

# CountrySide Lakes®

A Shepherd Senior Living Community

## SEPTEMBER 2017



## ACTIVITIES CALENDAR

[CountrySideLakes.com](http://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.

*(Continued on Page 12)*

# 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.

# SEPTEMBER 1-2, 2017

## Friday

1

## Saturday

2

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

**9:00 am**  
**Aerobics**  
3rd Floor Exercise Area

**9:30 am**  
**Yoga**  
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**  
**Live Entertainment**  
**Marsha & Mike**  
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

**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

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

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

## Sunday 3

**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  
**Circuit Training**  
 3rd Floor Exercise Area  
**Darts**  
 3rd Floor Billiards Area  
**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area  
**Cornhole**  
 Backyard  
**7:00 pm**  
**Cakes, Cookies & Candies**  
 1st Floor Dining Room

## Monday 4

**LABOR DAY**  
**8:30 am**  
**Shopping & Banking Trips**  
 Check In at Concierge Desk  
**9:00 am**  
**The 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**  
 Walmart  
**2:00 pm**  
**Journey of a Lifetime Walking Club**  
 1st Floor Lobby  
**Circuit Training**  
 3rd Floor Exercise Area  
**Labor Day Carnival**  
 On All Floors  
**6:30 pm**  
**Darts**  
 3rd Floor Billiards Area  
**Evening Movie**  
 2nd Floor Activity Area  
**7:00 pm**  
**Book Club**  
 1st Floor Lobby

## Tuesday 5

**9:00 am**  
**Personal & Doctor Trips**  
 Check In at Concierge Desk  
**Aerobics**  
 3rd Floor Exercise Area  
**Darts**  
 3rd Floor Billiards 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**  
**Pokeno**  
 2nd Floor Activity 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 6

**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  
**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  
**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium  
**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 7

**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 pm**  
**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  
**Banana Split Social**  
 1st Floor Atrium  
**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 8

**8:30 am**  
**Shopping & Banking Trips**  
 Check In at Concierge Desk  
**9:00 am**  
**Aerobics**  
 3rd Floor Exercise Area  
**Blood Pressure Checks**  
 1st Floor Atrium  
**9:30 am**  
**Yoga**  
 3rd Floor Exercise Area  
**9:45 am**  
**Coffee & Danish**  
 1st Floor Atrium  
**Circuit Training**  
 3rd Floor Exercise Area  
**Outdoor Games**  
 Backyard  
**10:00 am**  
**News Talk**  
 1st Floor Lobby  
**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 9

**9:00 am**  
**Outdoor Games**  
 0930  
**Church of Epiphany**  
 2nd Floor Activity Area  
**Billiards**  
 3rd Floor Billiards 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  
**Wii Bowling**  
 2nd Floor Activity 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

September 1  
 Aziz H.  
 Anna M.

September 8  
 John C.  
 Sunny H.

September 10  
 Helen S.

September 13  
 Nancy B.  
 Phyllis M.

September 16  
 Walter K.

September 18  
 Aline R.

September 20  
 Harold P.

September 21  
 Oscar H.

September 25  
 Barbara M.

September 26  
 Ellen C.  
 Richard L.

September 30  
 Lisa M.



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

## Sunday 10

**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**  
 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  
**Live Entertainment**  
**Glen Conradson**  
 1st Floor Lobby  
**7:00 pm**  
**Cakes, Cookies & Candies**  
 1st Floor Dining Room

## Monday 11

**8:30 am**  
**Shopping & Banking**  
 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  
**Uno Card Game**  
 1st Floor Atrium  
**10:00 am**  
**Napkin Folding**  
 1st Floor Dining Room  
**10:30 am**  
**Coffee & Conversation**  
 1st Floor Atrium  
**1:00 pm**  
**Pavilion Shopping**  
 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  
**Surprise**  
 1st Floor Atrium  
**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**  
**Billiards**  
 3rd Floor Billiards Area

