



The Country House and Commons

September 10th — September 16th



Monday the 10th With Lee	Tuesday the 11th With Liz	Wednesday the 12th With Lee	Thursday the 13th With Liz
<p>9:45 Morning Gathering: HBD Arnold Palmer! 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> 1:15 House</p> <p>2:30 Spa at the House 3:30 R.A. Activity: <i>Nuts and Bolts</i> 3:30 Get Moving: Golf 4:00 Reading 5:45 R.A activity: Nail Cleaning</p> 	<p>9:45 Morning Gathering: Donny Osmond has #1 hit on U.S. pop charts with “Go away Little Girl” 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 Montessori with Liz</p> <p><i>Podiatrist Visits</i> 2:30 pm</p> <p>2:30 Group Game: Family Feud Strike Out 3:30 Get Moving: Balloon Volleyball 3:30 R.A Activity: <i>Pixy Cubes</i> 4:00 Reading 5:45 R.A activity: Nail Cleaning</p>	<p>9:45 Morning Gathering: Lascaux cave paintings discovered 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>Sing along with Lee!</u> 1:30 House</p> <p>2:30 Get Moving: Beanbag toss 3:00 R.A Activity: <i>Barrel of Monkeys</i> 3:00 Get moving: Balloon Volleyball 4:00 Companion Time 5:45 R.A activity: Nail Cleaning</p>	<p>9:45 Morning Gathering: Key writes “Star Spangled Banner” 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 Walks to House for flowers</p> <p><u>Music with Pam</u> 1:30 House</p> <p>2:30 R.A Activity: <i>Nuts and Bolts</i> 2:30 Get Moving: Bowling</p> <p><u>Flower Arranging!</u> 3:00 House</p> <p>4:00 Companion Time</p>
Friday the 14th With Lee	Saturday the 15th With Gabby	Sunday the 16th With Carol	Key
<p>9:45 Morning Gathering: Little Richard records “Tutti Frutti” 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Montessori with Liz 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the House</p> <p><u>Bible Study with Lee!</u> 1:45 @ Commons 2:45 @ House</p> <p>3:30 Get Moving: Beanbag toss 3:30 R.A Activity: <i>Teddy Bear Bingo</i> 4:00 Reading 5:45 R.A activity: Nail Cleaning</p>	<p>9:45 Morning Gathering: Famous Marilyn Monroe “skirt scene” is filmed 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Group 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 Afternoon RA Activity: <i>Ball Toss</i> 4:00 Companion Time 5:45 R.A activity: Nail Cleaning</p>	 <p>HBD Louise!</p> <p>10:00 Morning Gathering: FDR approves draft 10:15 Sit & Be Fit 10:30 Companion Time 11:15 Companion Time 12:00 Lunch 1:00 Spa Time 2:00 Afternoon Walks (Weather permitting) 3:00 Group Activity: Chat Pack 4:00 Movie of the Day 5:45 R.A activity: Nail Cleaning</p>	<p>Country House Country Commons Special Events or Outings Lunch Country House & Commons</p> <p><u>Quote of the Week</u></p> <p><i>“September days are here, with Summer’s best of weather and Autumn’s best of cheer.”</i></p> <p>- Helen Hunt Jackson</p>