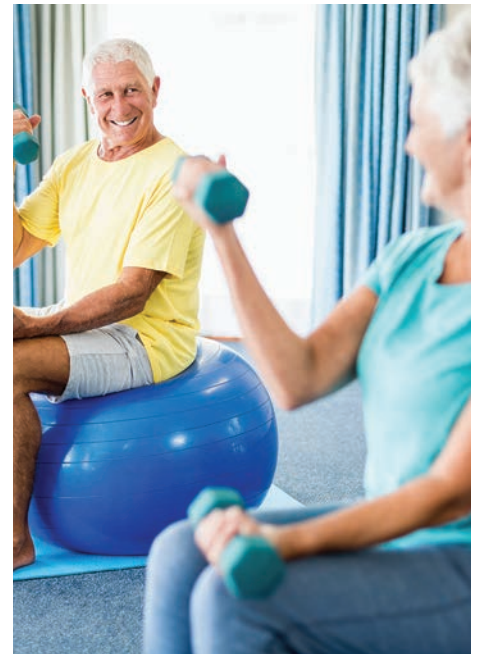


CountrySide Lakes®

A Shepherd Senior Living Community

JANUARY 2018



ACTIVITIES CALENDAR

CountrySideLakes.com

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

Enjoy studies 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, & 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. Make reservations in the dining room at least one day in advance.



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, & 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.

DARTS

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

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.

FRIDAY NIGHT LIGHTS

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

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.

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.

NEWS TALK

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

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 suite. 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.

SINGSPIRATION

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

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.

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!

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.

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.

LAKESIDE 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.

JANUARY 1-6, 2018

Monday 1

NEW YEAR'S DAY

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

9:00 am
Wheel of Fortune
2nd Floor Theater

9:30 am
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
Visits with Bella
1st Floor Atrium

1:30 pm
Walmart
Check In at Concierge Desk

2:00 pm
Then & Now
2nd Floor Theater

2:30 pm
Journey of a Lifetime Walking Club
1st Floor Lobby

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:30 pm
Darts
3rd Floor Billiards Area

Evening Movie
2nd Floor Theater

TV Shows
3rd Floor Billiards Area

Tuesday 2

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 Theater

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

10:00 am
Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Atrium

2:30 pm
Visiting Chef
1st Floor Dining Room

3:00 pm
Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

6:30 pm
Game Night
1st Floor Atrium

Evening Movie
2nd Floor Theater

Wednesday 3

9:00 am
Personal Trips
Check In at Concierge Desk

Cornhole
Backyard

9:45 am
Singspiration
3rd Floor Exercise Area

Trivial Pursuit
1st Floor Atrium

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

Outdoor Games
Backyard

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Lunch Bunch
Check In at Concierge Desk

1:00 pm
Visits with Bella
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:45 pm
Progressive Party
2nd Floor Theater

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:00 pm
Chefs Table
1st Floor Dining Room

6:30 pm
Darts
3rd Floor Billiards Area

Evening Movie
2nd Floor Theater

Thursday 4

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

Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Theater

Journey of a Lifetime Walking Club
1st Floor Lobby

10:00 am
Tea Time
1st Floor Dining Room

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:30 am
Darts
3rd Floor Billiards Area

Hand & Foot
2nd Floor Theater

Yoga
3rd Floor Exercise Area

1:00 pm
Walks with Bella
Backyard

3:00 pm
Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

3:30 pm
Prize Patrol
1st Floor Dining Room

6:30 pm
Live Entertainment
Shannon Rae
1st Floor Lobby

Evening Movie
2nd Floor Theater

Friday 5

8:30 am
Personal, Shopping & Banking 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

10:00 am
Dominoes
1st Floor Atrium

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:30 am
Puzzles
3rd Floor Billiards Area

Wii Bowling
2nd Floor Theater

1:00 pm
Visits with Bella
1st Floor Atrium

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

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

3:15 pm
Chair Dancing
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Theater

