

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 Leader Heights. 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	Wii® Bowling iPad® Teasers Bakers' Corner class Fawn Grove 2nd grade visit Making PB&J sandwiches for soup kitchen Endurance fitness class	Ladder ball iPad® class York Haven 3rd grade Reading Buddies Civil War presentation Devotions Strength Training class	Devotions Shopping trip to Giant & Rite Aid Cranium® Crunch York Catholic sing-a-long Terry Bluett, PA Past Players' presentation Endurance fitness class	Horse shoes Card Club Dallastown Middle School Life History Partners Devotions Endurance fitness class	Corn hole game Wii Jeopardy® ArtTalks discussion Shopping trip to New Eastern Market & Kmart Devotions Endurance fitness class	Ladies coffee, tea & pastries Women's History Fashion Traveler show Bocce ball Balance fitness class Laughter yoga	Transportation to church Sunday stretches Coffee chat Dice game Bakers' Corner class Hymn stories
Mid-Day	Men's lunch out Crossword puzzles Hand & Foot Card Club Ceramics class Porch Sitters Social Yoga class	Lunch out Color Me Calm® class Blackjack Knitting Knook Making blankets for Rescue Mission Catholic Communion & Rosary	Acrylic painting class Men's club w/ chaplain Making ice cream Bible study	Toss & talk Knitting hats & scarves for charity Jewelry making class Nixon Park nature walk & bird watching Choir rehearsal	Music therapy Oil painting class Pinwheel quilting Shabbat service Afternoon walk Tai Chi class	Wii Bowling York County Gospel Choir Men's manicures Scrabble®	Worship services (non-denominational) (on-campus) Reader's Theatre Troupe performance Tea & trivia Sunday stretch
Late Day	Happy Hour Dinner out WWII Code Talkers presentation Reminiscing & stories	Happy Hour Visit from Holly, the Labrador Retriever Table art Intermediate Balance class Body in Motion class	Happy Hour Dallastown High School play Pokeno® Reminiscing & stories	Happy Hour Local entertainment Mind stretches Body in Motion class	Happy Hour Advanced Balance class Country ride Strand- Capitol Performing Arts Center	Celebration of Life memorial service (monthly) Saturday Social Table art Body in Motion class Local entertainment	Country ride Crafty Hands class Birthday party (monthly) Spiritual Sunday stories iPad Brain Bugglers

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.