



The Country House and Commons

November 5th — 11th



| Monday the 5th With Lee | Tuesday the 6th With Liz | Wednesday the 7th With Lee | Thursday the 8th With Liz |
|---|---|--|--|
| <p>9:45 Morning Gathering: George Foreman becomes oldest Heavyweight Champ 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>Guitar with Kim & Poppy!</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: Happy birthday John Philip Sousa 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><u>Harpist Healing</u> 1:30 CMS</p> <p>2:30 Get Moving: Balloon volleyball 3:00 Get Moving: Bean bag toss 3:30 Group Game: iPad Hangman 4:00 Reading and Companion Time</p> | <p>HBD Tony!</p> <p>9:45 Morning Gathering: Franklin Roosevelt wins unprecedented fourth term as president 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><u>Bible Study with Lee!</u> 1:45 @ Commons 2:45 @ House</p> <p>2:30 Get Moving: Balloon volleyball 3:00 Get Moving: indoor golfing 3:30 Spa at the commons 4:00 Reading and Companion Time</p> | <p>9:45 Morning Gathering: German scientist discovers X-rays 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 2:00 Walks to the House for flowers</p> <p><u>Flower Arranging!</u> 2:30 House</p> <p>2:30 Get Moving: Balloon volleyball 3:00 Get Moving: Bean bag toss 3:30 Reading 4:00 Companion Time</p> |
| Friday the 9th With Lee | Saturday the 10th With Gabby | Sunday the 11th With Carol | Key |
| <p>9:45 Morning Gathering: East Germany opens the Berlin wall 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: Sesame Street children's show debuts 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: World War One comes to an end 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>“There is a certain enthusiasm in liberty, that makes human nature rise above itself, in acts of bravery and heroism.”</i></p> <p><i>- Alexander Hamilton</i></p> |