

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 Lancaster. 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	Morning social Bocce ball Buzz It In trivia Art class Devotions Endurance fitness class	Coffee & trivia Word scramble Local school reading visit Trip to post office & bank Devotions Strength fitness class	Morning stretch Corn hole Picture search game Devotions Walk with ease	Morning social Sensory basketball Cooking Club Trip to Longwood Gardens Devotions Balance & Mobility class	Bowling Word Tree Courtyard gardening Hymn sing Hand Exercises class	Morning stretch Tea Social Crosswords Trip to Central Market Hymn sing Baking Club	Transportation to church Wii® Bowling HedBanz™ Game Hymn sing Conductorcise® Chair Zumba®
Mid-Day	Scattergories® Cooking Club A Look at Literature discussion Prep care pkgs for soldiers Traveling fitness cart	Journaling Tea for Two Tuesday Walking Club Trip to Central Market Catholic Mass Traveling fitness cart	Lunch out Yahtzee® Afternoon talk w/Rabbi Paskoff Greek Orthodox Church service Chair yoga	Mini golf Skip-Bo™ Craft class Collecting for Pet Pantry Drive Traveling fitness cart	Scrabble® Walking Club Country ride Shabbat service (monthly) Traveling fitness cart	Chair kick ball Wacky words Children's piano recital Country ride Walking Club	Worship services (non-denominational) (on-campus) Concentration puzzles Baking Club Spa manicures iPad® games
Late Day	Franklin & Marshall student visit Happy Hour Dinner out Rummikub® This Week in History chat	Prep backpacks for Lancaster city schools Happy Hour K-Pets visit Hymn sing Local entertainment	Baking cookies for charity Happy Hour Barroom trivia Poetry class Fulton Theatre performance	Casino roulette Happy Hour Aromatherapy & hand massages Creative story writing Current events discussion	Making cards for children's hospital Happy Hour Local entertainment Ladder ball	Celebration of Life memorial service (monthly) Barnstormers baseball game Left-Right-Center® game Lancaster History presentation	Sunday Social Horse shoes Odd Man Out game Author series

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.