



The Country House and Commons

November 26th — December 2nd



Monday the 26th With Lee	Tuesday the 27th With Liz	Wednesday the 28th With Lee	Thursday the 29th With Liz
<p>9:45 Morning Gathering: FDR establishes modern Thanksgiving holiday 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>Pumpkin Visits!</u> 1:30@ House 2:15 @ Commons</p> <p>2:30 Thanksgiving Turkey Toss 3:00 Spa at the House 4:00 Reading</p> 	<p>9:45 Morning Gathering: Bo Gordie Howe scores 600th goal in NHL 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 Thanksgiving Turkey Toss</p> <p><u>Harpist Healing</u> 2:30 CMS</p> <p>3:30 Group Game: iPad hangman 4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering: Frank Duryea wins first horseless-carriage race in the U.S. 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: Legendary Eddie Robinson coaches his last college football game 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 Walks to the House for flowers</p> <p><u>Flower Arranging!</u> 1:30 House</p> <p>2:30 Get Moving: Beanbag toss 3:30 Montessori connections with Liz 4:00 Reading and Companion Time</p>
Friday the 30th With Lee	Saturday the 1st With Gabby	Sunday the 2nd With Carol	Key
<p>9:45 Morning Gathering: Happy Birthday Winston Churchill 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 CMS for music</p> <p><u>Music With Pam</u> 1:15 CMS</p> <p>2:30 Get Moving: Chair Bowling 3:00 Spa at the House 4:00 Reading</p>	<p>9:45 Morning Gathering: Channel tunnel makes breakthrough in Europe 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: Happy Birthday Gianni Versace 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>“Love the giver more than the gift.”</i></p> <p><i>- Brigham Young</i></p>