

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 South Hills. 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	Corn hole game Euchre Card Club Trivia Shopping trip to Giant Eagle Devotions SilverSneakers® Classic class	Wii® Bowling Creative storytelling Crossword puzzles Garden Club Swimming at Upper St. Clair Rec. Ctr. Core & More fitness class	Devotions Ladder ball Presidential trivia Shopping trip to South Hills Village Muscle Strength class	Devotions Left-Center-Right® game Garden Club Chaplain's chat Swimming at Upper St. Clair Rec. Ctr. Balance in Action class	Devotions Bocce ball Book Club Wreath designs Flexibility Fridays Core & More fitness class	Coffee & conversation Finger knitting Movement & Music iPad® Smithsonian Snippets History & mystery trivia Walking Club at Upper St. Clair Rec. Ctr.	Transportation to church Coffee talk Golf putting iPad games Garden Club Coupon Clipping for Troops Bend & stretch
Mid-Day	Girl Scout visit George Savarese World Affairs speaker Ceramics class Bible study Balance class	Making tie blankets for local shelter Front Porch Picnic Painting class Bridge Club Hymn sing Endurance fitness class	Birthday party (monthly) Boy Scout visit Painting class Carnegie Museum of Nature History presentation Balance class	Horse shoes Lion's Heart Club visit Fine Art Miracle class Scrabble® Club Heroes of faith discussion Endurance fitness class	Lunch out Dancercise Healing Hearts service project Abe Lincoln speaker Catholic Communion & Rosary Balance class	Youth group visit Country ride Queens in the Corner card game Choral concert Pet therapy visit Coke Float Social	Worship services (non-denominational) (on-campus) Wii® Bowling Walking Club Creative Cooking class Scrapbooking Popcorn Social
Late Day	Happy Hour Karaoke Making sleeping mats for homeless Healthy Living w/ Therapy presentation Meditation	Happy Hour Clay art Pet therapy visit South Park Theatre Hymn & prayers	Happy Hour Dinner out Skip Bo® Meditation class Cookie Cutter Club Youth group visit	Happy Hour Canasta Club Health & Wellness w/ Nursing presentation Local entertainment Hymn & prayers	Happy Hour Scrabble Slam® Ice Cream Social Meadows Casino Meditation class Creative Cooking class	Celebration of Life memorial service (monthly) Happy Hour Local entertainment Yahtzee® Stretch & Flex class	Karaoke Sing-a-long Pet therapy visit Klondike® Social

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.