

# The Country House and Commons

Weekly Activity Calendar  
Monday, September 4th through Sunday, September 10th 2017

Monday 4th Activities w/ Lee	Tuesday 5th Activities w/ Carol	Wednesday 6th Activities w/ Lee	Thursday 7th Activities w/ Carol
<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Newspaper Carriers Day</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Sit &amp; Be Fit</i> 11:30 What's Missing? 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Toy Processing</i> 2:45 Group Activity: <i>Sensory Matching Game</i> 3:30 Afternoon RA Activity: <i>Balloon Bat</i> 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 10:00 Morning Gathering: <i>Mini Golf Day</i> 10:45 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:00 Get Moving: <i>Balloon Toss</i> 11:30 Internet Travel 12:00 Lunch 1:00 Movie of the Day 1:00 Group Game: <i>High Rollers</i> 1:45 Spa at the House 2:15 Afternoon Walks to House for Music</p> <p>2:30 Accordion at the House w/ Kathleen</p>  <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:30 Group Activity: <i>Stamping</i> 4:00 Companion Time</p>	 <p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Classical Musical Month</i> 10:00 Group Game: <i>Reminiscence Reading</i> 11:15 Sit &amp; Be Fit: <i>Senior Yoga</i> 11:30 What's Missing? 12:00 Lunch 1:00 Afternoon Walks to House for Music</p> <p>1:15 Music Therapy at the House w/ Pam</p> <p>2:30 Companion Time 3:00 Spa at the Commons 3:30 Afternoon RA Activity: <i>Parachute Fun!</i> 3:45 Get Moving: <i>Balloon Tennis</i> 4:00 Companion Time</p>	<p><u>Happy Birthday, Betty!!</u></p> <p>9:30 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>First Miss America</i> 11:00 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Deal Or No Deal 12:00 Lunch 1:00 Movie of the Day</p> <p><u>Flower Arranging!</u> 1:00 @ House</p>  <p>2:45 Group Game: <i>Barrel of Monkeys</i> 3:30 Afternoon RA Activity: <i>Bowling</i> 3:30 Companion Time 3:30 Get Moving: <i>Ball Toss</i> 4:00 Companion Time</p>
Friday 8th Activities w/ Lee	Saturday 9th Activities w/ Lauren	Sunday 10th Activities w/ Lauren	Key
<p><i>Fun Friday</i> <b>Q: What kind of hot dogs do werewolves like best?</b> <b>A: Hallowieners!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Date Nut Bread Day</i> 11:00 Sit &amp; 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><u>Happy Hour!</u> 1:45 @ Commons 2:15 @ House</p> <p>3:30 Afternoon RA Activity: <i>This or That Ball</i> 3:30 Get Moving: <i>Mini Golf</i> 4:00 Companion Time</p> 	<p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>California Becomes a State</i></p>  <p>11:00 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Bunco</i> 2:45 Group Game: <i>Bull's Eye</i> 3:30 Afternoon RA Activity: <i>Balloon Toss</i> 3:30 Get Moving: <i>Hula Hoop Ball</i> 4:00 Companion Time</p>	<p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Sewing Machine Patented</i> 10:00 Group Game: <i>Faces BINGO</i> 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Family Feud 12:00 Lunch 1:00 Movie of the Day 1:00 Spa at the Commons 1:45 Companion Time 2:15 Afternoon Walks to Commons for Music</p> <p>2:30 Piano at the Commons w/ Chris</p> <p>3:30 Afternoon RA Activity: <i>Parachute Fun!</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 &amp; Commons Both Houses meeting in the Country House Living Room</p> <p><u>Quote of the Week:</u> "Tis the last rose of summer, Left blooming alone; All her lovely Companions Are faded and gone." - Thomas Moore,</p>