7:00 pm
Billiards
3rd Floor Billiards Area

Saturday 6

9:00 am
Outdoor Games
Backyard

Billiards
3rd Floor Billiards Area

9:30 am
Church of Epiphany
2nd Floor Theater

10:00 am
News Talk
1st Floor Lobby

Cooking Quiz
1st Floor Dining Room

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

1:30 pm
Bingo
2nd Floor Theater

Book Club
2nd Floor Library

3:00 pm
Happy Hour
1st Floor Atrium

3:30 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Theater

Darts
3rd Floor Billiards Area

ACTIVITIES SCHEDULE

JANUARY 7-13, 2018

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

ACTIVITIES SCHEDULE

Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
<p>9:00 am Hosting & Entertaining 1st Floor Dining Room</p> <p>9:30 am Coffee & Conversation 1st Floor Lobby</p> <p>10:00 am Visits with Bella Door-to-Door</p> <p>10:30 am CountrySide Church Service 3rd Floor Exercise Area</p> <p>1:30 pm Snacks 1st Floor Dining Room</p> <p>2:00 pm Board Games 1st Floor Atrium</p> <p>3:00 pm Happy Hour 1st Floor Atrium</p> <p>Trivia 1st Floor Lobby</p> <p>Darts 3rd Floor Billiards Area</p> <p>6:30 pm Evening Movie 2nd Floor Theater</p>	<p>8:30 am Shopping, Banking & Personal Trips Check In at Concierge Desk</p> <p>9:00 am Wheel of Fortune 2nd Floor Theater</p> <p>9:30 am Darts 3rd Floor Billiards Area</p> <p>10:00 am Napkin Folding 1st Floor Dining Room</p> <p>10:30 am Coffee & Conversation 1st Floor Atrium</p> <p>1:00 pm Visits with Bella 1st Floor Atrium</p> <p>2:00 pm Then & Now 2nd Floor Theater</p> <p>6:30 pm Live Entertainment 1st Floor Lobby</p> <p>Evening Movie 2nd Floor Theater</p>	<p>9:00 am Personal & Doctor Trips Check In at Concierge Desk</p> <p>Darts 3rd Floor Billiards Area</p> <p>Aerobics 3rd Floor Exercise Area</p> <p>9:30 am Bible Study 2nd Floor Theater</p> <p>Prize Patrol 1st Floor Dining Room</p> <p>Chair Dancing 3rd Floor Exercise Area</p> <p>10:00 am Visits with Bella Door-to-Door</p> <p>10:30 am Yoga 3rd Floor Exercise Area</p> <p>1:00 pm Walks with Bella Backyard</p> <p>1:30 pm Bingo 1st Floor Atrium</p> <p>2:30 pm Visiting Chef 1st Floor Dining Room</p> <p>3:00 pm Happy Hour 1st Floor Atrium</p> <p>Visits with Bella 1st Floor Atrium</p> <p>Community ED 2nd Floor Theater</p> <p>Community Ed 1st Floor Atrium</p> <p>6:30 pm Game Night 1st Floor Atrium</p> <p>Evening Movie 2nd Floor Theater</p>	<p>9:00 am Personal Trips Check In at Concierge Desk</p> <p>Cornhole Backyard</p> <p>9:45 am Trivial Pursuit 1st Floor Atrium</p> <p>Singspiration 3rd Floor Exercise Area</p> <p>10:00 am Our Lady of Hope Mass 2nd Floor Theater</p> <p>Fun with Culinary 1st Floor Dining Room</p> <p>Visits with Bella Door-to-Door</p> <p>Circuit Training 3rd Floor Exercise Area</p> <p>10:30 am Outdoor Games Backyard</p> <p>10:45 am Functional Flex 3rd Floor Exercise Area</p> <p>11:30 am Lunch Bunch Check In at Concierge Desk</p> <p>1:00 pm Visits with Bella 1st Floor Atrium</p> <p>1:30 pm Ice Cream Social 1st Floor Atrium</p> <p>2:00 pm Stretch 3rd Floor Exercise Area</p> <p>3:00 pm Outdoor Activity with Bella Backyard</p> <p>Happy Hour 1st Floor Atrium</p> <p>6:00 pm Chefs Table 1st Floor Dining Room</p> <p>6:30 pm Evening Movie 2nd Floor Theater</p>	<p>9:00 am Personal & Doctor Trips Check In at Concierge Desk</p> <p>Aerobics 3rd Floor Exercise Area</p> <p>9:30 am Bible Study 2nd Floor Theater</p> <p>Croquet Backyard</p> <p>10:00 am Tea Time 1st Floor Dining Room</p> <p>Visits with Bella Door-to-Door</p> <p>Circuit Training 3rd Floor Exercise Area</p> <p>10:30 am Yoga 3rd Floor Exercise Area</p> <p>10:30 am Darts 3rd Floor Billiards Area</p> <p>1:00 pm Live Entertainment 1st Floor Lobby</p> <p>Walks with Bella Backyard</p> <p>1:30 pm Hand & Foot 1st Floor Atrium</p> <p>3:00 pm Happy Hour 1st Floor Atrium</p> <p>Visits with Bella 1st Floor Atrium</p> <p>Prize Patrol 1st Floor Dining Room</p> <p>6:30 pm Evening Movie 2nd Floor Theater</p>	<p>8:30 am Banking & Shopping Trips Check In at Concierge Desk</p> <p>9:00 am Aerobics 3rd Floor Exercise Area</p> <p>10:00 am Outdoor Games Backyard</p> <p>Visits with Bella Door-to-Door</p> <p>Circuit Training 3rd Floor Exercise Area</p> <p>10:30 am Wii Games 2nd Floor Theater</p> <p>Puzzles 3rd Floor Billiards Area</p> <p>1:00 pm Visits with Bella 1st Floor Atrium</p> <p>Bus Ride Check In at Concierge Desk</p> <p>Stretch 3rd Floor Exercise Area</p> <p>2:00 pm Happy Hour 1st Floor Atrium</p> <p>Live Entertainment Judy Locke 1st Floor Atrium</p> <p>3:00 pm Outdoor Activity with Bella Backyard</p> <p>Happy Hour 1st Floor Atrium</p> <p>3:15 pm Chair Dancing 3rd Floor Exercise Area</p> <p>6:30 pm Evening Movie 2nd Floor Theater</p>	<p>9:00 am Outdoor Games Backyard</p> <p>Billiards 3rd Floor Billiards Area</p> <p>9:30 am Church of Epiphany 2nd Floor Theater</p> <p>10:00 am News Talk 1st Floor Lobby</p> <p>Cooking Quiz 1st Floor Dining Room</p> <p>Visits with Bella Door-to-Door</p> <p>Circuit Training 3rd Floor Exercise Area</p> <p>1:30 pm Bingo 2nd Floor Theater</p> <p>Book Club 2nd Floor Library</p> <p>3:00 pm Happy Hour 1st Floor Atrium</p> <p>6:30 pm Evening Movie 2nd Floor Theater</p> <p>Darts 3rd Floor Billiards Area</p>

