

CountrySide Lakes®

A Shepherd Senior Living Community

JUNE 2017



ACTIVITIES & WELLNESS 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.



COUNTRYSIDE CHOIR

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

CHURCH SERVICE

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

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.

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JUNE 1-3, 2017

Thursday 1

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

Yoga

2nd Floor Activity Area

10:30 am

Darts

3rd Floor Billiards Area

1:00 pm

Functional Flex

3rd Floor Exercise Area

1:30 pm

Smoothie Social

1st Floor Atrium

3:00 pm

Prize Patrol

1st Floor Dining Room

Circuit Training

3rd Floor Exercise Area

Lakeside with Bella

Outdoor Pool Area

3:30 pm

Happy Hour

1st Floor Atrium

5:00 pm

Dinner Night Out

Check In at Concierge Desk

6:30 pm

Live Entertainment

Shannon Rae

1st Floor Lobby

7:00 pm

Evening Movie

2nd Floor Activity Area

Friday

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

Morning Meditation

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

11:00 am

Lakeside with Bella

Outdoor Pool Area

1:00 pm

Bus Ride

Stretch

3rd Floor Exercise Area

2:00 pm

Happy Hour

1st Floor Atrium

Marcia & Mike

1st Floor Atrium

3:15 pm

Dance Party

3rd Floor Exercise Area

6:30 pm

Happy Hour

1st Floor Atrium

Circuit Training

3rd Floor Exercise Area

7:00 pm

Billiards

3rd Floor Billiards Area

Friday Night Lights

2nd Floor Activity Area

ACTIVITIES SCHEDULE

2

Saturday

3

6:30 am

Weigh Day

In Front of Elevators

9:00 am

Outdoor Games

Backyard

Billiards instructions

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

1st Floor Lobby

2:00 pm

Afternoon Movie

1st Floor Atrium

Circuit Training

3rd Floor Exercise Area

Wii Bowling

2nd Floor Activity Area

3:30 pm

Happy Hour

1st Floor Atrium

6:30 pm

Beers, Brats, & Boys

3rd Floor Billiards Area

Evening Movie

1st Floor Atrium

Darts

3rd Floor Billiards Area

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

JUNE 4-10, 2017

Sunday 4

PENTECOST
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
Snacks
 1st Floor Dining Room
2:00 pm
Afternoon Movie
 2nd Floor Activity Area
Board Games
 1st Floor Atrium
Chicken Soup for the Soul
 1st Floor Lobby
3:00 pm
Trivia
 1st Floor Lobby
Circuit Training
 3rd Floor Exercise Area
Darts
 3rd Floor Billiards
6:30 pm
Evening Movie
 1st Floor Atrium
Cornhole
 Backyard
7:00 pm
Cakes, Cookies, & Candies
 1st Floor Dining Room

Monday 5

8:30 am
Shopping / Banking Trips
 Check In at Concierge Desk
9:00 am
Wheel of Fortune
 2nd Floor Activity Area
Circuit Training
 3rd Floor Exercise Area
9:30 am
Darts
 3rd Floor Billiards Area
Potting & Planting
 1st Floor Atrium
10:00 am
Napkin Folding
 1st Floor Dining Room
10:30 am
Coffee & Conversation
 1st Floor Atrium
1:00 pm
Shopping
 Walmart
2:00 pm
Quest
 2nd Floor Activity Area
Journey of a Lifetime
Walking Club
 Outdoor Pool Area
3:00 pm
Surprise
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Area
6:30 pm
Happy Hour
 1st Floor Atrium
6:30 pm
Darts
 3rd Floor Billiards Area
Beer, Brats, & Boys
 3rd Floor Billiards Area
7:00 pm
Book Club
 1st Floor Lobby

Tuesday 6

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
Outdoor Games
 Backyard
1:30 pm
Bingo
 2nd Floor Activity Area
Cooking Quiz
 1st Floor Dining Room
2:00 pm
Visiting Chef
 1st Floor Dining Room
Storytelling
 1st Floor Lobby
6:30 pm
Wii Bowling
 3rd Floor Exercise Area
Chicken Soup for the Soul
 1st Floor Lobby
Travelogue
 1st Floor Atrium

