

CountrySide Lakes®

A Shepherd Senior Living Community

OCTOBER 2017



ACTIVITIES CALENDAR

CountrySideLakes.com

ACTIVITIES

ANIMAL THERAPY

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



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-so-much 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.



SINGSPARATION

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.

COMMUNITY ED

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, AND 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 re-connect 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.

POOL PARTY

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

PRIZE PATROL

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.

PUZZLES

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

THEN & NOW

Join us on Mondays at 2:00 for Then & Now, when we pick a different theme to discuss and show items related to that theme. It’s a fun time to reminisce about old and new things. Bring an item to share!

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.



SPORTS TALK

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

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 yourself 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.

Sunday 1

9:00 am
Hosting & Entertaining
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

9:30 am
Coffee & Conversation
1st Floor Lobby

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
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 Area

6:30 pm
Evening Movie
2nd Floor Activity Area

Monday 2

8:30 am
Shopping, Banking &
Personal Trips
Check In at Concierge Desk

9:00 am
Wheel of Fortune
2nd Floor Activity Area
Circuit Training
3rd Floor Exercise Area

9:30 am
Darts
3rd Floor Billiards Area

Visit with Bella
1st Floor Lobby

10:00 am
Craft Class – Pink Ribbons
2nd Floor Activity Area
Napkin Folding
1st Floor Dining Room

10:30 am
Coffee & Conversation
1st Floor Atrium

1:00 pm
Walmart
Check In at Concierge Desk

2:00 pm
Then & Now
2nd Floor Activity Area
Journey of a Lifetime
Walking Club
1st Floor Lobby

3:30 pm
Happy Hour
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

6:30 pm
Darts
3rd Floor Billiards Area
Evening Movie
2nd Floor Activity Area
TV Shows
3rd Floor Billiards Area

7:00 pm
Book Club
1st Floor Lobby

Tuesday 3

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

Darts
3rd Floor Billiards Area

Aerobics
3rd Floor Exercise Area

H2O Cardio
Meet at Pool

9:30 am
Bible Study
2nd Floor Activity Area

Prize Patrol
1st Floor Dining Room

10:00 am
Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:30 pm
Bingo
2nd Floor Activity Area

2:00 pm
Visiting Chef
1st Floor Dining Room

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Chicken Soup for the Soul
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

Wednesday 4

9:00 am
Personal Trips
Check In at Concierge Desk

Cornhole
Backyard

Circuit Training
3rd Floor Exercise Area

9:45 am
Trivial Pursuit
1st Floor Atrium

Book Club
2nd Floor Library

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

10:30 am
Singspiration
1st Floor Atrium

Outdoor Games
Backyard

11:30 am
Lunch Bunch
Check In at Concierge Desk

1:30 pm
Afternoon Movie
2nd Floor Activity Area

2:00 pm
Stretch
3rd Floor Exercise Area

2:45 pm
Progressive Party
2nd Floor Activity Area

5:30 pm
Darts
3rd Floor Billiards Area
Circuit Training
3rd Floor Exercise Area

6:30 pm
Oscar On Organ
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

Thursday 5

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

Aerobics
3rd Floor Exercise Area

Circuit Training
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area

Croquet
Backyard

10:00 am
Tea Time
1st Floor Dining Room

10:30 am
Yoga
3rd Floor Exercise Area

10:30 am
Darts
3rd Floor Billiards Area

1:30 pm
Hot Fudge Sundaes
1st Floor Atrium

Hand & Foot
2nd Floor Activity Area

3:30 pm
Happy Hour
1st Floor Atrium

Prize Patrol
1st Floor Dining Room

Circuit Training
3rd Floor Exercise Area

6:30 pm
Live Entertainment
Shannon Rae
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

Friday 6

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

Aerobics
3rd Floor Exercise 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

1:00 pm
Bus Ride
Check In at Concierge Desk

2:00 pm
Happy Hour
1st Floor Atrium

Live Entertainment
Marsha & Mike
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Activity Area

Billiards
3rd Floor Billiards Area

Saturday 7

9:00 am
Outdoor Games
Backyard

Billiards
3rd Floor Billiards Area

9:30 am
Church of Epiphany
2nd Floor Activity Area

10:00 am
News Talk
1st Floor Lobby

Circuit Training
3rd Floor Exercise Area

Cooking Quiz
1st Floor Dining Room

1:30 pm
Bingo
2nd Floor Activity Area

Book Club
2nd Floor Library

2:00 pm
Circuit Training
3rd Floor Exercise Area

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Activity Area

Darts
3rd Floor Billiards Area

RESIDENT BIRTHDAYS

October 1
Lucille J.

