

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 Wyomissing. 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	Bocce ball Jeopardy® game Shopping to Weis, Redner's & Walmart Devotions Stretch & Strength class	Devotions Table-top shuffleboard Scattergories® Yocum Institute for Arts class Baking Club Balance fitness class	Devotions Name 5 game Spring Township library visit Trip to the bank Joint Care fitness class	Devotions 2nd Cup of Coffee Club Scavenger hunt iPad® games Cards for Caitilin's Smiles™ charity Endurance fitness class	Putt putt Name This State game Catholic Communion Art class Shady Maple visit & lunch Stretch & Strength class	Bocce ball Crossword puzzles Country ride Baking for a Purpose Berkshire Mall walk Cardio Fun class	Transportation to church Target toss w/trivia Pokeno® Coupon clipping for troops Hymn sing Conductorcise®
Mid-Day	Lunch & Learn speaker Wii® Bowling Pokeno® Puzzles & Ponderings Catholic Rosary Massage & Stretch class	Ladder ball Memory lane trivia Penn State Master Gardner program PA Dutch class Men's group	News & Currents Bridge Club Volunteering for Berks Women in Crisis Penn State student visit Ball fitness class	Herbal Tea Party Dominoes Chat w/Chaplain Men's Group Delaware Parks Casino & Track visit Walking Club	News & Currents Goggle Works Art Studio visit Reading Hospital volunteer visit Fruity Friday Social Massage & stretch class	Pinochle Club Travel series Massage-Stretch meditation Beer & Pretzel Social Hymn sing	Worship services (non-denominational) (on-campus) Country ride Tea & Talk Social Sundae Social Home school student bowling
Late Day	Trivia challenge Happy Hour Tai Chi class Harmony Club Author series	Book Club Happy Hour Dutch Apple Dinner Theatre performance Travel series	Berks Co. Therapy Dog visit Happy Hour Local entertainment Massages	Crossword puzzles Happy Hour Dinner out Sing-a-long	Ping pong Happy Hour Local entertainment Art & The Bible w/Chaplain Youth group visit	Celebration of Life memorial service (monthly) Happy Hour Local entertainment Karaoke Card games	Sight & Sound Theatre performance Sing-a-long Current events discussion Spa night

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.