RESIDENT BIRTHDAYS

- January 2
Ethelyn H.
- January 3
Martha C.
- January 5
Robert S.
- January 7
Joe K.
- January 9
Mary G.
- January 15
Mary M.
- January 17
Albert H.
- January 17
Sally W.
- January 18
Jo C.
- January 19
Gerald A.
- January 22
Charlotte C.
- January 24
Bianca L.
- January 25
Florence A.
- January 29
Jo D.
- January 29
Olga M.
- January 31
Ann Marie M.

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

Sunday 14

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

9:30 am
Coffee & Conversation
1st Floor Lobby

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

CountrySide Church
Service
3rd Floor Exercise Area

Visits with Bella
Door-to-Door

2:00 pm
Board Games
2nd Floor Theater

Chicken Soup for the Soul
1st Floor Lobby

3:00 pm
Trivia
1st Floor Lobby

Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Theater

Monday 15

MARTIN LUTHER KING, JR. BIRTHDAY

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

9:00 am
Price Is Right
2nd Floor Theater

9:30 am
Visit with Bella
3rd floor outside porch

10:00 am
Coffee & Conversation
1st Floor Atrium

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

1:00 pm
Visits with Bella
1st Floor Atrium

Shopping
Bealls, Ross, Walgreens
Check In at Concierge Desk

Live Entertainment
Bobby Meeks
1st Floor Lobby

2:00 pm
Then & Now
2nd Floor Theater

Journey of a Lifetime
Walking Club
1st Floor Lobby

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:30 pm
Darts
3rd Floor Billiards Area

Evening Movie
2nd Floor Theater

Tuesday 16

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 Theater

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

10:00 am
Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Atrium

2:30 pm
Visiting Chef
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

Community Ed
Miracle Ear
2nd Floor Theater

6:30 pm
Game Night
1st Floor Atrium

Evening Movie
2nd Floor Theater

Wednesday 17

9:00 am
Personal Trips
Check In at Concierge Desk

Resident Council Meeting
1st Floor Atrium

Cornhole
Backyard

9:45 am
Trivial Pursuit
1st Floor Atrium

Book Club
2nd Floor Library

Singspiration
3rd Floor Exercise Area

Outdoor Games
Backyard

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

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Birthday Lunch
1st Floor Dining Room

1:00 pm
Visits with Bella
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:30 pm
George Gall
1st Floor Lobby