## Tuesday 12

**9:00 am**  
**Personal & Doctor Trips**  
 Check In at Concierge Desk  
**Aerobics**  
 3rd Floor Exercise Area  
**Darts**  
 3rd Floor Billiards 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**  
**Chicken Soup for the Soul**  
 1st Floor Lobby  
**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**  
**Billiards**  
 3rd Floor Billiards Area  
**Evening Movie**  
 2nd Floor Activity Area

## Wednesday 13

**9:00 am**  
**Personal Trips**  
 Check In at Concierge Desk  
**Cornhole**  
 Backyard  
**Uno Card Game**  
 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**  
**Our Lady of Hope Mass**  
 1st Floor Atrium  
**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**  
**Lunch Bunch**  
 Check In at Concierge Desk  
**1:30 pm**  
**Popcorn Party**  
 1st Floor Atrium  
**2:00 pm**  
**Stretch**  
 3rd Floor Exercise Area  
**5:30 pm**  
**Darts**  
 3rd Floor Billiards Area  
**6:30 pm**  
**Circuit Training**  
 3rd Floor Exercise Area  
**Evening Movie**  
 2nd Floor Activity Area

## Thursday 14

**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  
**10:15 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  
**2:00 pm**  
**Cookie 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  
**5:00 pm**  
**Dinner Night Out**  
 Check In at Concierge Desk  
**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area  
**7:00 pm**  
**Billiards**  
 3rd Floor Billiards Area

## Friday 15

**8:30 am**  
**Shopping & Banking**  
 Check In at Concierge Desk  
**9:00 am**  
**Aerobics**  
 3rd Floor Exercise Area  
**9:30 am**  
**Yoga**  
 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 pm**  
**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**  
**Evening Movie**  
 2nd Floor Activity Area  
**Circuit Training**  
 3rd Floor Exercise Area  
**7:00 pm**  
**Billiards**  
 3rd Floor Billiards Area

## Saturday 16

**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

## STAFF BIRTHDAYS

September 2  
**Vanessa Carabez**  
 Server

**Michelle Poulsen**  
 Caregiver

September 3  
**Robin Fortner**  
 Med Tech

September 15  
**Angela Owens**  
 Therapy

September 17  
**Shelby Maynard**  
 Server

**Ashley Watts**  
 Dining Room Supervisor

September 22  
**Jessica Tindal**  
 Dining Room Supervisor

September 28  
**Aryan Hipp**  
 Cold Prep

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

## Sunday 17

**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

**10:30 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

**2:30 pm**  
**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  
**Cornhole**  
 Backyard

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

## Monday 18

**8:30 am**  
**Shopping & Banking**  
 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**  
**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  
**TV Shows**  
 3rd Floor Billiards Area

**7:00 pm**  
**Book Club**  
 1st Floor Lobby

## Tuesday 19

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

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

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

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

**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 20

**9:00 am**  
**Personal Trips**  
 Check In at Concierge Desk  
**Cornhole**  
 Backyard  
**Resident Council Meeting**  
 1st Floor Atrium

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

**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**  
**Birthday Lunch**  
 1st Floor Dining Room

**1:30 pm**  
**Armchair Travel - Switzerland**  
 2nd Floor Activity Area

**2:00 pm**  
**Stretch**  
 3rd Floor Exercise Room

**6:00 pm**  
**Darts**  
 3rd Floor Billiards Area

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area  
**Circuit Training**  
 3rd Floor Exercise Area

## Thursday 21

**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 pm**  
**Darts**  
 3rd Floor Billiards Area

**1:30 pm**  
**Hand & Foot**  
 2nd Floor Activity Area  
**Milk Shakes**  
 1st Floor Atrium

**2:00 pm**  
 Story Telling  
 1st Floor Lobby

**3:00 pm**  
**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 22

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

**9:00 am**  
**Aerobics**  
 3rd Floor Exercise Area

**9:30 am**  
**Yoga**  
 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**  
**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 23

