Country Side Lakes[®] A Shepherd Senior Living Community

MAY 2017















ACTIVITIES & WELLNESS CALENDAR

CountrySideLakes.com

AUTIVITIES

ANIMAL THERAPY

Come pet, snuggle with, and enjoy a variety of animals, including our own community pup.



AFTERNOON MOVIE

Join us for popcorn and snacks as we screen everything from classics to new releases.

BEER, BRATS, AND BOYS

Boys will be boys. Sometimes, we just need a beer, a brat, and a reason to talk "guy stuff." No rules here. Just good times.

BIBLE STUDY

Chaplain Dannie guides you through the Bible and other topics of faith.

BILLIARDS TOURNAMENT

Test your billiards skills amongst your fellow residents. Includes individual, team, and group matches.

BOARD GAMES

Calling all talented gamers. We challenge you to the classics from Monopoly and Sorry to oh-somuch more.

BOOK CLUB

Love to read? Join us as we read and discuss everything – from the classics to today's best selling novels.

BOWLING

Dust off that ball, find those ugly shoes, and let's go bowling in a local community alley.

CARDS

Enjoy a variety of card games, including poker, bridge, euchre, canasta, rummy, UNO, Phase 10, and more.

CARDS, COFFEE, AND **CONVERSATION**

Connect with friends here at CountrySide and in the broader community. We provide the cards and coffee.

CHEF'S TABLE EXPERIENCE

An out of this world dining experience, including prime meats, fine wines, and seafood. Reservations required one day in advance confirm with Linda or Cathy.



COUNTRYSIDE CHOIR

Join us as we start our own CountrySide Lakes choir and sing our hearts out.

CHURCH SERVICE

Worship with your neighbors, as local community churches come on-site to share a service with us.

Local professionals teach us how to do a variety of things. These pros range from farmers to lawyers, accountants to engineers. Eventually, we'll cover them all.

COOKIES, CAKES, & CANDY

Yes, we have devoted an entire activity to these delicious morsels. Join us for baking and tasting.

COOKING CLASS

Lee lets loose some secrets to his amazing dishes. Bring an apron for this hands-on experience. Tasters are also welcome.

EVENING MOVIE

Join us for popcorn and snacks as we screen everything from classics to new releases.

FLOWER ARRANGING

Learn the tips and tricks the pros use to create stunning flower arrangements. Brought to you by our local florists.

FUN WITH CULINARY

Be our guest as we celebrate our chef, Lee. Bring your appetite for this special treat.

HEALTHY EATING

Oh so much more than a cooking class, this experience shows you how what we put in our bodies impacts our well being.

HOSTING AND ENTERTAINING

This peek behind the scenes lets you learn how the pros put together such a beautiful dining experience.

NEWS TALK

Join us as we tackle current events with insightful conversation over coffee.

DARTS

Check out our electronic dart game and join us as we practice and compete. Includes individual, team, and group matches.

FRIDAY NIGHT LIGHTS

Curl up with some good snacks and watch sports, movies, and other TV shows together.

HAPPY HOUR

The name says it all. Join us daily in the Atrium and don't be surprised if Charlie throws in some themes and entertainment.

HAPPY PAINTING

Create your own acrylic masterpiece over happy hour.

KARAOKE

Back by popular demand. Croon away to your favorites.

LAKESIDE PARTY

Weather permitting, we head down to the water and have some fun. On rainy days, we bring it inside.

LIVE ENTERTAINMENT

Good times for all. brought to you by local magicians, jugglers, children's groups, and musicians.

NAPKIN FOLDING

Are you amazed by the unique styles of napkins in the dining room? Learn how to do it yourself and dazzle your family and friends at your next gathering.

OUTDOOR GAMES

Weather permitting, we play shuffleboard, bocce ball, croquet, and more.

PERSONAL TRIPS

Need a ride? We'll take you wherever you want to go.

PINE BOX DERBY

Were you a Scout as a kid? Or wish you were? Now's your chance to reconnect with some classic fun and challenge the neighborhood kids to a Derby. Family involvement in building your car is welcome.

PLANTING & POTTING

Have a green thumb? Join us as we beautify our community with live plants and flowers.



SPORTS TALK Show off your favorite team apparel and join Charlie in a round table discussion about local, college, and national sports.

COMMUNITY ED

ACTIVITIES

POOL PARTY

Cool off from the FL sunshine or just come outside by the deck and enjoy games, refreshments, and entertainment

PRIZE PATROL

PUZZLES

OUEST

Come help us make the day of some lucky resident – maybe even you. It's a surprise party at their place.

PROGRESSIVE PARTY

Each week we will visit several different locations here at CountrySide - maybe even your apartment. At each stop, we sample a treat, play a game, and laugh, laugh, laugh.

Everyone likes a good puzzle. It's even more fun with friends.

Join us on this scavenger hunt where you never leave the room. You'll be asked to find everyday items that you may or may not have with you. Take it up a notch bring your own bag of tricks.

SATURDAY NIGHT FEVER

It's the theme party of the week. Join us and let loose with your friends and neighbors.

SHOPPING TRIPS

Where do you want to go? We're at your service.