Evening Movie
2nd Floor Theater

Thursday 18

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

Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Theater

Croquet
Backyard

10:00 am
Tea Time
1st Floor Dining Room

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

Darts
3rd Floor Billiards Area

1:00 pm
Walks with Bella
Backyard

1:30 pm
Hand & Foot
2nd Floor Library

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
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 Theater

Friday 19

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

9:00 am
Aerobics
3rd Floor Exercise Area

9:45 am
Uno Game
1st Floor Atrium

Outdoor Games
Backyard

10:00 am
Dominoes
1st Floor Atrium

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

10:30 am
Puzzles
3rd Floor Billiards Area

1:00 pm
Visits with Bella
1st Floor Atrium

Bus Ride
Check In at Concierge Desk

Stretch
3rd Floor Exercise Area

2:00 pm
Happy Hour
1st Floor Atrium

Live Entertainment
Marsha & Mike
1st Floor Atrium

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

3:15 pm
Chair Dancing
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Theater

7:00 pm
Billiards
3rd Floor Billiards Area

Saturday 20

9:00 am
Outdoor Games
Backyard

9:30 am
Church of Epiphany
2nd Floor Theater

Billiards
3rd Floor Billiards Area

10:00 am
News Talk
1st Floor Lobby

Cooking Quiz
1st Floor Dining Room

Visits with Bella
Door-to-Door

Circuit Training
3rd Floor Exercise Area

1:30 pm
Bingo
1st Floor Atrium

2:00 pm
Wii Bowling
2nd Floor Theater

Circuit Training
3rd Floor Exercise Area

3:00 pm
Happy Hour
1st Floor Atrium

6:30 pm
Live Entertainment
Blue Velvet
1st Floor Atrium

Evening Movie
2nd Floor Theater

Darts
3rd Floor Billiards Area

STAFF BIRTHDAYS

January 4
Brianna Milne
Server

January 9
Glenda Reilly
Med Tech

January 10
Trudy Simmons
LPN

January 15
Jordan Shultz
Dining Room Supervisor

January 16
Lee Fusco
Housekeeping

January 20
Yolanda Palacio
Housekeeping

January 21
Najah Taylor
Caregiver

Kaitlyn McKee
Caregiver

January 23
Lauren Gawel
Server

January 25
Greg Lawrence
Dishwasher

January 26
Darah Wallace
Med Tech

January 31
Jordan Hopkins
Caregiver

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

Sunday 21

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 Theater
Visits with Bella
Door-to-Door

10:30 am
CountrySide Church
Service
3rd Floor Exercise Area

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
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Theater

Monday 22

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

9:30 am
Darts
3rd Floor Billiards Area

10:00 am
Napkin Folding
1st Floor Dining Room
Visits with Bella
Door-to-Door

10:30 am
Coffee & Cookies
1st Floor Atrium

1:00 pm
Walmart
Check In at Concierge Desk
Visits with Bella
1st Floor Atrium

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

3:00 pm
Outdoor Activity with Bella
Backyard
Happy Hour
1st Floor Atrium

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

Tuesday 23

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 Theater
Prize Patrol
1st Floor Dining Room
Chair Dancing
3rd Floor Exercise Area

10:00 am
Wii Games
2nd Floor Theater
Visits with Bella
Door-to-Door
Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Atrium

2:30 pm
Visiting Chef
1st Floor Dining Room
Storytelling
1st Floor Lobby

3:00 pm
Happy Hour
1st Floor Atrium
Visits with Bella
1st Floor Atrium

6:30 pm
Game Night
1st Floor Atrium
Evening Movie
2nd Floor Theater

Wednesday 24

9:00 am
Personal Trips
1st Floor Lobby
Cornhole
Backyard

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

9:45 am
Singspiration
3rd Floor Exercise Area

10:00 am
Fun with Culinary
1st Floor Dining Room
Visits with Bella
Door-to-Door
Circuit Training
3rd Floor Exercise Area

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Lunch Bunch

1:00 pm
Visits with Bella
1st Floor Atrium

1:30 pm
Craft Class
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spruce Creek
Creekette Dancers
1st Floor Lobby

3:00 pm
Outdoor Activity with Bella
Backyard
Happy Hour
1st Floor Atrium
6:30 pm
Evening Movie
2nd Floor Theater

Thursday 25

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

9:00 am
Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Theater
Journey of a Lifetime
Walking Club
1st Floor Lobby

10:00 am
Tea Time
1st Floor Dining Room
Visits with Bella
Door-to-Door
Circuit Training
3rd Floor Exercise Area

