# The Country House & Commons
## May 13th – 19th

### Monday the 13th
**With Lee**
- **9:45** Morning Gathering Topic: World Heavyweight Champion in boxing, Joe Louis, is born in Lafayette, Alabama
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Hand Massages and Melodies
- **12:00** Lunch
- **1:00** Music or Movie

**Sing along with Lee!**
1:30 House

- **2:30** Get Moving: Beanbag Toss
- **3:00** Spa at the House
- **4:00** Reading and Companion Time

### Tuesday the 14th
**With Rita**
- **9:45** Morning Gathering Topic: The Lewis and Clark expedition leaves St. Louis, Missouri to explore the newly purchased Northwest from the Mississippi to the Pacific
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Spa at the Commons
- **12:00** Lunch
- **1:00** Music or Movie
- **1:00** Get Moving: Target Shoot

**Trinkets to Treasures Bazaar!**
3:00 House

4:00 Reading and Companion Time

### Wednesday the 15th
**With Lee**
- **9:45** Morning Gathering Topic: Gasoline rationing in 17 states begins with the goal of helping the American war effort during WWII
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Spa at the Commons
- **12:00** Lunch
- **1:00** Music or Movie

**Bible Study with Lee!**
1:45 @ Commons
2:45 @ House

- **3:45** Hand Massages and Melodies
- **4:00** Reading and Companion Time

### Thursday the 16th
**With Rita**
- **9:45** Morning Gathering Topic: Mary Welles gives Motown Records their first number one hit with her song, “My Guy”
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Spa at the Commons
- **12:00** Lunch
- **1:00** Music or Movie

**Flower Arranging!**
1:30 House

- **3:00** Get Moving: Balloon Volleyball
- **3:30** Get Moving: Conversation ball toss
- **4:00** Reading and Companion Time

### Friday the 17th
**With Lee**
- **9:45** Morning Gathering Topic: Brown V. Board of Education is decided in the Supreme Court, ruling that racial segregation in schools is unconstitutional
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Hand Massages and Melodies
- **12:00** Lunch
- **1:00** Music or Movie

**Music With Pam**
1:15 House

- **2:30** Get Moving: Chair Bowling
- **3:00** Spa at the House
- **4:00** Reading and Companion Time

### Saturday the 18th
**With Gabby**
- **9:45** Morning Gathering Topic: Randy Johnson pitching for the Arizona Diamondbacks becomes the oldest man to throw a perfect game at the age of forty
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Montessori Connections with Gabby
- **12:00** Lunch
- **1:00** Music appreciation
- **1:00** Spa at the House

**Popcorn Bar & Movie**
2:30 @ House
3:30 @ Commons

4:00 Reading and Companion Time

### Sunday the 19th
**With Gabby**
- **10:00** Morning Gathering: Florence Chadwick, the first person to swim the English Channel both ways, is born in San Diego, California
- **10:30** Sit & Be Fit Exercises
- **10:45** Hydration
- **11:00** Sit & Be Fit
- **11:15** Montessori Connections with Gabby
- **12:00** Lunch
- **1:00** Music or Movie
- **1:15** Spa Time
- **2:00** Afternoon Walks (Weather Permitting)
- **3:00** Group Activity: Games with Gabby
- **4:00** Movie of the Day

### Key
- **Country House**
- **Country Commons**
- **Special Events or Outings**
- **Lunch**
- **Country House & Commons**
- ***All activities are subject to change***

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**Quote of the Week:**

“Keep your face to the sunshine and you cannot see the shadows. It’s what sunflowers do.”

-Helen Keller