



The Country House and Commons

Monday, January 29th through Sunday, February 4th 2018



Monday the 29th With Lee	Tuesday the 30th With Liz	Wednesday the 31st With Lee	Thursday the 1st With Liz
<p>9:45 Morning Gathering: HBD Oprah 9:45 Montessori with Dana 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the Commons</p> <p>Get Moving with Tom 1:30 Country House</p> <p>2:30 Group Activity: High Rollers 3:00 Get Moving: Balloon Toss 3:30 R.A Activity: Nuts and Bolts 4:00 Companion Time 4:30 Companion Time With Dana</p>	<p>9:45 Morning Gathering: <i>1969 The Beatles Perform their last live gig on the top of Apple Corps HQ in London</i> 9:45 Montessori with Dana 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the Commons 1:30 Get Moving: Noodle Exercises</p> <p>Pumpkin Visits! 2pm @ House 2:45 @ CMS Music With Pam 3:00 3:30 R.A Activity: Nuts and Bolts 4:00 Companion Time 4:30 Companion Time With Dana</p> 	<p>9:45 Morning Gathering: HBD Jackie Robinson 9:45 Montessori with Dana 10:15 Sit & Be Fit Exercises 10:30 Hydration 10:45 Companion Time 11:15 Sit & Be Fit 11:30 Reading 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time 1:45 Group Game: Bingo 2:45 Get Moving: Bean Bag Toss 3:30 Afternoon RA Activity: Nuts and Bolts 3:30 Get Moving: Bowling 4:00 Spa at the Commons</p> 	<p>9:45 Morning Gathering: HBD Clark Gable 9:45 Montessori with Dana 10:15 Sit & Be Fit Exercises 10:30 Hydration 10:45 Companion Time 11:15 Sit & Be Fit 11:30 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Companion Time 1:45 Group Game: Women of the Civil War 2:45 Get Moving: Bean Bag Toss 3:30 Afternoon RA Activity: Nuts and Bolts 3:30 Get Moving: Balloon Volleyball 4:00 Spa at the Commons</p>
Friday the 2nd With Lee	Saturday the 3rd With Lauren	Sunday the 4th With Liz	Key
<p><i>Fun Friday</i></p> <p>Q: Why did the banana go out with the prune?</p> <p>A: Because it couldn't get a date!</p> <p>9:45 Morning Gathering: HBD Jackie Robinson 9:45 Montessori with Dana 10:15 Sit & Be Fit Exercises 10:30 Hydration 10:45 Companion Time 11:15 Sit & Be Fit 11:30 Reading 12:00 Lunch 1:00 Movie of the Day 1:00 Companion Time</p> <p>Bible Study with Lee! 1:45 @ Commons 2:45 @ House</p> <p>3:30 Afternoon RA Activity: Nuts and Bolts 3:30 Get Moving: Golf 4:00 Spa at the Commons</p>	<p>9:45 Morning Gathering: <i>National Women Physicians Day</i> 9:45 Montessori with Dana 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the Commons 1:30 Get Moving: Bean Bag Toss 2:15 Get Moving: Bowling 3:00 Group Activity: Super Bowl Craft 3:30 R.A Activity: Nuts and Bolts 4:00 Companion Time</p> <p>Trivia: Who was The original drummer for the Beatles?</p> <p>A. Pete Best</p>	 <p>9:45 Morning Gathering: Super bowl Sunday 9:45 Montessori with Dana 10:30 Sit & Be Fit Exercises 10:45 Hydration 11:00 Sit & Be Fit 11:15 Reading 12:00 Lunch 1:00 Music Appreciation 1:00 Spa at the Commons 1:30 Get Moving: Ball Toss 2:15 Get Moving: Field Goals</p> <p>Super Bowl Party 3:00 pm Kick Off</p> 	<p>Country House Country Commons Special Events or Outings Lunch Country House & Commons Both Houses meeting in the Country House Living Room</p> <p>Quote of the Week:</p> <p>We've got this gift of love, but love is like a precious plant. You can't just accept it and leave it in the cupboard or just think it's going to get on by itself. You've got to keep watering it. You've got to really look after it and nurture it.</p> <p>-John Lennon</p>