STORYTELLING

Come spin your yarns with us. Or better yet, just come listen to the pros and your fellow amateurs.

SURPRISE!

This unique event is different every time, depending on who attends. Bring your creativity and craft a masterpiece in multiple art mediums.

TEA TIME

Come sample teas from around the globe and learn tips and tricks for brewing that perfect cup.

TRIVIA

Immerse vourself in fun facts about the past, the bizarre, and the unknown with this game of unlimited topics.

TRUST

Through a series of games and activities, learn to trust your fellow residents. Or not! There is a twist and you'll love it.

TV SHOWS

Whether you watch Blacklist, House of Cards, The Walking Dead, or The Big Bang Theory, join us as we "binge watch" our favorites together.

VARIETY SHOW

Everyone is welcome as the community shows off its talent.

VISITING CHEF

Enjoy a cooking show and tastings from one of our local Port Orange, Daytona, or New Smyrna Beach chefs.

Wii SPORTS

Loved by those of all ages. We're out to find our own Wimbledon and NFL champions.

WINE CLUB

Be a part of this lucky group that samples a flight of wine each week and provides us feedback as we build our CountrySide Lakes wine cellar.

WELLNESS ACTIVITIES

Look for these Wellness classes listed in blue on the calendar and join us throughout each week for great exercise and fun!

CHAIR YOGA

For those who would like to experience yoga, but getting on and off the floor is challenging, this class is ideal. Residents will be guided gently through yoga postures while sitting on a chair, with a special focus on breath and alignment. All levels welcome.

CHAIR DANCING

Chair Dancing is a combination of chair aerobics and dancing. Popular music mixed with familiar foot and arm movements provide function, flexibility and fun all at the same time. It's quickly growing as a popular activity at CSL. All levels welcome.

CIRCUIT TRAINING

Learn the fundamentals of a solid gym workout and refine your skills. All levels welcome

DANCE PARTY

Learn the latest moves and groove to the beats of your favorite classics. It's the house party you don't want to miss every Friday night! All levels welcome.

EXERCISE WITH BELLA

Residents go outside with Bella and staff to walk with her, play fetch and just truly interact with each other. It's beneficial to all involved and everyone gets to spend some time out in the grass and sunshine.

FUNCTIONAL FLEX

These functional stretches add maximum flexibility to your body. All levels welcome. Benefits include increased mobility, flexibility, coordination, and body balance.

H2O CARDIO

This agua class focuses on using the water as resistance to build cardiovascular endurance, while being gentle on your ioints. All levels welcome.

JOURNEY OF A LIFETIME WALKING CLUB

This ongoing class begins when you identify your next dream travel location. We create a 10-stop journey between CountrySide Lakes and your destination, complete with maps, collectibles, and other fun commemoratives. Each resident is provided a pedometer and the adventure begins. Logged steps are converted to miles and the progress is tracked and celebrated. Benefits include walking, socialization, and family member participation. All levels welcome.

MINDFULNESS BASICS

Become more mindful, create bi-lateral brain function, and relax. All levels welcome

MORNING MEDITATION

Start your day by taking time for yourself and resetting your mind. Utilizes breathing techniques and mindfulness meditation. All levels welcome.

STRETCH Improve total body flexibility. All levels welcome.

MAY 1-6, 2017 Mondav uesdav MAY DAY

8:30 am Shopping / Banking Trips Check In at Concierge Desk

9:00 am Wheel of Fortune

2nd Floor Activity Area **Morning Meditation** 3rd Floor Exercise Space

9:30 am

Darts 3rd Floor Billiards Area Potting & Planting 1st Floor Atrium

10:00 am Napkin Folding

1st Floor Dining Room 10:30 am **Coffee & Conversation**

1st Floor Atrium 10:45 am

Sing Along 1st Floor Lobby

1:00 pm

Shopping Walmart

2:00 pm Then & Now

2nd Floor Activity Area Journey of a Lifetime Walking Club Outdoor Pool Area

3:00 pm Surprise

1st Floor Atrium **Exercise with Bella** Outdoor Pool Area

6:30 pm Happy Hour 1st Floor Atrium

6:30 pm Darts

3rd Floor Billiards Area

Beer, Brats, & Boys 3rd Floor Billiards Area

7:00 pm Book Club 1st Floor Lobby

9:00 am

Personal / Doctor Trips Check In at Concierge Desk

Seniorobics 2nd Floor Activity Area

Darts 3rd Floor Billiards Area

H2O Cardio in Pool Outdoor Pool Area

9:30 am **Bible Study** 2nd Floor Activity Area

Prize Patrol 1st Floor Dining Room

10:00 am Wii Games

2nd Floor Activity Area **Exercise with Bella** Outdoor Pool Area

10:30 am Chicken Soup for the Soul 1st Floor Lobby

Outdoor Games Backyard

1:30 pm Bingo

2nd Floor Activity Area **Cooking Quiz** 1st Floor Dining Room

2:00 pm Visiting Chef 1st Floor Dining Room

Storytelling 1st Floor Lobby

Mindful Basics 3rd Floor Exercise Space

3:00 pm **Beat the Clock**

6:30 pm

2nd Floor Activity Area Chicken Soup for the Soul 1st Floor Lobby Travelogue

1st Floor Atrium

Activities are shown in red. Wellness classes are in blue.