Wednesday 7

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
Morning Meditation
 3rd Floor Exercise Area
10:00 am
Wii Bowling
 2nd Floor Activity Area
Fun with Culinary
 1st Floor Dining Room
10:30 am
CountrySide Choir
 1st Floor Atrium
Outdoor Games
 Backyard
10:45 am
Exercise
 3rd Floor Exercise Area
11:00 am
Lakeside with Bella
 Outdoor Pool Area
11:30 am
Lunch Bunch Out
 Check In at Concierge Desk
2:00 pm
Stretch
 3rd Floor Exercise Area
2:45 pm
Progressive Party
 2:45 pm - 2nd Floor Activity Area
 3:00 pm - 1st Floor Atrium
5:30 pm
Chefs Table Experience
 (Limited Seating Sign up at Concierge)
 1st Floor Atrium
Oscar on Organ
 1st Floor Lobby
Darts
 3rd Floor Billiards Area
Circuit Training
 3rd Floor Exercise Area

Thursday 8

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
9:45 am
Cookie, Cakes, & Candies
 1st Floor Dining Room
10:00 am
Tea Time
 1st Floor Dining Room
Chair Yoga
 3rd Floor Exercise Area
10:30 am
Darts
 3rd Floor Billiards Area
1:00 pm
Live Entertainment
Harpist
 1st Floor Lobby
2:00 pm
Storytelling
 1st Floor Lobby
3:00 pm
Prize Patrol
 1st Floor Atrium
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

Friday 9

8:30 am
Banking / Shopping Trips
 Check In at Concierge Desk
Aerobics
 3rd Floor Exercise Area
9:30 am
Morning Meditation
 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
2:00 pm
Social Hour
Live Entertainment
 Judy Locke
6:30 pm
Evening Movie
 1st Floor Atrium
Billiards
 3rd Floor Billiards Area

Saturday 10

9:00 am
Outdoor Games
 Backyard
Billiards Instructions
 3rd Floor Billiards Area
Circuit Training
 3rd Floor Exercise Area
9:30 am
Lakeside with Bella
 Outdoor Pool 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
Book Club
 1st Floor Lobby
2:00 pm
Afternoon Movie
 1st Floor Atrium
3:30 pm
Happy Hour
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Area
6:30 pm
Evening Movie
 1st Floor Atrium
Darts
 3rd Floor Billiards Area

ACTIVITIES SCHEDULE

RESIDENT BIRTHDAYS

- June 1
Paul M.
- June 5
Joe F.
Mort S.
- June 6
Stanley W.
- June 22
Irene S.
Ralph C.
- June 23
Esther M.
- June 25
Ruth R.
- June 27
Virginia R.
Dorothy W.
John D.
- June 28
Jo Ann A.
Dolores U.

JUNE 11-17, 2017

Sunday 11

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
Afternoon Movie
 2nd Floor Activity Area
Board Games
 1st Floor Atrium
Chicken Soup for the Soul
 1st Floor Lobby
3:00 pm
Trivia
 1st Floor Lobby
Circuit Training
 3rd Floor Exercise Area
Darts
 3rd Floor Billiards
6:30 pm
Evening Movie
 1st Floor Atrium
Cornhole
 Backyard
7:00 pm
Cakes, Cookies, & Candies
 1st Floor Dining Room

Monday 12

8:30 am
Shopping / Banking Trips
 Check In at Concierge Desk
9:00 am
Wheel of Fortune
 2nd Floor Activity Area
Circuit Training
 3rd Floor Exercise Area
9:00 am
Functional Flex
 3rd Floor Exercise Area
9:30 am
Darts
 3rd Floor Billiards Area
9:45 am
Morning Coffee
 1st Floor Atrium
10:00 am
Healthy Eating
 1st Floor Dining Room
1:00 pm
 Matinée movie out
 Check In at Concierge Desk
2:00 pm
Quest
 2nd Floor Activity Area
3:00 pm
Surprise
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Area
6:30 pm
Live Entertainment
Frank Kessel
 1st Floor Lobby
6:30 pm
Darts
 3rd Floor Billiards Area
Beer, Brats, & Boys
 3rd Floor Billiards Area
7:00 pm
Movie
 2nd Floor Activity Area