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

1:00 pm
Walks with Bella
Backyard

1:30 pm
Hand & Foot
2nd Floor Theater
Root Beer Floats
1st Floor Atrium

3:00 pm
Visits with Bella
1st Floor Atrium
Prize Patrol
1st Floor Dining Room

3:30 pm
Happy Hour
Live Entertainment
Judy Locke
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Theater

Friday 26

9:00 am
Aerobics
3rd Floor Exercise Area

9:45 am
Outdoor Games
Backyard

10:00 am
Chicken Soup for the Soul
1st Floor Lobby
Visits with Bella
Door-to-Door
Circuit Training
3rd Floor Exercise Area

10:30 am
Puzzles
3rd Floor Billiards Area

10:45 am
Wii Bowling
2nd Floor Theater

1:00 pm
Bus Ride
Check In at Concierge Desk
Visits with Bella
1st Floor Atrium
Stretch
3rd Floor Exercise Area

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

3:00 pm
Outdoor Activity with Bella
Backyard
Happy Hour
1st Floor Atrium

3:15 pm
Dance Party
3rd Floor Exercise Area

6:30 pm
Evening Movie
2nd Floor Theater

7:00 pm
Billiards
3rd Floor Billiards Area

Saturday 27

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

9:30 am
Church of Epiphany
2nd Floor Theater

10:00 am
News Talk
1st Floor Lobby
Cooking Quiz
1st Floor Dining Room
Visits with Bella
Door-to-Door

1:30 pm
Forgiven Way Band
1st Floor Lobby
Bingo
2nd Floor Theater

3:00 pm
Happy Hour
1st Floor Atrium

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

HOLIDAYS & SPECIAL EVENTS

January 1-19
Capricorn

January 20-31
Aquarius

Chinese New Year
Year of the Dog

January 1
New Year's Day

January 15
Martin Luther King, Jr.
Birthday

JANUARY 28-31, 2018

ACTIVITIES SCHEDULE

Sunday 28

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

9:30 am
Coffee & Conversation
1st Floor Lobby

Crosswords
2nd Floor Theater

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

Visits with Bella
Door-to-Door

10:00 am - 2:00 pm
Brunch
1st Floor Dining Room

10:30 am
CountrySide Church
Service
3rd Floor Exercise Area

2:00 pm
Board Games
1st Floor Atrium

2:30 pm
Chicken Soup for the Soul
1st Floor Lobby

3:00 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie
2nd Floor Theater

Monday 29

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

9:30 am
Darts
3rd Floor Billiards Area

10:00 am
Napkin Folding
1st Floor Dining Room

Visits with Bella
Door-to-Door

10:30 am
Coffee & Cookies
1st Floor Atrium

1:00 pm
Shopping – Pavilion
Check In at Concierge Desk

Visits with Bella
1st Floor Atrium

2:00 pm
Then & Now
2nd Floor Theater

Journey of a Lifetime
Walking Club
1st Floor Lobby

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:30 pm
Darts
3rd Floor Billiards Area

Evening Movie
2nd Floor Theater

Tuesday 30

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

Aerobics
3rd Floor Exercise Area

Darts
3rd Floor Billiards Area

9:30 am
Bible Study
2nd Floor Theater

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

10:00 am
Visits with Bella
Door-to-Door

Wii Games
2nd Floor Theater

Circuit Training
3rd Floor Exercise Area

10:30 am
Yoga
3rd Floor Exercise Area

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Atrium

2:30 pm
Visiting Chef
1st Floor Dining Room

Storytelling
1st Floor Lobby

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Game Night
1st Floor Atrium

Evening Movie
2nd Floor Theater

Wednesday 31

9:00 am
Personal Trips
Check In at Concierge Desk

Cornhole
Backyard

9:45 am
Trivial Pursuit
1st Floor Atrium

Singspiration
3rd Floor Exercise Area

Fun with Culinary
1st Floor Dining Room

Circuit Training
3rd Floor Exercise Area

10:00 am
Visits with Bella
Door-to-Door

10:30 am
Outdoor Games
Backyard

10:45 am
Functional Flex
3rd Floor Exercise Area

11:30 am
Lunch Bunch
Check In at Concierge Desk

1:00 pm
Visits with Bella
1st Floor Atrium

1:30 pm
Milk Shake Social
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:00 pm
Chefs Table
1st Floor Dining Room

6:30 pm
Evening Movie
2nd Floor Theater

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