Wednesdav

Personal / Doctor Trips

Check In at Concierge Desk

Uno Card Game

Circuit Training

3rd Floor Exercise Space

1st Floor Atrium

9:30 am

1st Floor Atrium

2nd Floor Library

Wii Bowling

10:00 am

2nd Floor Activity Area

Fun with Culinary

CountrySide Choir

1st Floor Dining Room

10:30 am

Outdoor Games

10:45 am

11:30 pm

2:00 pm

Stretch

2nd Floor Activity Area

Lunch Bunch Out

Progressive Party

2nd Floor Activity Area

6:30 pm

(Limited Seating,

1st Floor Atrium

1st Floor Lobby

Darts

Movie

Sign up at Concierge)

Oscar on Organ

3rd Floor Billiards Area

2nd Floor Activity Area

3:00 pm - 1st Floor Atrium

Check In at Concierge Desk

2:45 pm - 2nd Floor Activity Area

Chefs Table Experience

1st Floor Atrium

Backyard

Exercise

Book Club

Trivial Pursuit

9:00 am

Cornhole

Backvard

hursdav

9:00 am

Personal / Doctor Trips Check In at Concierge Seniorobics

2nd Floor Activity Area H2O Cardio in Pool Outdoor Pool Area

9:30 am

Bible Study 2nd Floor Activity Area Outdoor Games – Croquet

Backyard

9:45 am Cookie, Cakes & Candies 1st Floor Dining Room

10:00 am Storytelling 1st Floor Lobby Chair Yoga

2nd Floor Activity Area

10:30 am Darts 3rd Floor Billiards Area

1:00 pm Craft Class 1st Floor Atrium **Functional Flex** 3rd Floor Exercise Space

2:00 pm Tea Time

1st Floor Dining Room 3:00 pm **Prize Patrol** 1st Floor Dining Room **Exercise with Bella**

Outdoor Pool Area

3:30 pm Happy Hour 1st Floor Atrium

5:00 pm Dinner Night Out Check In at Concierge Desk

6:30 pm

Live Entertainment Shannon Rae, Music 1st Floor Lobby

7:00 pm **Evening Movie** 2nd Floor Activity Area

PAGE 4

Check In at Concierge Desk

Wii Bowling

ACTIVITIES SCHEDULE Fridav 5 Saturday b **CINCO DE MAYO**

9:00 am **Blood Pressure Checks** 1st Floor Atrium

Seniorobics 2nd Floor Activity Area

Morning Meditation 2nd Floor Activity Area

10:00 am **Outdoor Games** Backyard

News Talk 1st Floor Lobby

10:30 am

Wii Games 2nd Floor Activity Area

Puzzles 3rd Floor Billiards Area

11:00 am **Exercise with Bella** Outdoor Pool Area

1:00 pm Shopping Bealls, Ross, Walgreens

Stretch 2nd Floor Activity Area

2:00 pm Live Entertainment Marsha & Mike 1st Floor Atrium

3:15 pm **Dance Partv** 2nd Floor Activity Area

Chair Dancing 2nd Floor Activity Area

6:30 pm **Evening Movie** 1st Floor Atrium

Billiards 3rd Floor Billiards Area 9:00 am **Personal Trips** Check In at Concierge Desk

