

# 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 York. 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 Play on Words game Drum circle Trip to Hershey Gardens Birds & Blooms Club Stretch & Flexibility class	Devotions Conductorcise® Lipstick & Lizards reptile show Line dancing class Men's Group w/ chaplain Mind Body class	Horse shoes Hand & Foot card game Word in a Word game Shopping trip to Weis Hummingbird Tracking Club Endurance fitness class	Devotions Multicultural Day at Hanover Library Patio flower gardening The saw-whet owl presentation SilverSneakers® Classic class	Gardening Piano lessons by resident Dance class Shopping trip to Walmart Catholic Communion & Rosary Balance fitness class	Jumbo indoor badminton Puzzle Club Baking Club Nature hike at John Rudy Park Zumba®	Transportation to church Stretch & Strength class Daily chronicle chat Hymn sing
Mid-Day	Lunch w/ chaplain Relaxation Creations class Cub Scout visit Bell Choir Ladies Wii® Bowling Group Traveling Ministries	Retired Teachers lunch & learn Men's group lunch Bell Socialization soup kitchen Watercolor painting class Ladies Wii Bowling Group Men's Fitness class	Art w/ Boundaries class Central High School Life Skills class Chorus group Ladies Wii Bowling Group Balance Training class	Pool Sharks Banagrams® Sewing Circle for charity Classic violin concert Ladies Wii Bowling Group Chef on Stage demo	All About Roses presentation Cooking class Billiards Trivia challenge Ladies Wii Bowling Group	Local entertainment Puzzle Creations iPad® games Ice Cream Social	Worship services (non-denominational) (on-campus) Technology Listen & Learn Balloon blast game Relaxation Creations Sing-a-long
Late Day	Happy Hour Dazzling Dance Gems performance York Symphony K-pets therapy dog visit	Happy Hour Western Theme Night Family educational seminar Reminiscing	Happy Hour York College Sorority Sisters Ice Cream Social Moving Toward a Better You fitness class	Happy Hour Rainbow Ministries presentation Manicures & hand massages Local entertainment	Happy Hour Evening board games Current events discussion Color Me Calm® class	Celebration of Life memorial service (monthly) Happy Hour Presbyterian Church concert Card Club	Trivia challenge Word games Card Club Local entertainment Ice Cream 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.