

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 Bethlehem. 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	Brain word game Wii® Bowling Art class Shopping trip to bank, post office, specialty shops Devotions Endurance fitness class	Tabletop shuffleboard Crossword puzzles Visit to local day care Hymn sing Devotions Strength Training class SilverSneaker® fitness class	Golf putting Word search Visit to local cat show exhibit Potting flowers on patio Catholic Communion & Rosary Mind & Body fitness class SilverSneakers yoga class	Lawn darts Spelling bee competition Trip to Lancaster County Devotions Catholic Communion & Rosary Balance fitness class SilverSneakers fitness class	Gardening with vegetables Word scramble game Shopping trip to Walmart Flower arranging class iPad® tutoring Mobility & Agility fitness class	Nature walk Baking class 20 Questions® Trip to Easton Farmers' Market (seasonal) Sightseeing Saturday Gym-to-go fitness visit	Transportation to church Walk with Friends Club Cooking class Sunday chat Word puzzle Kings in the Corner card game Catholic Communion & Rosary
Mid-Day	Sewing class Biography presentation Lunch outing Boy Scout visit Catholic Mass Mind & Body fitness class	Knitting Club History series Ceramics class Trip to local park (seasonal) Bible study Campus fitness class	Art class Lunch outing Massage therapy Catholic Mass Bible study Balance in Action fitness class	Ceramics class Therapy pet visit Crafts for local church fair Journeys of Faith discussion Strength Training class Balance in Action fitness class	Making blankets for local shelter Trip to local museum Hand massage pampering Therapy pet visit Balance fitness class Music with the chaplain	Manicures Billiards Club Horse shoes Scrapbooking Travel series Social Hour Campus fitness class	Nature walk Worship services (non-denominational) (on-campus) Coupon clipping for Troops Bocce ball Sunday social Author series
Late Day	Bocce game competition Country ride Pinochle Club Happy Hour Current events discussion	Trivia Tuesday Gardening w/ Girl Scouts Happy Hour Candlelight Theme Dinner Rummikub®	Dance troop performances Happy Hour Men's Club Yahtzee® Sands Casino trip (monthly) Fire hall dance Scrabble®	Local high school musical Wii® Jeopardy® Happy Hour Country ride Local entertainment	Northampton Community College speaker series Wine & Bite social Dinner show outing Pinochle Club News & Views discussion	Celebration of Life memorial service (monthly) Healthcare speaker series Family social (monthly) Popcorn Social Local entertainment	Country ride Art class Dominos Music & Motion Corn hole game 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.