Outdoor Games Backvard

Billiards Instruction 3rd Floor Billiards Area

Circuit Training 3rd Floor Exercise Space

10:00 am News Talk 1st Floor Lobby

10:30 am

Darts 3rd Floor Billiards Area

Dominoes 1st Floor Atrium

1:30 pm

Bingo 2nd Floor Activity Area

Book Club 1st Floor Lobby

2:00 pm Afternoon Movie 1st Floor Atrium

3:30 pm

Happy Hour 1st Floor Atrium

Circuit Training 3rd Floor Exercise Space

6:30 pm Live Entertainment **Blue Velvet Band** 1st Floor Lobby

Darts 3rd Floor Billiards Area

MAY 7-13, 2017 Sunday 7 Mor

9:00 am Hosting & Entertaining 1st Floor Dining Room

Circuit Training 3rd Floor Exercise Space

9:30 am Coffee & Conversation

1st Floor Lobby Crosswords 2nd Floor Activity Area

10:00 cm Our Lady of Hope Group Liturgy 2nd Floor Activity Area

10:30 am CountrySide Church Service

1st Floor Atrium

1:30 pm

Outdoor Games Backyard

Snacks 1st Floor Dining Room

2:00 pm Afternoon Movie 2nd Floor Activity Area

Board Games 1st Floor Atrium

Chicken Soup for the Soul 1st Floor Lobby

3:00 pm Trivia 1st Floor Lobby

Darts 3rd Floor Billiards Area

Circuit Training 3rd Floor Exercise Space

6:30 pm Evening Movie 1st Floor Atrium

Cornhole Outback

7:00 pm Cakes, Cookies & Candies 1st Floor Dining Room

Monday

8:30 am Shopping / Banking Trips Check In at Concierge Desk

9:00 am Wheel of Fortune 2nd Floor Activity Area

Circuit Training 3rd Floor Exercise Space 9:30 am

Darts 3rd Floor Billiards Area

9:45 am Morning Coffee 1st Floor Atrium

10:00 am Healthy Eating

1st Floor Dining Room 10:45 am Sing Along

1st Floor Lobby

1:00 pm Matinee Movie Out Check In at Concierge Desk

Chicken Soup for the Soul 1st Floor Lobby

2:00 pm Then & Now 2nd Floor Activity Area

3:00 pm Surprise 1st Floor Atrium Circuit Training

3rd Floor Exercise Space 6:30 pm Live Entertainment

Frank Kessel 1st Floor Lobby

6:30 pm Darts

3rd Floor Billiards Area Beer, Brats & Boys 3rd Floor Billiards Area

7:00 pm Book Club 1st Floor Lobby Activities are shown in red. Wellness classes are in blue.

Wednesday

9:00 am Personal Trips

Check In at Concierge Desk Cornhole Backvard

Uno Card Game 1st Floor Atrium

Morning Meditation 3rd Floor Exercise Space

9:30 am Trivial Pursuit 1st Floor Atrium

Book Club 2nd Floor Library

10:00 am Our Lady of Hope Mass 2nd Floor Activity Area

Fun with Culinary 1st Floor Dining Room

10:30 am CountrySide Choir 1st Floor Atrium

Outdoor Games Backyard

11:00 cm Exercise with Bella Outdoor Pool Area

11:30 pm Lunch Bunch Out Check In at Concierae Desk

2:00 pm Progressive Party 2:45 pm - 2nd Floor Activity Area

3:00 pm - 1st Floor Atrium Community Ed -Volusia Medical

1st Floor Atrium

3:00 pm Beat the Clock Check In at Concierge Desk

6:30 pm Chefs Table Experience (Limited Seating Sign up at Concierge)

1st Floor Atrium Evening Movie

2nd Floor Darts 3rd Floor Billiards Area **9:00 cm** Personal / Doctor Trips Check In at Concierge

hursday

Seniorobics 2nd Floor Activity Area

Morning Meditation 3rd Floor Exercise Space

9:30 am Bible Study 2nd Floor Activity Area

Outdoor Games – Croquet Backyard

9:45 am Cookie, Cakes & Candies 1st Floor Dining Room

10:00 am Storytelling 1st Floor Lobby Chair Yoga 2nd Floor Activity Area

10:30 am

Darts 3rd Floor Billiards Area

1:00 pm Live Entertainment Harpist Melody 1st Floor Atrium

1:30 pm Milk Shake Social 1st Floor Atrium

3:00 pm Prize Patrol 1st Floor Dining Room

Beat the Clock 3rd Floor Exercise Space

3:30 pm Happy Hour 1st Floor Atrium

5:00 pm Dinner Night Out Check In at Concierge Desk

6:30 pm Movie

2nd Floor Activity Area Darts 3rd Floor Billiards room 8:30 am Shopping / Banking Trips

Fridav

Check In at Concierge Desk **Personal Trips** Check In at Concierge Desk

9:00 cm Seniorobics 2nd Floor Activity Area

9:30 cm Exercise with Bella Outdoor Pool Area

9:45 am Coffee & Danish 1st Floor Atrium

Outdoor Games Backyard

10:00 cm News Talk 1st Floor Lobby

Dominoes 1st Floor Atrium

10:30 cm Puzzles 3rd Floor Billiards Area

Wii Bowling 2nd Floor Activity Area

1:00 pm Shopping Bealls, Ross, Walgreens

2:00 pm Happy Hour 1st Floor Atrium

Live Entertainment Judy Locke 1st Floor Atrium

3:30 pm Margaritaville Party with Live Music Pool Deck

6:30 pm Evening Movie 2nd Floor Activity Area

7:00 pm Billiards 3rd Floor Billiards room

MAY 2017 MAY 2017

Tuesday y 9:00 gm

9:00 cm9Warner ChristianPAcademy ChoirC1st Floor LobbyCPersonal / Doctor TripsBCheck In at Concierge DeskL