Tuesday 13

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 Activity Area
Prize Patrol
 1st Floor Dining Room
10:00 am
Visit & Pictures taken with local firefighters
 Front of Building
Outdoor Games
 Backyard
Wii Games
 2nd Floor Activity Area
Circuit Training
 3rd Floor Exercise Area
Lakeside with Bella
 Outdoor Pool Area
10:30 am
Chicken Soup for the Soul
 1st Floor Lobby
Outdoor Games
 Backyard
1:00 pm
Mindful Basics
 3rd Floor Exercise Area
1:30 pm
Bingo
 2nd Floor Activity Area
Cooking Quiz
 1st Floor Dining Room
2:00 pm
Visiting Chef
 1st Floor Dining Room
Storytelling
 1st Floor Lobby
3:00 pm
Community Ed - Connect Hearing
 2nd Floor Activity Area
Adventure Club
 Backyard
6:30 pm
Wii Bowling
 2nd Floor Activity Area
Chicken Soup for the Soul
 1st Floor Lobby
Travelogue
 1st Floor Atrium

Wednesday 14

FLAG DAY
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
 2nd Floor Activity Area
Fun with Culinary
 1st Floor Dining Room
Functional Flex
 3rd Floor Exercise Area
10:30 am
CountrySide Choir
 1st Floor Atrium
Outdoor Games
 Backyard
11:00 am
Lakeside with Bella
 Outdoor Pool Area
11:30 pm
Lunch Bunch Out
 Check In at Concierge Desk
2:00 pm
Progressive Party
 2:45 pm - 2nd Floor Activity Area
 3:00 pm - 1st Floor Atrium
Community Ed
Volusia Medical
 1st Floor Atrium
Stretch
 3rd Floor Exercise Area
5:30 pm
Chefs Table Experience
 (Limited Seating Sign up at Concierge)
 1st Floor Atrium
Darts
 3rd Floor Billiards Area
Circuit Training
 3rd Floor Exercise Area
7:00 pm
Movie
 2nd Floor Activity Area

Thursday 15

9:00 am
Personal / Doctor Trips
 Check In at Concierge Desk
Aerobics
 3rd Floor Exercise Area
Circuit Training
 3rd Floor Exercise Area
H2O Cardio
 3rd Floor Exercise Area
9:30 am
Bible Study
 2nd Floor Activity Area
Croquet
 Backyard
9:45 am
Cookie, Cakes, & Candies
 1st Floor Dining Room
10:00 am
Storytelling
 1st Floor Lobby
Chair Yoga
 3rd Floor Exercise Area
10:30 am
Darts
 3rd Floor Billiards Area
11:00 am
Lakeside with Bella
 Outdoor Pool Area
1:30 pm
Donut Social
 1st Floor Atrium
3:00 pm
Prize Patrol
 1st Floor Dining Room
Adventure Club
 Backyard
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
Live Entertainment
Shannon Rae
 1st Floor Lobby
Movie
 2nd Floor Activity Area
Darts
 3rd Floor Billiards Area

Friday 16

8:30 am
Shopping / Banking Trips
 Check In at Concierge Desk
9:00 am
Aerobics
 3rd Floor Exercise Area
9:30 am
Morning Meditation
 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
Shopping
 Target
2:00 pm
Happy Hour
 1st Floor Atrium
Live Entertainment
Marsha & Mike
 1st Floor Atrium
6:30 pm
Evening Movie
 2nd Floor Activity Area
7:00 pm
Billiards
 3rd Floor Billiards Area

