



The Country House and Commons

November 12th — 18th



Monday the 12th With Lee	Tuesday the 13th With Liz	Wednesday the 14th With Lee	Thursday the 15th With Liz
<p>9:45 Morning Gathering: Ellis Island is closed 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Companion Time 12:00 Lunch 1:00 Music Appreciation</p> <p><u>Resident Council</u> 1:30 House</p> <p>2:30 Get moving: Bean bag toss 3:00 Spa at the House 4:00 Reading</p> 	<p>9:45 Morning Gathering: Vietnam veterans memorial is dedicated in Washington 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 Appreciation 1:30 Get Moving: Balloon volleyball 2:00 Get Moving: Bean bag toss 2:30 Walks to house for bazaar</p> <p><u>Trinkets to Treasures Bazaar!</u> 3:00 House</p> <p>4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering: American classical composer Aaron Copland is born in Brooklyn New York 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 Appreciation 1:00 Companion Time</p> <p><u>Bible Study with Lee!</u> 1:45 @ Commons 2:45 @ House</p> <p>3:30 Get Moving: Balloon volleyball 4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering: First stock market ticker debuts in NY 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 Appreciation</p> <p><i>Staff Meeting</i> 1:15 pm</p> <p><u>Mariachi music with Fernando:</u> 1:30 House</p> <p>3:30 Reading 4:00 Companion Time</p>
Friday the 16th With Lee	Saturday the 17th With Gabby	Sunday the 18th With Carol	Key
<p>9:45 Morning Gathering: Oklahoma becomes a state and enters the Union 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Companion Time 12:00 Lunch 1:00 Music Appreciation 1:00 Walks to the House for music</p> <p><u>Music With Pam</u> 1:15 House</p> <p>2:30 Get Moving: Chair Bowling 3:00 Spa at the House 4:00 Reading</p>	<p>9:45 Morning Gathering: The Elizabethan age begins in England 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Games with Gabby 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the House</p> <p><u>Popcorn Bar & Movie</u> 2:00 @ House 3:00 @ Commons</p>  <p>3:30 Reading 4:00 Companion Time</p>	 <p>10:00 Morning Gathering: Railroads create the first time zones 10:15 Sit & Be Fit 10:30 Reading and Companion Time 11:15 Reading and Companion Time 12:00 Lunch 1:00 Music Appreciation 1:15 Spa Time 2:00 Afternoon Walks 3:00 Group Activity: Chat Pack 4:00 Movie of the Day</p>	<p>Country House Country Commons Special Events or Outings Lunch Country House & Commons</p> <p><i>Quote of the Week:</i></p> <p><i>“The thankful receiver bears a plentiful harvest.”</i></p> <p><i>- William Blake</i></p>