Seniorobics 2nd Floor Activity Area Darts 3rd Floor Billiards Area

9:30 am Bible Study 2nd Floor Activity Area Prize Patrol

1st Floor Dining Room **10:00 am Outdoor Games** Backyard **Wii Games**

2nd Floor Activity Area Circuit Training 3rd Floor Exercise Space

10:30 am

Outdoor Games

2nd Floor Activity Area

1st Floor Dining Room

1st Floor Dining Room

Community Ed -

Connect Hearing

2nd Floor Activity Area

2nd Floor Activity Area

Chicken Soup for the Soul

1st Floor Lobby

1:30 pm

Cooking Quiz

2:00 pm

Visiting Chef

Storytelling

1st Floor Lobby

3:00 pm

6:30 pm

Wii Bowling

1st Floor Lobby

Travelogue

1st Floor Atrium

Backyard

Bingo

Chicken Soup for the Soul

ACTIVITIESSCHEDULEy12Saturday13

9:00 am Outdoor Games Backyard

Billiards Instruction 3rd Floor Billiards Area

Personal Trips Check In at Concierge Desk

Circuit Training 3rd Floor Exercise Space

10:00 cm News Talk 1st Floor Lobby

Cooking Quiz 1st Floor Dining Room

10:45 am

3rd Floor Billiards Area

Dominoes 2nd Floor Activity Area

1:30 pm Bingo 2nd Floor Activity Area

Book Club 1st Floor Lobby

2:00 pm Afternoon Movie 1st Floor Atrium

3:30 pm

Happy Hour 1st Floor Atrium

6:30 pm Movie 1st Floor Atrium

Darts 3rd Floor Billiards Area

7:00 pm Price is Right 2nd Floor Activity Area Country Side Lakes RESIDENT RIRTHDAYS

May 1 Eloise D. May 5 Joseph F. May 8 Sam A. May 8 Jan S. May 9 Anna C. May 9 Elliott H. May 11 Dom D. May 14 Frances M. May 15 Bill S. May 16 Kay B. May 17 Bernice G. May 19 Ken S. May 21 Walma T.



MAY 14-20, 2017 Sundav 14 Mondav

8:30 am

9:00 am

1st Floor Lobby

9:45 am

1st Floor Atrium

10:00 am

Healthy Eating

1st Floor Dining Room

Outdoor Games

10:30 am

1st Floor Atrium

1:00 pm

Bobby Meeks

1st Floor Lobby

2:00 pm

Then & Now

Walking Club

Outdoor Pool Area

3:00 pm

1st Floor Atrium

2nd Floor Activity Area

2nd Floor Activity Area

3rd Floor Billiards Area

Check In at Concierge Desk

Beat The Clock

6:30 pm

7:00 pm

Book Club

1st Floor Lobby

Movie

Darts

Surprise

2nd Floor Activity Area

Journey of a Lifetime

Community Ed - Miracle Ear

Shopping

Dollar Tree

3rd Floor Billiards Area

Coffee & Conversation

Live Entertainment

Backyard

Darts

Shopping / Banking Trips

Chicken Soup for the Soul

Check In at Concierge Desk

Wheel of Fortune

2nd Floor Activity Area

Functional Flex

3rd Floor Exercise Space

Potting & Planting

MOTHER'S DAY 9:00 am

Hosting & Entertaining 1st Floor Dining Room **Circuit Training**

3rd Floor Exercise Space

9:30 am **Coffee & Conversation** 1st Floor Lobby

Wii Tennis/Golf 2nd Floor Activity Area

10:30 am **CountrySide Church** Service 1st Floor Atrium

2:00 pm Afternoon Movie

1st Floor Atrium **Board Games** 2nd Floor Activity Area

3:00 pm Trivia

1st Floor Lobby Wii Bowling

2nd Floor Activity Area **Circuit Training**

3rd Floor Exercise Space

6:30 pm **Evening Movie**

1st Floor Atrium Cornhole

Backyard

7:00 pm Cakes, Cookies & Candies

1st Floor Dining Room

Activities are shown in red. Wellness classes are in blue.

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9:00 am Personal / Doctor Trips Check In at Concierge Desk

Seniorobics 2nd Floor Activity Area Darts 3rd Floor Billiards Area

H2O Cardio in Pool Outdoor Pool Area

9:30 am **Bible Study** 2nd Floor Activity Area **Prize Patrol**

10:00 am

Wii Games 2nd Floor Activity Area **Exercise with Bella** Outdoor Pool Area

10:30 am Chicken Soup for the Soul 1st Floor Lobby **Outdoor Games**

Backyard 1:00 pm Mindful Basics

3rd Floor Exercise Space 1:30 pm

Bingo 2nd Floor Activity Area

Cooking Quiz 1st Floor Dining Room

3:00 pm Adventure Club Backyard

2:00 pm Visiting Chef

1st Floor Dining Room

Storytelling 1st Floor Lobby

6:30 pm Movie

1st Floor Atrium Wii Bowling 2nd Floor Activity Area

Chicken Soup for the Soul 1st Floor Lobby

9:00 am Personal Trips

Wednesday

Check In at Concierge Desk Cornhole Backyard

Resident Council Meeting 1st Floor Atrium

9:30 am Trivia 1st Floor Atrium

10:00 am **Our Lady of Hope Mass**

2nd Floor Activity Area Fun with Culinary

1st Floor Dining Room **Functional Flex**

3rd Floor Exercise Space 10:30 am CountrySide Choir

1st Floor Atrium 10:45 am Exercise 2nd Floor Activity Space

11:00 am **Exercise with Bella** Outdoor Pool Area

11:30 pm Birthday Luncheon 1st Floor Dining Room

2:00 pm **Progressive Party** 2:45 pm - 2nd Floor Activity Area 3:00 pm - 1st Floor Atrium