October 4
Marjorie S.

October 5
Hugh S.

October 6
Joan W.

October 8
Aubrey J.

October 9
Helen F.

October 11
Bonnie G.

October 12
Betty E.

October 16
Jan D.

October 18
Dolores S.

October 25
William F.

October 26
Lena S.

October 28
Barbra W.

October 30
Jeanette I.

Sunday 8

9:00 am
Hosting & Entertaining
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

9:30 am
Coffee & Conversation
1st Floor Lobby

10:30 am
CountrySide Church Service
1st Floor Atrium

1:30 pm
Outdoor Games
Backyard
Snacks
1st Floor Dining Room

2:00 pm
Board Games
2nd Floor Activity Area
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 Area

6:30 pm
Evening Movie
2nd Floor Activity Area
Cornhole
Backyard

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

Monday 9

COLUMBUS DAY

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

9:00 am
Price Is Right
2nd Floor Activity Area
Circuit Training

9:30 am
Darts
3rd Floor Billiards Area

10:00 am
Napkin Folding
1st Floor Dining Room

1:00 pm
Shopping
Dollar Tree
Check In at Concierge Desk

2:00 pm
Then & Now
2nd Floor Activity Area
Journey of a Lifetime Walking Club
1st Floor Lobby
Circuit Training
3rd Floor Exercise Area

6:30 pm
Live Entertainment
Frank Kessel
1st Floor Lobby
Darts
3rd Floor Billiards Area
Evening Movie
2nd Floor Activity Area

7:00 pm
Book Club
1st Floor Lobby

Tuesday 10

9:00 am
Personal & Doctor Trips
Check In at Concierge Desk
Aerobics
3rd Floor Exercise Area
H2O Cardio
Outdoor Pool Area
Darts
3rd Floor Billiards Area

9:30 am
Bible Study
2nd Floor Activity Area
Prize Patrol
1st Floor Dining Room

10:00 am
Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:30 pm
Bingo
2nd Floor Activity Area

2:00 pm
Visiting Chef
1st Floor Dining Room

3:00 pm
Community Ed Connect Hearing
2nd Floor Activity Area

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Chicken Soup for the Soul
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

Wednesday 11

9:00 am
Personal Trips
Check In at Concierge Desk
Cornhole
Backyard
Circuit Training
3rd Floor Exercise Area

9:45 am
Trivial Pursuit
1st Floor Atrium
Book Club
2nd Floor Library

10:00 am
Fun with Culinary
1st Floor Dining Room
Our Lady of Hope Mass
2nd Floor Activity Area

10:30 am
Singspiration
1st Floor Atrium
Outdoor Games
Backyard

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Lunch Bunch
Check In at Concierge Desk

2:00 pm
Stretch
3rd Floor Exercise Area

2:45 pm
Progressive Party
2nd Floor Activity Area

5:30 pm
Darts
3rd Floor Billiards Area
Circuit Training
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Activity Area

Thursday 12

9:00 am
Personal & Doctor Trips
Check In at Concierge Desk
Aerobics
3rd Floor Exercise Area
H2O Cardio
Outdoor Pool Area
Circuit Training
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area
Croquet
Backyard

10:00 am
Tea Time
1st Floor Dining Room

10:30 am
Yoga
3rd Floor Exercise Area

10:30 am
Darts
3rd Floor Billiards Area

1:00 pm
Live Entertainment
Harpist, Melody
1st Floor Lobby

1:30 pm
Hand & Foot
2nd Floor Activity Area

3:30 pm
Happy Hour
1st Floor Atrium
Prize Patrol
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Activity Area

Friday 13

8:30 am
Shopping, Banking & Personal Trips
Check In at Concierge Desk

9:00 am
Aerobics
3rd Floor Exercise Area

9:45 am
Coffee & Danish
1st Floor Atrium
Outdoor Games
Backyard
Circuit Training
3rd Floor Exercise Area

10:00 am
Wheelchair / Walker Wash
Backyard
Dominoes
1st Floor Atrium

10:30 am
Puzzles
3rd Floor Billiards Area
Wii Bowling
2nd Floor Activity Area

1:00 pm
Bus Ride
Check In at Concierge Desk
Stretch
3rd Floor Exercise Area

2:00 pm
Happy Hour
1st Floor Atrium
Live Entertainment
Judy Locke
1st Floor Atrium

