

# 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 Forks. 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	Easton YMCA cardio class iPad® & Technology training w/ Generation Connect The Purple Primer® "Renaissance Art" class Shopping trip to Walmart	Devotions News & Currents Mahjong Club Riverview Country Club 9-hole game & lunch	Easton YMCA dance class The Purple Primer "America & The Civil War" class Shopping trip to Promenade Shops & Target	News & Currents Easton Library Reading Project w/local school Bridge Club Catholic Communion & Rosary Muscle & Strength class	Easton YMCA swim group Organic farming series Penn State Master Gardener class Shopping trip to Bridgewater Commons	News & Currents Easton Historical Sites Walking Tour Gentle Joints fitness class	Transportation to church Common Sense for Animals volunteer visit Bridge Club Trip to Duke Island Park Mind & Body class
Mid-Day	Serving lunch at Lifestyle Senior Ctr Bocce ball Live sketch modeling & photography class Geocaching Fit Chicks fitness class	Trip to post office & bank Craft project for charity Jewelry making Kellyn Foundation Gardening Project w/local school Men's fitness class	Northampton CC educational class Spirituality group Trip to Easton Farmers' Market Fit Chicks fitness class	Meals on Wheels volunteering Merrill Creek bird watching Trip to Sigal Museum Men's fitness class	Career Institute of Technology Partnership series Sands Casino outing Fit Chicks fitness class	Easton Main Street Initiative block clean-up Twin Rivers Brewery lunch & tour Men's fitness class	Worship services (non-denominational) (on-campus) Easton Canal boat ride Fine Arts lecture series
Late Day	Happy Hour Easton Hospital Wellness educational series Pinochle Club	Happy Hour Great Decisions educational series Llantrisant cooking class Seeing Eye Dog Foster Pup visit	Happy Hour Wine Trail (local vineyard) Japanese Culture educational series Pinochle Club	Happy Hour Local musician SteelStacks ArtsQuest event Greyhound Rescue pet visit	Happy Hour Vineyard Tour Pinochle Club Mind & Body class	Celebration of Life memorial service (monthly) Happy Hour Open Studio w/Forks Area Arts Society	Restaurant Dining Club in historic downtown Easton State Theatre performance

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.