Stretch 2nd Floor Activity Space

6:30 pm Live Entertainment

George Gall 1st Floor Lobby

Chefs Table Experience (Limited Space, Sign up at Concierge) 1st Floor Atrium

7:00 pm

Movie 2nd Floor Activity Area **Billiards Tournament** 3rd Floor Billiards Area

9:00 am Personal / Doctor Trips Check In at Concierge Desk **Seniorobics** 2nd Floor Activity Area H2O Cardio in Pool

Outdoor Pool Area 9:30 am Bible Study 2nd Floor Activity Area

Thursday

9:45 am Cookie, Cakes & Candies 1st Floor Dining Room **Outdoor Games** Backyard

10:00 am **Book Club** 2nd Floor Library **Puzzles** 3rd Floor Billiards Area

Chair Yoga 2nd Floor Activity Space 10:30 am

Morning Snack 1st Floor Atrium

11:00 am **Exercise with Bella** Outdoor Pool Area

1:30 pm Ice Cream Social 1st Floor Atrium

2:00 pm Surprise 1st Floor Atrium

3:00 pm Prize Patrol 1st Floor Dinina Room

Adventure Club Backyard 3:30 pm

Happy Hour 1st Floor Atrium

5:00 pm Dinner Night Out Check In at Concierge Desk

6:30 pm Live Ent. Shannon Rae

1st Floor Lobby 7:00 pm

MAY 2017

Evening Movie 2nd Floor Activity Area

8:30 am

Shopping / Banking Trips Check In at Concierge Desk

9:00 am **Seniorobics** 2nd Floor Activity Area

Sing Along 1st Floor Lobby

2nd Floor Activity Area

9:45 am

10:00 am Chicken Soup for the Soul

10:30 am Puzzles 3rd Floor Billiards Area

10:45 am Wii Bowling

2nd Floor Activity Area

1:00 pm Bus Ride Stretch

2nd Floor Activity Space 2:00 pm

Happy Hour 1st Floor Atrium

Marcia & Mike 1st Floor Atrium

3:15 pm **Dance Party** 2nd Floor Activity Area

6:30 pm

Evening Movie 1st Floor Atrium **Circuit Training**

3rd Floor Exercise Space

7:00 pm Billiards 3rd Floor Billiards room **Friday Night Lights** 2nd Floor Activity Area

Fridav 18]9

> 9:30 am **Morning Meditation Morning Meditation** 2nd Floor Activity Space

Outdoor Games Backyard

1st Floor Lobby

ACTIVITIES SCHEDULE Saturday 20

ARMED FORCES DAY 9:00 am

Personal Trips Check In at Concierge Desk

Outdoor Games Backyard

Billiards Instruction 3rd Floor Billiards room

10:00 am News Talk

1st Floor Lobby

Cooking Quiz 1st Floor Dining Room

Circuit Training 3rd Floor Exercise Space

1:30 pm

Bingo 2nd Floor Activity Area

Book Club 1st Floor Lobby

2:00 pm Afternoon Movie 1st Floor Atrium

Wii Bowling 2nd Floor Activity Area **Circuit Training**

3rd Floor Exercise Space

3:30 pm Happy Hour

1st Floor Atrium

6:30 pm

Beers, Brats, Boys 3rd Floor Billiards Area

Evening Movie 1st Floor Atrium

Darts 3rd Floor Billiards Area

CountrySide Lakes STAFF BIRTHD

Mav 1 Melissa Patterson Med Tech May 3 Samantha Olsen Server May 4 **Brianna** Perez Server May 5 Lisa Conway Server May 6 Maryanna Hilton Dining Room Supervisor May 7 Marcella Medel Caregiver Amber Paytas LPN May 13 **Michael Wright** Med Tech May 15 Marissa Wallace Caregiver May 17 **Vivian Roberts** Housekeeper May 18 Sandra Talbot Sales & Marketing Director May 19 **Rvan Gardner** Housekeeper May 24 Gina LaMendola LPN May 27 Dannie Webster Chaplain May 28 **Elenita Stewart** Server Melody Moses Med Tech May 29 Kaitlyn Mulvenna Server **Barb Tyler** Cook