3:15 pm
Dance Party
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Activity Area

7:00 pm
Billiards
3rd Floor Billiards Area

Saturday 14

9:00 am
Outdoor Games
Backyard

9:30 am
Church of Epiphany
2nd Floor Activity Area
Billiards
3rd Floor Billiards Area

10:00 am
News Talk
1st Floor Lobby
Cooking Quiz
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

1:30 pm
Bingo
2nd Floor Activity Area
Book Club
2nd Floor Library

2:00 pm
Wii Bowling
2nd Floor Activity Area
Circuit Training
3rd Floor Exercise Area

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Activity Area
Darts
3rd Floor Billiards Area

STAFF BIRTHDAYS

October 4
Lynette Lucas
LPN

October 9
Chazite Wilson
Server

October 15
Dennis Carroll
Tray Supervisor

October 16
Charles Dierke
Executive Director

October 17
Ilsa DeSosa
Housekeeping

October 23
Linda Webster
Concierge Supervisor

October 31
Ashley Emerson
Server

Sunday 15 Monday 16

9:00 am
Hosting & Entertaining
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

9:30 am
Coffee & Conversation
1st Floor Lobby

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
Board Games
1st Floor Atrium
Chicken Soup for the Soul
1st Floor Lobby

3:00 pm
Trivia
1st Floor Lobby
Circuit Training
3rd Floor Exercise Area

Darts
3rd Floor Billiards Area

6:30 pm
Evening Movie
2nd Floor Activity Area

8:30 am
Shopping, Banking &
Personal Trips
Check In at Concierge Desk

9:00 am
FLU SHOTS
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

9:30 am
Darts
3rd Floor Billiards Area

10:00 am
Napkin Folding
1st Floor Dining Room

10:30 am
Coffee & Conversation
1st Floor Atrium

1:00 pm
Bealls, Ross, Walgreens
Check In at Concierge Desk
Live Entertainment
Bobby Meeks
1st Floor Lobby

2:00 pm
Then & Now
2nd Floor Activity Area
Journey of a Lifetime
Walking Club
1st Floor Lobby

3:00 pm
Community Ed – Miracle Ear
2nd Floor Activity Area

3:30 pm
Happy Hour
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

6:30 pm
Darts
3rd Floor Billiards Area
Evening Movie
2nd Floor Activity Area

7:00 pm
Play Billiards
3rd Floor Billiards Area

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

Tuesday 17 Wednesday 18

9:00 am
Personal & Doctor Trips
Check In at Concierge Desk
Darts
3rd Floor Billiards Area
Aerobics
3rd Floor Exercise Area
H2O Cardio
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
Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:30 pm
Bingo
2nd Floor Activity Area

2:00 pm
Visiting Chef
1st Floor Dining Room
Storytelling
1st Floor Lobby

3:30 pm
Happy Hour
1st Floor Atrium
Community Ed
Connect Hearing
2nd Floor Activity Area

6:30 pm
Play Billiards
3rd Floor Billiards Area
Evening Movie
2nd Floor Activity Area

9:00 am
Personal Trips
1st Floor Lobby
Cornhole
Backyard
Resident Council Mtg.
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

9:30 am
Trivial Pursuit
1st Floor Atrium
Book Club
2nd Floor Library

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

10:30 am
Singspiration
1st Floor Atrium

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Birthday Lunch
1st Floor Dining Room

1:30 pm
Ice Cream Cones
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Live Entertainment
Sherry Adams
1st Floor Lobby

5:30 pm
Chefs Table Experience
1st Floor Atrium

Darts
3rd Floor Billiards Area

6:30 pm
Evening Movie
2nd Floor Activity Area

Thursday 19 Friday 20

9:00 am
Personal & Doctor Trips
Check In at Concierge Desk
Aerobics
3rd Floor Exercise Area
H2O Cardio
Outdoor Pool Area
Circuit Training
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area
Croquet
Backyard

10:00 am
Tea Time
1st Floor Dining Room

10:30 am
Darts
3rd Floor Billiards Area
Yoga
3rd Floor Exercise Area

1:30 pm
Hand & Foot
2nd Floor Activity Area
Milk Shake Social
1st Floor Atrium

3:00 pm
Prize Patrol
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Live Entertainment
Shannon Rae
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