Saturday 17

9:00 am
Outdoor Games
 Backyard
Billiards Instructions
 3rd Floor Billiards Area
Circuit Training
 3rd Floor Exercise Area
10:00 am
News Talk
 1st Floor Lobby
Cooking Quiz
 1st Floor Dining Room
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
2:00 pm
Afternoon Movie
 1st Floor Atrium
3:30 pm
Happy Hour
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Area
6:30 pm
Live Entertainment
Blue Velvet Band
 1st Floor Lobby
Darts
 3rd Floor Billiards Area
7:00 pm
Price is Right
 2nd Floor Activity Area

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

ACTIVITIES SCHEDULE

STAFF BIRTHDAYS

- June 1
Caitlin Belz
Server
- June 14
Maria Morgan
Med Tech
- June 21
Ruth Gibson
Concierge
- June 22
Chad Owens
Physical Therapy
- June 24
Cira Henrich
Caregiver

JUNE 18-24, 2017

Sunday 18

FATHER'S DAY
9:00 am
Hosting & Entertaining
 1st Floor Dining Room
Circuit Training
 3rd Floor Exercise Area
9:30 am
Coffee & Conversation
 1st Floor Lobby
Wii Tennis/Golf
 2nd Floor Activity Area
10:30 am
CountrySide Church Service
 1st Floor Atrium
2:00 pm
Afternoon Movie
 1st Floor Atrium
Board Games
 2nd Floor Activity Area
3:00 pm
Trivia
 1st Floor Lobby
Circuit Training
 3rd Floor Exercise Area
Wii Bowling
 2nd Floor Activity Area
6:30 pm
Evening Movie
 1st Floor Atrium
Cornhole
 Backyard
7:00 pm
Cakes, Cookies, & Candies
 1st Floor Dining Room

Monday 19

8:30 am
Shopping / Banking Trips
 Check In at Concierge Desk
9:00 am
Wheel of Fortune
 2nd Floor Activity Area
Circuit Training
 3rd Floor Exercise Area
9:30 am
Chicken Soup For the Soul
 1st Floor Lobby
9:45 am
Potting & Planting
 1st Floor Atrium
10:00 am
 Healthy eating
 1st Floor Dining Room
Outdoor Games
 Backyard
10:30 am
Darts
 3rd Floor Billiards Area
Coffee & Conversation
 1st Floor Atrium
1:00 pm
Shopping
 Pavilion
Live Entertainment
Bobby Meeks
 1st Floor Lobby
2:00 pm
Quest
 2nd Floor Activity Area
Journey of a Lifetime Walking Club
 Meet at Outdoor Pool Area
3:00 pm
Surprise
 1st Floor Atrium
Community Ed
Miracle Ear
 2nd Floor Activity Area
Circuit Training
 3rd Floor Exercise Area
6:30 pm
Movie
 2nd Floor Activity Area
Darts
 3rd Floor Billiards Area
7:00 pm
Book Club
 1st Floor Lobby

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

Tuesday 20

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
Wii Games
 2nd Floor Activity Area
Circuit Training
 3rd Floor Exercise Area
Functional Flex
 3rd Floor Exercise Area
10:30 am
Chicken Soup for the Soul
 1st Floor Lobby
Outdoor Games
 Backyard
1:30 pm
Bingo
 2nd Floor Activity Area
Cooking Quiz
 1st Floor Dining Room
1:30 pm
1st Baptist Church of Texas Youth Group Singing
 1st Floor Lobby
2:00 pm
Visiting Chef
 1st Floor Dining Room
Storytelling
 1st Floor Lobby
6:30 pm
Movie
 1st Floor Atrium
Wii Bowling
 2nd Floor Activity Area
Chicken Soup for the Soul
 1st Floor Lobby

