

# Life at Country Meadows

## Sample Calendar

At Country Meadows, we plan activities with our residents' input and interests in mind. Our calendars are created for their whole well-being from physical, cognitive, social, spiritual and intergenerational benefits to purposeful service, life-long learning and engagement with pets and nature—for all levels of care. This is only a snapshot of a week's activities at Country Meadows of Allentown. We invite you to stop by any time for a full calendar of events and join in!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Breakfast outing Scrabble® group St. Thomas More 1st grade reading visit Dog-treat baking for Lehigh Co. Humane Society Basic Balance fitness class	Pinochle group Raised bed gardening Learning to speak Pennsylvania Dutch Horseshoes Walking group at Trexler Memorial Park Tai Chi fitness class	Bridge club Morning devotions Patio bird watching Trip to Allentown Public Library SteelStacks tour Gentle Joint/Arthritis fitness class	Mahjong group Morning devotions Trip to Allentown Art Museum Baking for Allentown police & fire fighters Seasonal craft class Relax & Stretch fitness class	iPad® Word Game Morning devotions Planting in vegetable garden Shuffleboard (table top) Make "Cards for Kids" for Children's Hospital at LHV Muscle Strength fitness class	Resident-served breakfast for local EMTs "Mimosas & Mosaics" art class Outing to Allentown's Farmers' Market Nautilus® Strength fitness class	Transportation to church Religious services (non-denominational) (campus chapel) Family brunch Walking group Hymn sing
Mid-Day	Shopping trip to Giant, Target & Dollar Tree Flower arranging Bocce ball (outside court) Prayer group (monthly) Balance in Action Otago exercise program	Balloon volleyball Cupcake baking & decorating Military History educational series Rosary & communion SilverSneakers® fitness class	Dairy farm trip for homemade ice cream Wii® sports Make birthday cards for Meals On Wheels clients Therapy dog, Jazzy, visit Personal Fitness program	Shopping trip to Kohl's, Hobby Lobby, Christmas Tree Shops Potting garden flowers Sands Casino trip Cub Scout visit Tai Chi fitness class	Lunch outing Shabbat service (monthly) Golf putting Paper crafting Poetry lecture series Sports Biographies series SilverSneakers fitness class	Group word games Outing to Art in the Park Youth group visit Resident-taught history lesson Endurance Walk program	Knitting & crocheting hats & scarves for local homeless youth Visit by "Pleasure Your Company" pet therapy group Group board games
Late Day	Gentle Joint/Arthritis fitness class Happy Hour (before dinner) Lehigh Co. Historical Society speaker series Polka Night Music & Dancing	Meet the Artist series Prepare care packages for Humble Hearts of Hope Happy Hour (before dinner) Men's fitness class Dance school recital Concert at Penn's Peak	Discussions with Rabbi Melody Cook & serve dinner at Day Break Shelter Happy Hour (before dinner) Girl Scout craft visit Men's poker group Hunterdon Hills Playhouse	Biography & History series Happy Hour (before dinner) Men's fitness class Musical at Civic Theatre of Allentown Comedian entertainer	Country ride outing Painting class Happy Hour (before dinner) Parkland Elementary student piano recital School Musical at Emmaus High School	Celebration of Life memorial service (monthly) Family game night Local entertainment Happy Hour (before dinner) Travel series discussion	Youth Group visit Theme Night Dinner Book club discussion Current events discussion

Though some activities are specific to a level of care, the above activities are representative for all levels. The calendar changes weekly and reflects local and seasonal outings and events. Nautilus® equipment is available and the fitness center is open daily for residents' convenience.