7:00 pm
Billiards
3rd Floor Billiards Area

8:30 am
Shopping, Banking &
Personal Trips
Check In at Concierge Desk

9:00 am
Aerobics
3rd Floor Exercise Area

9:45 am
Outdoor Games
Backyard
Circuit Training
3rd Floor Exercise Area

10:00 am
Chicken Soup for the Soul
1st Floor Lobby

10:30 am
Puzzles
3rd Floor Billiards Area

10: 45 am
Wii Bowling
2nd Floor Activity Area

1:00 pm
Bus Ride
Stretch
3rd Floor Exercise Area

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

3:15 pm
Dance Party
3rd Floor Exercise Area

6:30 pm
Song of the Coast Chorus
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

7:00 pm
Billiards
3rd Floor Billiards Area

Saturday 21

9:00 am
Outdoor Games
Backyard
Billiards
3rd Floor Billiards Area

9:30 am
Church of Epiphany
2nd Floor Activity Area

10:00 am
News Talk
1st Floor Lobby
Circuit Training
3rd Floor Exercise Area
Cooking Quiz
1st Floor Dining Room

1:30 pm
Bingo
2nd Floor Activity Area
Book Club
2nd Floor Library

2:00 pm
Circuit Training
3rd Floor Exercise Area

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Live Entertainment
Blue Velvet Band
1st Floor Lobby
Evening Movie
2nd Floor Activity Area
Darts
3rd Floor Billiards Area

HOLIDAYS
& SPECIAL
EVENTS

October 1–22
Libra

October 23–31
Scorpio

Year of the
Red Fire Rooster

October 9
Columbus Day

October 31
Halloween

Sunday 22

9:00 am
Hosting & Entertaining
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

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
Live Entertainment
Forgiven Way Band
1st Floor Lobby

2:00 pm
Board Games
1st Floor Atrium

2:30 pm
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 Area

6:30 pm
Evening Movie
2nd Floor Activity Area
Cornhole
Backyard

Monday 23

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

9:00 am
Wheel of Fortune
2nd Floor Activity Area
Circuit Training
3rd Floor Exercise Area

9:30 am
Darts
3rd Floor Billiards Area
Visit with Bella
1st Floor Lobby

10:00 am
Napkin Folding
1st Floor Dining Room

10:30 am
Coffee & Conversation
1st Floor Atrium

1:00 pm
Walmart
Check In at Concierge Desk

2:00 pm
Then & Now
2nd Floor Activity Area
Journey of a Lifetime
Walking Club
1st Floor Lobby

3:30 pm
Happy Hour
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

6:30 pm
Darts
3rd Floor Billiards Area
Evening Movie
2nd Floor Activity Area
TV Shows
3rd Floor Billiards Area

7:00 pm
Book Club
1st Floor Lobby

Tuesday 24

9:00 am
Personal & Doctor Trips
Check In at Concierge Desk
Darts
3rd Floor Billiards Area
Aerobics
3rd Floor Exercise Area
H2O Cardio
Outdoor Pool Area

9:30 am
Bible Study
2nd Floor Activity Area
Prize Patrol
1st Floor Dining Room

10:00 am
Circuit Training
3rd Floor Exercise Area
Wii Games
2nd Floor Activity Area

10:30 am
Outdoor Games
Backyard

1:30 pm
Bingo
2nd Floor Activity Area

2:00 pm
Visiting Chef
1st Floor Dining Room
Storytelling
1st Floor Lobby

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Activity Area

Wednesday 25

9:00 am
Personal Trips
Check In at Concierge Desk
Cornhole
Backyard

9:30 am
Uno Card Game
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

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

10:30 am
Singspiration
1st Floor Atrium
Outdoor Games
Backyard

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Lunch Bunch
Check In at Concierge Desk

1:30 pm
Armchair Travel
2nd Floor Activity Area

2:00 pm
Stretch
3XER

5:30 pm
Chefs Table Experience
1st Floor Atrium

6:00 pm
Darts
3rd Floor Billiards Area

6:30 pm
Live Entertainment
George Gall
1st Floor Lobby
Evening Movie
2nd Floor Activity Area
Circuit Training
3rd Floor Exercise Area

Thursday 26

9:00 am
Personal & Doctor Trips
Check In at Concierge Desk
Aerobics
3rd Floor Exercise Area
H2O Cardio
Outdoor Pool Area

9:30 am
Circuit Training
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area
Croquet
Backyard

10:00 am
Tea Time
1st Floor Dining Room

10:15 am
Yoga
3rd Floor Exercise Area

10:30 am
Darts
3rd Floor Billiards Area

1:30 pm
Hand & Foot
2nd Floor Activity Area
Bon Worth Clothing Sale
1st Floor Atrium

