

# The Country House and Commons

## Weekly Activity Calendar

Monday, September 5th through Sunday, September 11th 2016

Monday 5th Activities w/ Katie	Tuesday 6th Activities w/ Parvaneh	Wednesday 7th Activities w/ Parvaneh	Thursday 8th Activities w/ Carol
<p style="text-align: center;"><b>Salon Day</b></p> <p>9:30 Morning Walks 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Mini Golf Day/ Labor Day</i> 10:45 Companion Time 11:15 Sit &amp; Be Fit: <i>Exercise w/ Noodles</i> 11:30 Wheel of Fortune <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Farkle</i> 2:45 Group Activity: <i>Basketball</i> 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 Spa at the Commons 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Classical Music Month</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Guess the Place <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Canvas Painting</i> 2:45 Group Activity: <i>Nuts and Bolts</i> 3:30 Afternoon RA Activity: <i>Bean Bag Toss</i> 3:30 Get Moving: <i>Balloon Toss</i> 4:00 Companion Time</p>	<p style="text-align: center;"><b><u>Happy Birthday Betty!</u></b></p> <p>9:30 Sit &amp; Be Fit Exercises 9:45 Morning Gathering: <i>1st Miss America 1921</i> 10:00 Spa at the House 10:30 Get Moving: <i>Conversation Ball</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Yoga &amp; Meditation</i> 11:30 Internet Travel <b>12:00 Lunch</b> 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  <b>2:30 Songs at the House w/Dorothy</b>  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 &amp; Be Fit Exercises 10:30 Morning Gathering: <i>Ntl Date Nut Bread Day</i> 10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!</i> 11:30 Deal or No Deal <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time</p> <p style="text-align: center;"><b><u>Flower Arranging!</u></b> 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 9th Activities w/ Parvaneh	Saturday 10th Activities w/ Parvaneh	Sunday 11h Activities w/ Carol	Key
<p style="text-align: center;"><b><i>Fun Friday</i></b> <b>Q: What kind of hot dogs do werewolves like best?</b> <b>A: Halloweeners!</b></p> <p>9:30 Spa at the House 10:15 Sit &amp; Be Fit Exercises 10:30 Morning Gathering: <i>CA becomes state</i></p>  <p>10:45 Morning Walks 11:15 Sit &amp; Be Fit: <i>Dance Party!!!</i> 11:30 Sing-A-Long <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: <i>Sequence BINGO</i> 2:45 Group Activity: <i>Race to the Finish</i> 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 &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Sewing Machine Patented</i> 10:45 Companion Time 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Spa at the House 1:45 Group Game: <i>Canvas Painting</i> 2:45 Group Activity: <i>Bulls Eye!</i> 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 &amp; Be Fit Exercises 9:45 Morning Gathering: <i>Grandparent's Day</i> 10:00 Group Game: <i>Dominoes</i> 10:45 Spa at the Commons 11:15 Sit &amp; Be Fit: <i>Groovin &amp; Moovin</i> 11:30 Family Feud <b>12:00 Lunch</b> 1:00 Movie of the Day 1:00 Afternoon Walks 1:30 Companion Time 2:00 Get Moving: <i>Balloon Tennis</i> 2:15 Afternoon Walks to Commons for Music  <b>2:30 Piano at the Commons w/ Chris</b>  3:30 Afternoon RA Activity: <i>Kick Ball</i> 3:45 Group Activity: <i>Balloon Bat</i> 4:15 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><b>Quote of the Week:</b></p> <p><b>""Tis the last rose of summer, Left blooming alone; All her lovely Companions Are faded and gone."</b> - Thomas Moore,</p>