Wednesday 21

FIRST DAY OF SUMMER
9:00 am
Personal Trips
 Check In at Concierge Desk
Cornhole
 Backyard
Resident Council Meeting
 1st Floor Atrium
9:30 am
Trivia
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Space
Functional Flex
 3rd Floor Exercise Area
10:00 am
Fun with Culinary
 1st Floor Dining Room
10:30 am
CountrySide Choir
 1st Floor Atrium
10:45 am
Exercise
 3rd Floor Exercise Area
11:00 am
Lakeside with Bella
 Outdoor Pool Area
11:30 am
Birthday Luncheon
 1st Floor Dining Room
2:00 pm
Stretch
 3rd Floor Exercise Area
2:30
Sherry Adams on Piano
 1st Floor Lobby
Progressive Party
 2:45 pm - 2nd Floor Activity Area
 3:00 pm - 1st Floor Atrium
3:00 am
Mindful Basics
 3rd Floor Exercise Area
5:30 pm
Circuit Training
 3rd Floor Exercise Area
Chefs Table Experience
 (Limited Seating Sign up at Concierge)
 1st Floor Atrium
7:00 pm
Movie
 2nd Floor Activity Area
Billiards Tournament
 3rd Floor Billiards Area

Thursday 22

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
9:45 am
Cookie, Cakes, & Candies
 1st Floor Dining Room
Outdoor Games
 Backyard
10:00 am
Book Club
 2nd Floor Library
Puzzles
 3rd Floor Billiards Area
Chair Yoga
 3rd Floor Exercise Area
10:30 am
Morning Snack
 1st Floor Atrium
1:30 pm
Banana Split Social
 1st Floor Atrium
2:00 pm
Surprise
 1st Floor Atrium
Lakeside with Bella
 Outdoor Pool Area
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
7:00 pm
Evening Movie
 2nd Floor Activity Area

ACTIVITIES SCHEDULE

Friday 23

8:30 am
Shopping / Banking
 Check In at Concierge Desk
9:00 am
Aerobics
 3rd Floor Exercise Area
9:30 am
Morning Meditation
 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
 Check In at Concierge Desk
Stretch
 3rd Floor Exercise Area
2:00 pm
Happy Hour
 1st Floor Atrium
Judy Locke
 1st Floor Atrium
3:15 pm
Dance Party
 3rd Floor Exercise Area
6:30 pm
Happy Hour
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Area
7:00 pm
Billiards
 3rd Floor Billiards Area
Friday Night Lights
 2nd Floor Activity Area

Saturday 24

9:00 am
Outdoor Games
 Backyard
Billiards instructions
 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
 1st Floor Lobby
2:00 pm
Afternoon Movie
 1st Floor Atrium
Circuit Training
 3rd Floor Exercise Area
Wii Bowling
 2nd Floor Activity Area
3:30 pm
Happy Hour
 1st Floor Atrium
6:30 pm
Beers, Brats, & Boys
 3rd Floor Billiards Area
Evening Movie
 1st Floor Atrium
Darts
 3rd Floor Billiards Area

HOLIDAYS & SPECIAL EVENTS

- June 1-20
Gemini
- June 21-30
Cancer
- Year of the Red Fire Rooster
- June 4
Pentecost
- June 14
Flag Day
- June 18
Father's Day
- June 21
First Day of Summer

JUNE 25-30, 2017

Sunday 25

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
Afternoon Movie
 2nd Floor Activity Area

