

# 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 Hershey. 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	Nature walk Garden Club Jeopardy® game Derry Pre-K school visit Catholic Communion Balance, Agility & Movement fitness class	Toss & trivia Art class Music with Meaning chat Shopping trip to Karns & Kmart Rosary Tai Chi fitness class	Brain games Wii® Bowling Garden Club Bible study SilverSneakers® fitness class Traveling fitness cart visits	Ebenezer School game day Men's breakfast w/ chaplain (monthly) Shopping trip to Walmart Hymn sing Balance, Agility & Movement fitness class	Garden Club Ladder ball game Hand exercises & massages Bell choir practice Devotions & hymn sing SilverSneakers fitness class	Baking class Backyard games Hand massages News & current events Tai Chi fitness class	Transportation to church Cooking Club Garden Club Wii® Wheel of Fortune® Hymn sing & devotions Stretch exercises
Mid-Day	Making tie blankets for local charity Pet therapy dog visit Tea time Hand massages Indoor bocce game Traveling fitness cart visits	Birthday lunch (monthly) Jewelry making class Trip to The Hershey Museum Worship services (non-denominational) (on-campus) Men's Group exercise class	Lunch outing Flower arranging class Nature presentation series Bake & Take to Derry Police Station Midweek Memory Meanderings w/ chaplain Range of Motion exercise class	Golf putting Trip to Farmers' Market in Hershey (seasonal) Drum circle Coffee chats Scrap paper art class Traveling fitness cart visits	News & trivia Tea time Acts of Kindness service project Walking Club Men's Group exercise class Range of Motion fitness class	Wii® Bowling Popcorn Social Travel series Country ride Reading Club	Nature walk Worship services (non-denominational) (on-campus) Rosary Rootbeer Float Social Sundaes on Sunday Country ride
Late Day	News & current events Happy Hour Scrabble® Social hour w/chaplain Evening campus walk	Crafts & chat Happy Hour Themed dinner Rummikub® Evening campus walk	Country ride Happy Hour Chicken Soup for the Soul® story discussion Local entertainment Rummy card game Evening campus walk	Trip to Hollywood Casino Happy Hour Author series Word puzzles Evening campus walk	Local entertainment Golden Retriever pet therapy visit Happy Hour Movie at Cocomplex Cinema Evening campus walk	Celebration of Life memorial service (monthly) Word games Happy Hour Hershey Theatre performance Evening campus walk Relaxation exercises	Knit & chat Charades Local entertainment Evening campus walk Relaxation exercises

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.