities w/ Katie	Tuesday 27th Activities w/ Parvaneh	Wednesday 28th Activities w/ Parvaneh	Thursday 29th Activities w/ Katie
<p>Salon Day</p> <p>9:30 Morning Walks 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Johnny Appleseed Day</i> 10:45 Companion Time 11:15 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>Pumpkin Visits! 1:30@ House 2:15 @ Commons</p>  <p>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 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Goal Setting Discussion</i> 10:00 Spa at the House 10:30 Get Moving: <i>Conversation Ball</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Yoga & Meditation</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Canvas Painting</i> 2:45 Group Activity: <i>Stamping</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p> 	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Sept. Birthstone: Sapphire</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Guess the Place 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>Shake Loose a Memory</i> 1:45 Companion Time 2:15 Afternoon Walks to House for Music</p> <p>2:30 Songs at the House w/ Dorothy</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Group Activity: <i>Teddy Bear BINGO!</i> 4:15 Companion Time</p>	<p>9:30 Spa at the Commons 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Confucius Day</i> 10:45 Morning Walks 11:15 Sit & Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p>Flower Arranging! 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 30th Activities w/ Parvaneh	Saturday 1st Activities w/ Parvaneh	Sunday 2nd Activities w/ Carol	Key
<p>Fun Friday Q. What kind of hot dogs do werewolves like best? A. Hallowieners.</p> <p>9:30 Spa at the House 10:15 Sit & Be Fit Exercises 10:30 Morning Gathering: <i>Dominique Moceanu Bday</i> 10:45 Morning Walks 11:15 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>Happy Hour! 1:45 @ Commons 2:15@ House</p> <p>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 & Be Fit Exercises 9:45 Morning Gathering: <i>Twilight Zone Premieres</i> 10:45 Spa at the House 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Farkle</i> 2:45 Group Activity: <i>Nuts and Bolts</i> 3:15 Companion Time 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 Sit & Be Fit Exercises 9:45 Morning Gathering: <i>Peanuts 1st Appears</i> 10:00 Group Game: <i>Dominoes</i> 10:45 Spa at the Commons 11:15 Sit & Be Fit: <i>Groovin & Moovin</i> 11:30 Family Feud 12:00 Lunch 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>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: "There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feel- ings, as now in October." - Nathaniel Hawthorne</p>