

# 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 West Shore. 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	Breakfast outing Trivia Toss Gardening Rosary Trip to Gettysburg Battle Field Tai Chi fitness class	Indoor soccer Trivia Pursuit® Shopping trip to Boscov's, pharmacy, Giant PB&J project for charity Endurance fitness class	Ladder ball toss Cranuim® Crunches Worship services (non-denominational) (campus chapel) Outing to local day care Strength fitness class	Visit from West Shore Christian Academy Wii® Bowling Brain games Shopping trip to Walmart Strength-Balance fitness class	Shuffleboard (table top) Scavenger hunt Eggshell painting class Local elementary school reading visit Balance fitness class	Noodle hockey Table topics conversation Trip to West Shore Farmers Market Craft-making for charity bazaar SilverSneakers Classic class	Transportation to church Worship services (non-denominational) (campus chapel) Word teaser game Family brunch
Mid-Day	Painting class Local History speaker series Make homemade cards for Caitlin's Smiles Conductorcise® Hollywood Casino trip Fit Chicks fitness class	Disc golf Name 5 word game Girl Scout visit for piano lessons Stories of Faith & Courage discussion Political press series Gentle yoga class	Lunch outing Bocce ball iPad® classes Ladies tea social Color therapy SilverSneakers Classic class	Lacrosse toss Cub Scout visit Bible study Lemonade on the Lawn social Men's fitness class	Picnic in the park outing Song & poetry writing Toothfairy pillow-making for children's hospital Jewish holiday service (seasonal) Flexibility fitness class	Balloon volleyball 4H Youth rabbit therapy visit Trip to Strausburg Rail Road Seated yoga class	Nature walk Horseshoes Think Tank word game Dog-treat making for animal shelter
Late Day	SilverSneakers® yoga class Art class Farm animal visit Monthly resident Birthday party Happy Hour	Pottery class Men's fitness New resident welcome party Red Land High School Musical Happy Hour	Make cards for veterans Tai Chi fitness class Timeline trivia Allenberry Playhouse Happy Hour	Travel to Wellness class Sing-a-long Sunshine Club volunteering Local entertainment Happy Hour	Squirt-gun painting Reminiscing by the fireplace Billiards Pinks Hands of Hope volunteering Happy Hour	Celebration of Life memorial service (monthly) Happy Hour Pig Roast-themed dinner Engage Your Brain game	Therapy dog visit Gospel music sing-a-long Wine & conversation IMAX® theater outing

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.