MAY 21-27, 2017 Sundav

9:00 am Hosting & Entertaining 1st Floor Dining Room

Circuit Training 3rd Floor Exercise Space

9:30 am **Coffee & Conversation**

1st Floor Lobby

Crosswords 2nd Floor Activity Area

10:00 am Our Lady of Hope Group Liturgy 2nd Floor Activity Area

10:30 am **CountrySide Church** Service 1st Floor Atrium

1:30 pm

Outdoor Games Backyard

Snacks 1st Floor Dining Room

2:00 pm Afternoon Movie 2nd Floor Activity Area

Board Games 1st Floor Atrium

Chicken Soup for the Soul 1st Floor Lobby

3:00 pm Trivia 1st Floor Lobby

Darts 3rd Floor Billiards Area

Circuit Training 3rd Floor Exercise Space

6:30 pm **Evening Movie**

1st Floor Atrium Indoor Cornhole Backyard

7:00 pm **Cakes, Cookies & Candies** 1st Floor Dining Room

Mondav

8:30 am Shopping / Banking Trips Check In at Concierge Desk

9:00 am Wheel of Fortune 2nd Floor Activity Area

Outdoor Games Backyard

Circuit Training 3rd Floor Exercise Space

9:45 am Scrabble 1st Floor Atrium

10:00 am **Health Tips** 2nd Floor Activity Area

Prize Patrol 1st Floor Dining Room

10:30 am **Coffee & Conversation** 1st Floor Atrium

1:00 pm Shopping Walmart

1:30 pm Wii Games 2nd Floor Activity Area

2:00 pm Then & Now 2nd Floor Activity Area

Journey of a Lifetime Walking Club 2nd Floor Activity Area

3:00 pm Surprise 1st Floor Atrium

Snacks 1st Floor Atrium **Circuit Training** 3rd Floor Exercise Space

6:30 pm **Evening Movie** 1st Floor Atrium Billiards

3rd Floor Billiards room 7:00 pm

Book Club 1st Floor Lobby Activities are shown in red. Wellness classes are in blue.

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Personal / Doctor Trips

Check In at Concierge Desk

2nd Floor Activity Area

2nd Floor Activity Area

3rd Floor Billiards Area

Outdoor Pool Area

10:30 am

Yahtzee Game

1st Floor Atrium

1:30 pm

2:00 pm

Visiting Chef

2nd Floor Activity Area

1st Floor Dining Room

3rd Floor Billiards Area

Check In at Concierge Desk

Beat the Clock

3:30 pm

Happy Hour

1st Floor Atrium

6:30 pm

1st Floor Atrium

Wii Bowling

7:00 pm

Evening Movie

2nd Floor Activity Area

Fun with Culinary

1st Floor Dining Room

Bingo

Darts

1st Floor Lobby

Exercise with Bella

Chicken Soup for the Soul

H2O Cardio in Pool

9:00 am

Seniorobics

Outdoor Pool Area

9:30 am

Bible Study

Billiards

Wednesday ٢4

9:00 am

Personal Trips Check In at Concierge Desk **Build Cornhole** Backyard

9:30 am **Crossword Puzzles**

2nd Floor Activity Area 10:00 am Fun with Culinary 1st Floor Dining Room

Functional Flex 3rd Floor Exercise Space 10:30 am

CountrySide Choir 1st Floor Atrium

11:00 am **Exercise with Bella** Outdoor Pool Area

11:30 pm **Birthday Luncheon** 1st Floor Dining Room

2:00 pm **Progressive Party** 2:45 pm - 2nd Floor Activity Area 3:00 pm - 1st Floor Atrium

Stretch 2nd Floor Activity Area

3:00 pm Mindful Basics 3rd Floor Exercise Space

6:30 pm **Evening Movie** 2nd Floor Activity Area

Chefs Table Experience (Limited Seatina. Sign up at Concierge) 1st Floor Atrium

7:00 pm Billiards 3rd Floor Billiards Area

lhursdav 9:00 am

Personal / Doctor Trips Check In at Concierge Desk **Seniorobics** 2nd Floor Activity Area H2O Cardio in Pool Outdoor Pool Area