3:00 pm
Prize Patrol
1st Floor Dining Room
Circuit Training
3rd Floor Exercise Area

6:30 pm
Live Entertainment
George Gall
1st Floor Lobby
Evening Movie
2nd Floor Activity Area

Friday 27

8:30 am
Banking & Shopping Trips
Check In at Concierge Desk
Aerobics
3rd Floor Exercise 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

1:00 pm
Bus Ride
Check In at Concierge Desk
Stretch
3rd Floor Exercise Area

2:00 pm
Happy Hour
1st Floor Atrium
Live Entertainment
Judy Locke
1st Floor Atrium

3:15 pm
Dance Party
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Activity Area
Billiards
3rd Floor Billiards Area

Saturday 28

9:00 am
Outdoor Games
Backyard
Billiards
3rd Floor Billiards Area
Circuit Training
3rd Floor Exercise Area

9:30 am
Church of Epiphany
2nd Floor Activity Area

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

3:30 pm
Happy Hour
1st Floor Atrium
Circuit Training
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Activity Area
Darts
3rd Floor Billiards Area

EVENT HIGHLIGHT

Breast Cancer Awareness Month

Every October is Breast Cancer Awareness Month. We would like to ask you to join us every Friday and wear PINK to support anyone and everyone who has or has had breast cancer.

On Monday, October 2nd, meet Diane in the 2nd Floor Activity Room at 10:00 am and we will make pink ribbons to give out to all residents to wear.

OCTOBER 29-31, 2017

Sunday 29

9:00 am

Hosting & Entertaining

1st Floor Dining Room

Circuit Training

3rd Floor Exercise Area

9:30 am

Coffee & Conversation

1st Floor Lobby

10:00 am

Our Lady of Hope Group Liturgy

2nd Floor Activity Area

Sunday Brunch

1st Floor Dining Room

10:30 am

CountrySide Church Service

1st Floor Atrium

1:30 pm

Outdoor Games

Backyard

2:30 pm

Chicken Soup for the Soul

1st Floor Lobby

Darts

3rd Floor Billiards Area

Circuit Training

3rd Floor Exercise Area

6:30 pm

Evening Movie

2nd Floor Activity Area

7:00 pm

Cakes, Cookies & Candies

1st Floor Dining Room

Monday 30

8:30 am

Shopping & Banking Trips

Personal trips

Check In at Concierge Desk

9:00 am

Wheel of Fortune

2nd Floor Activity Area

Circuit Training

3rd Floor Exercise Area

9:30 am

Darts

3rd Floor Billiards Area

Morning Coffee

1st Floor Atrium

10:00 am

Healthy Eating

1st Floor Dining Room

1:00 pm

Target

Check In at Concierge Desk

2:00 pm

Then & Now

2nd Floor Activity Area

Journey of a Lifetime

Walking Club

1st Floor Lobby

3:30 pm

Happy Hour

1st Floor Atrium

Circuit Training

3rd Floor Exercise Area

6:30 pm

TV Shows

3rd Floor Billiards Area

Evening Movie

2nd Floor Activity Area

7:00 pm

Darts

3rd Floor Billiards Area

Tuesday 31

HALLOWEEN

9:00 am

Personal & Doctor Trips

Check In at Concierge Desk

Darts

3rd Floor Billiards Area

Aerobics

3rd Floor Exercise Area

9:30 am

Bible Study

2nd Floor Activity Area

Prize Patrol

1st Floor Dining Room

10:00 am

Safe Trick-or-Treating

1st Floor Lobby

Wii Games

2nd Floor Activity Area

Circuit Training

3rd Floor Exercise Area

10:30 am

Chicken Soup for the Soul

1st Floor Lobby

1:30 pm

Halloween Party

1st Floor Atrium

6:30 pm

Chicken Soup for the Soul

1st Floor Lobby

Evening Movie

2nd Floor Activity Area

WELLNESS ACTIVITIES

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

AEROBICS

Great for your heart and your soul. Join us for one of CountrySide's favorite hours. All levels welcome.

CHAIR YOGA

For those who would like to experience yoga, but getting on and off the floor is challenging, this class is ideal. You 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.

LAKE SIDE WITH BELLA

Our community pup guides an hour of fetch, long walks, and deep breathing in the sunshine. All levels welcome.

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 aqua class focuses on using the water as resistance to build cardiovascular endurance, while being gentle on your joints. 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.

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