



# The Country House & Commons

## July 29th—August 4th



Monday the 29th With Lee	Tuesday the 30th With Rita	Wednesday the 31st With Lee	Thursday the 1st With Rita
<p>9:45 Morning Gathering Topic: The United States Congress passes legislation establishing the National Aeronautics and Space Administration (NASA) 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Sit &amp; Be Fit 11:15 Hand Massages and Melodies 12:00 Lunch 1:00 Music or Movie</p> <p><b><u>Pumpkin Visits!</u></b> 1:30@ House 2:15 @ Commons</p> <p>2:30 <i>Get Moving: Beanbag Toss</i> 3:00 Spa at the House 4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering Topic: The last of over 21 million Volkswagen Beetle cars built since World War Two rolls off Volkswagen's factory line in Puebla, Mexico 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Sit &amp; Be Fit 11:15 Spa at the Commons 12:00 Lunch 1:00 Music or Movie 1:00 Group Game: High Rollers</p> <p><b><u>Arm Chair Travel To The French Riviera</u></b> 2:00 House</p> <p>3:00 <i>Get Moving: Balloon Volleyball</i> 3:30 <i>Get Moving: Beanbag toss</i> 4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering Topic: American film actor Ted Cassidy is born in Pittsburgh, Pennsylvania 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Sit &amp; Be Fit 11:15 Spa at the Commons 12:00 Lunch 1:00 Music or Movie 1:00 <i>Get Moving: Target Shoot</i></p> <p><i>Baby Shower for Yesenia G</i> 1:15 pm (H)</p> <p>3:45 Hand Massages and Melodies 4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering Topic: Chess grandmaster, Bobby Fischer, defeats Russian Boris Spassky to become the first American to win the World Chess Championship 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Sit &amp; Be Fit 11:15 Spa at the Commons 12:00 Lunch 1:00 Music or Movie</p> <p><b><u>Flower Arranging!</u></b> 2:30 House</p> <p>3:30 <i>Get Moving: Balloon Volleyball</i> 4:00 Reading and Companion Time</p>
Friday the 2nd With Lee	Saturday the 3rd	Sunday the 4th	Key
<p>9:45 Morning Gathering Topic: "Wild Bill" Hickok, one of the greatest gunslingers of the West, is taken down in Deadwood, South Dakota 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Sit &amp; Be Fit 11:15 Hand Massages and Melodies 12:00 Lunch 1:00 Music or Movie</p> <p><b><u>Music With Pam</u></b> 1:15 House</p> <p>2:30 <i>Get Moving: Chair Bowling</i> 3:00 Spa at the House 4:00 Reading and Companion Time</p>	<p>9:45 Morning Gathering Topic: The Basketball Association of America (BAA) and National Basketball League (NBL) merge to form the current NBA 10:30 Sit &amp; Be Fit Exercises 10:45 Hydration 11:00 Sit &amp; Be Fit 11:15 Montessori Connections 12:00 Lunch 1:00 Music appreciation 1:00 Spa at the House</p> <p><b><u>Popcorn Bar &amp; Movie</u></b> 2:30 @ House 3:30 @ Commons</p>  <p>4:00 Reading and Companion Time</p>	 <p>9:00 Sunday Morning Hymns 10:00 Coffee and News—(CBS Sunday Morning) 11:00 Morning Walks (Weather Permitting) 12:00 Lunch 1:00 Musicians of your time: Music Appreciation 3:00 Movie Of The Day— "Lee's Library" Pick!</p>	<p>Country House Country Commons Special Events or Outings Lunch Country House &amp; Commons ***All activities are subject to change ***</p> <p><b><i>Quote of the Week:</i></b></p> <p><i>"Strawberries are the angels of earth; innocent and sweet, with leafy green leaves reaching heavenward."</i></p> <p>- Terri Guillemets</p>