9:30 am Bible Study 2nd Floor Activity Area Reminiscing 2nd Floor Library

9:45 am Cookie, Cakes & Candies 1st Floor Dining Room

10:00 am Storytelling 1st Floor Lobby Chair Yoga

2nd Floor Activity Area 10:30 am

Crossword Puzzles 1st Floor Atrium

1:30 pm Surprise 1st Floor Atrium

Root Beer Floats 1st Floor Atrium

2:00 pm Outdoor Games Backvard **Exercise with Bella** Outdoor Pool Area

3:00 pm Prize Patrol 1st Floor Dining Room

Darts 3rd Floor Billiards Area

3:30 pm Happy Hour 1st Floor Atrium

5:00 pm **Dinner** Night Out Check In at Concierge Desk

6:30 pm Movie 1st Floor Atrium

7:00 pm Billiards

3rd Floor Billiards Area

8:30 am

Shopping / Banking Trips Check In at Concierge Desk

9:00 am **Seniorobics** 2nd Floor Activity Area

9:30 am Morning Meditation 2nd Floor Activity Area

Outdoor Games Backyard

9:45 am **Outdoor Games** Backyard

Scrabble 2nd Floor Activity Area

10:30 am **Board Games/Puzzles** 3rd Floor Billiards Area

Darts 3rd Floor Billiards Area

1:00 pm Shopping

Kohls Stretch 2nd Floor Activity Area

2:00 pm Happy Hour 1st Floor Atrium

Marsha & Mike 1st Floor Atrium

3:15 pm **Dance Partv** 2nd Floor Activity Area

6:30 pm Live Entertainment Sims Kline

1st Floor Atrium **Circuit Training** 3rd Floor Exercise Space

7:00 pm

Darts 3rd Floor Billiards room **Friday Night Lights** 2nd Floor Activity Area



Fridav 25

ACTIVITIES SCHEDULE Saturday 27

9:00 am **Outdoor Games** Backyard

Billiards Instruction 3rd Floor Billiards Area

Personal Trips Check In at Concierge Desk

Circuit Training 3rd Floor Exercise Space

10:00 am News Talk 1st Floor Lobby

Checkers Game 2nd Floor Activity Area

1:30 pm Bingo 2nd Floor Activity Area

Storytelling 1st Floor Lobby

2:00 pm Afternoon Movie 1st Floor Atrium

Share Your Favorite Recipes

1st Floor Dining Room

3:30 pm Happy Hour 1st Floor Atrium

Cornhole Backvard

Circuit Training 3rd Floor Exercise Space

6:30 pm

Beers, Brats, Boys 3rd Floor Billiards Area

Saturday Night Fever 2nd Floor Activity Area

7:00 pm

Movie 1st Floor Atrium

Dominoes 2nd Floor Activity Area CountrySide Lakes

& SPECIAL FVFNTS

May 1-20 **Taurus**

May 21-31 Gemini

Year of the **Red Fire Rooster**

May 1 May Day

May 5 Cinco de Mayo

May 14 Mother's Day

May 20 Armed Forces Day

May 29 Memorial Day





9:00 am Hosting & Entertaining 1st Floor Dining Room

Puzzles 3rd Floor Billiards Area Circuit Training 3rd Floor Exercise Space

9:30 am

Coffee & Conversation 1st Floor Lobby

Wii Games 2nd Floor Activity Area

10:00 am

Our Lady of Hope Liturgy 2nd Floor Activity Area

10:30 am CountrySide Church Service 1st Floor Atrium

1:30 pm Live Entertainment Forgiven Way Band 1st Floor Lobby

2:00 pm Afternoon Movie 2nd Floor Activity Area

Board Games 1st Floor Atrium

2:30

Word Search Fun 1st Floor Lobby

Outdoor Games Backyard

Billiards 3rd Floor Billiards Area

Circuit Training 3rd Floor Exercise Space

6:30 pm Evening Movie 1st Floor Atrium

Beers, Brats & Boys 3rd Floor Billiards Area

7:00 pm Cakes, Cookies & Candies 1st Floor Dining Room MEMORIAL DAY 8:30 am Shopping / Banking Trips Check In at Concierge Desk

9:00 am Wheel of Fortune 2nd Floor Activity Area

9:45 am Potting & Planting 1st Floor Atrium

10:00 am Healthy Eating 1st Floor Dining Room

10:30 cm Coffee & Conversation 1st Floor Atrium

11:00 am Memorial Day Lunch 1st Floor Dining Room

12:30 pm Matinee Movie Out Check In at Concierge Desk

1:00 pm Shopping Target

2:00 pm Then & Now 2nd Floor Activity Area

Journey of a Lifetime Walking Club

2nd Floor Activity Area **3:00 pm** Surprise

1st Floor Atrium 3:30 pm

Happy Hour 1st Floor Atrium

6:30 pm Darts

3rd Floor Billiards Area Beer, Brats & Boys 3rd Floor Billiards Area

7:00 pm Book Club 1st Floor Lobby

Activities are shown in red. Wellness classes are in blue.

ACTIVITIESSCHEDULE29Tuesday30Wednesday31

9:00 am

Personal / Doctor Trips Check In at Concierge Desk

Seniorobics 2nd Floor Activity Area H2O Cardio in Pool Outdoor Pool Area

9:30 am Bible Study

2nd Floor Activity Area

10:00 cm Craft Class 1st Floor Atrium Exercise with Bella Outdoor Pool Area

10:30 am

Storytelling 1st Floor Lobby Wii Bowling

2nd Floor Activity Area Circuit Training 3rd Floor Exercise Space

11:00 am Functional Flex 3rd Floor Exercise Space

1:30 pm Bingo

2nd Floor Activity Area

2:00 pm Visiting Chef 1st Floor Dining Room

Darts 3rd Floor Billiards Area Adventure Club Backyard

3:00 pm

Beat the Clock Check In at Concierge Desk

3:30 pm Happy Hour 1st Floor Atrium

6:30 pm

Billiards 3rd Floor Billiards Area Evening Movie 2nd Floor Activity Area

7:00 pm Fun with Culinary 1st Floor Dining Room **9:00 am** Personal Trips Check In at Concierge Desk Trivia

1st Floor Atrium Morning Meditation 3rd Floor Exercise Space

9:30 am Darts

3rd Floor Billiards Area

10:00 cm Fun with Culinary 1st Floor Dining Room

Functional Flex 3rd Floor Exercise Space

10:30 am CountrySide Choir 1st Floor Atrium

10:45 cm Exercise 2nd Floor Activity Area

11:00 cm Exercise with Bella Outdoor Pool Area

11:30 pm Lunch Bunch Out Check In at Concierge Desk

2:00 pm Stretch 2nd Floor Activity Area

2:45 pm Progressive Party 2:45 pm - 2nd Floor Activity Area 3:00 pm - 1st Floor Atrium

3:00 pm Beat the Clock Check In at Concierge Desk

6:30 pm Happy Hour 1st Floor Atrium **Chef's Table Experience** (Limited Seating, Sign up at Concierge) 1st Floor Atrium

7:00 pm Movie 2nd Floor Activity Area **Billiards Tournament** 3rd Floor Billiards Area **Beer, Brats & Boys** 3rd Floor Billiards Area