

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 Frederick. 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	Devotions Wii® Bowling Crosswords Shopping trip to Boscov's, CVS, Walmart Catholic Rosary Strength fitness class	Devotions Horse shoes News w/Views Celebree Learning Ctr visit Book Mobile visit Catholic Mass Endurance fitness class	Devotions Wacky words Garden Club Fashion Show Balance & Mobility fitness class	Devotions Walking Historic Carroll Creek Clay class Shopping trip to Weis & FSK Mall Strength fitness class	Devotions Breakfast Club Q&A game Corn hole Petting zoo visit Catholic Rosary Mind & Body fitness class	Wii Bowling Answer Me This game Trip to Gettysburg Hymn sing Stretch & Flexibility class	Transportation to church Table-top games News w/Views Walking at Cunningham Falls Frederick City Farmers' Mkt
Mid-Day	Billiards Cutting coupons for troops Fusion music therapy Tech help class Trip to Earth, Space & Science Ctr Artistry in Color class	Match game Card games Knitting group Golden Girls Club Cookie packaging for charity Hands-on fitness class	Lunch out Scout It Out game Giving Back Club History Fashion Traveler presentation Theological discussion	Jeopardy® game Girl Scout troop visit Jewelry-making class Baking group Wellness presentation Hands-on fitness class	Windtalker lecture Drum circle Birthday card writing Trip to Nat'l Shrine Grotto Birthday celebration (monthly)	Tea Time & Poetry Billiards Hand massages Computer tutorial Frederick Keys baseball game	Worship services (non-denominational) (on-campus) Boy Scout troop visit Hand therapy Devotional studies Sundae Social
Late Day	Milkshake Mondays Happy Hour Dance class Weinberg Ctr for the Arts performance	19th div. Veterans' chat men's group Happy Hour Book Club Take-Two band Evening stroll Relaxing & manicures	Art class Happy Hour Chef Center Stage dinner Wags for Hope pet visit Local entertainment	Scrapbooking Happy Hour Local entertainment Card games Evening stroll	90s Club Happy Hour Evening trivia Emily Dickinson re-enactor Current events discussion	Celebration of Life memorial service (monthly) Happy Hour Country ride Themed dinner One-on-one life stories	Art Social Travel series Current events discussion iPad® trivia Evening stroll

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.