**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**  
**Live Entertainment**  
**Don Kruger on Piano**  
 1st Floor Lobby  
**Evening Movie**  
 2nd Floor Activity Area  
**Darts**  
 3rd Floor Billiards Area

## HOLIDAYS & SPECIAL EVENTS

September 1-22  
 Virgo

September 23-30  
 Libra

Year of the  
 Red Fire Rooster

September 4  
 Labor Day



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

## Sunday 24

**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

**Live Entertainment**  
**Forgiven Way Band**  
 1st Floor Lobby

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

**Circuit Training**

**Darts**  
 3rd Floor Billiards Area

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

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

## Monday 25

**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

**Morning Coffee**  
 1st Floor Atrium

**10:00 am**  
**Healthy Eating**  
 1st Floor Dining Room

**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**  
**TV Shows**  
 3rd Floor Billiards Area

**Evening Movie**  
 2nd Floor Activity Area

**7:00 pm**  
**Darts**  
 3rd Floor Billiards Area

## Tuesday 26

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

**Darts**  
 3rd Floor Billiards Area

**Aerobics**  
 3rd Floor Exercise Area

**H2O Cardio**  
 Outside 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**  
**Chicken Soup for the Soul**  
 1st Floor Lobby

**1:30 pm**  
**Bingo**  
 2nd Floor Activity Area

**Over 54 Quartet**  
 1st Floor Lobby

**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 27

**9:00 am**  
**Personal Trips**  
 Check In at Concierge Desk

**Cornhole**  
 Backyard

**Circuit Training**  
 3rd Floor Exercise Area

**9:45 am**  
**Dominoes**  
 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

**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

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**5:30 pm**  
**Darts**  
 3rd Floor Billiards Area

**Circuit Training**  
 3rd Floor Exercise Area

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

## Thursday 28

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

**Aerobics**  
 3rd Floor Exercise Area

**Circuit Training**  
 3rd Floor Exercise Area

**H2O Cardio**  
 Outdoor Pool Area

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

**Croquet**  
 Backyard

**9:45 am**  
**Chinese Checkers**  
 1st Floor Atrium

**10:15 am**  
**Yoga**  
 3rd Floor Exercise Area

**10:30 am**  
**Darts**  
 3rd Floor Billiards Area

**1:30 pm**  
**Craft Class**  
 1st Floor Atrium 0130

**Hand & Foot**  
 2nd Floor Activity Area

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

**Circuit Training**  
 3rd Floor Exercise Area

**3:00 pm**  
**Happy Hour**  
 1st Floor Atrium

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

**Darts**  
 3rd Floor Billiards Area

## Friday 29

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

**9:00 am**  
**Aerobics**  
 3rd Floor Exercise Area

**9:30 am**  
**Yoga**  
 3rd Floor Exercise Area

**9:45 am**  
**Coffee & Danish**  
 1st Floor Atrium

**Circuit Training**  
 3rd Floor Exercise Area

**Outdoor Games**  
 Backyard

**10:00 am**  
**News Talk**  
 1st Floor Lobby

**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**  
**George Gall**  
 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 30

**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

**Orbit Students & Disney Performance Group**  
 1st Floor Lobby

**10:45 am**  
**Darts**  
 3rd Floor Billiards Area

**Dominoes**  
 2nd Floor Activity Area

**1:30 pm**  
**Bingo**  
 2nd Floor Activity Area

**Book Club**  
 1st Floor Lobby

**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

**7:00 pm**  
**Chicken Soup for the Soul**  
 1st Floor Lobby

## EVENT HIGHLIGHT

Join us for the CountrySide Lakes Labor Day Carnival!

On September 4th, Labor Day, we are having a Carnival which will go from 2-4 pm. The booths will be located on all floors inside the facility. We will have games to play with prizes to give away, and a variety of carnival treats. Come join the fun and reminisce about the good 'ole days at the carnival!

# ACTIVITIES (Continued from Page 2)

## 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.

## 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.

## QUEST

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.



## 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.