Board Games
 1st Floor Atrium

Chicken Soup for the Soul
 1st Floor Lobby

3:00 pm
Trivia
 1st Floor Lobby

Circuit Training
 3rd Floor Exercise Area

Darts
 3rd Floor Billiards Area

6:30 pm
Evening Movie
 1st Floor Atrium

Indoor Cornhole
 Back yard

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

Monday 26

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

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

Circuit Training
 3rd Floor Exercise Area

Outdoor Games
 Backyard

10:00 am
Health Tips
 2nd Floor Activity Area

Prize Patrol
 1st Floor Dining Room

10:30 am
Coffee & Conversation
 1st Floor Atrium

1:30 pm
Wii Games
 2nd Floor Activity Area

2:00 pm
Journey of a Lifetime Walking Club
 2nd Floor Activity Area

3:00 pm
Surprise
 1st Floor Atrium

Snacks
 1st Floor Atrium

Circuit Training
 3rd Floor Exercise Area

6:30 pm
Evening Movie
 1st Floor Atrium

Billiards
 3rd Floor Billiards Area

7:00 pm
Book Club
 1st Floor Lobby

Tuesday 27

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

Aerobics
 3rd Floor Exercise Area

H2O Cardio
 Outdoor Pool Area

9:30 am
Bible Study
 2nd Floor Activity Area

Billiards
 3rd Floor Billiards Area

Circuit Training
 3rd Floor Exercise Area

10:00 am
Lakeside with Bella
 Outdoor Pool Area

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

Yahtzee Game
 1st Floor Atrium

11:00 am
Functional Flex
 3rd Floor Exercise Area

1:30 pm
Bingo
 2nd Floor Activity Area

2:00 pm
Visiting Chef
 1st Floor Dining Room

Darts
 3rd Floor Billiards Area

Circuit Training
 3rd Floor Exercise Area

Adventure Club
 Backyard

3:30 pm
Happy Hour
 1st Floor Atrium

6:30 pm
Evening Movie
 1st Floor Atrium

Wii Bowling
 2nd Floor Activity Area

7:00 pm
Fun with Culinary
 1st Floor Dining Room

Wednesday 28

9:00 am
Personal Trips
 Check In at Concierge Desk

Cornhole
 Backyard

9:30 am
Crossword Puzzles
 2nd Floor Activity Area

10:45 am
Circuit Training
 3rd Floor Exercise Area

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

10:30 am
CountrySide Choir
 1st Floor Atrium

10:45 am
Exercise
 3rd Floor Exercise Area

11:00 am
Lakeside with Bella
 Outdoor Pool Area

11:30 am
Lunch Bunch
 Check In at Concierge Desk

2:00 pm
Stretch
 3rd Floor Exercise Area

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

Circuit Training
 3rd Floor Exercise Area

5:30 pm
Chefs Table Experience
 (Limited Seating Sign up at Concierge)
 1st Floor Atrium

6:30 pm
Evening Movie
 2nd Floor Activity Area

7:00 pm
Billiards
 3rd Floor Billiards Area

Thursday 29

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

Aerobics
 3rd Floor Exercise Area

H2O Cardio
 Outdoor Pool Area

9:30 am
Bible Study
 2nd Floor Activity Area

Reminiscing
 2nd Floor Library

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

10:00 am
Storytelling
 1st Floor Lobby

Chair Yoga
 3rd Floor Exercise Area

10:30 am
Crossword Puzzles
 1st Floor Atrium

1:00 pm
Functional Flex
 3rd Floor Exercise Area

1:30 pm
Ice Cream Social
 1st Floor Atrium

2:00 pm
Outdoor Games
 Backyard

Circuit Training
 3rd Floor Exercise Area

3:00 pm
Prize Patrol
 1st Floor Dining Room

Darts
 3rd Floor Billiards Area

Lakeside with Bella
 Outdoor Pool Area

3:30 pm
Happy Hour
 1st Floor Atrium

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

6:30 pm
Movie
 1st Floor Atrium

Circuit Training
 3rd Floor Exercise Area

7:00 pm
Billiards
 3rd Floor Billiards Area

Friday 30

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

9:00 am
Aerobics
 3rd Floor Exercise Area

9:30 am
Morning Meditation
 3rd Floor Exercise Area

Outdoor Games
 Backyard

9:45 am
Outdoor Games
 Backyard

Scrabble
 2nd Floor Activity Area

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

Darts
 3rd Floor Billiards Area

11:00 am
Lakeside with Bella
 Outdoor Pool Area

1:00 pm
Bus Ride
 Check In at Concierge Desk

Stretch
 3rd Floor Exercise Area

2:00 pm
Happy Hour
 1st Floor Atrium

Marsha & Mike
 1st Floor Atrium

3:15 pm
Dance Party
 3rd Floor Exercise Area

6:30 pm
Happy Hour
 1st Floor Atrium

Circuit Training
 3rd Floor Exercise Area

7:00 pm
Darts
 3rd Floor Billiards Area

Friday Night Lights
 2nd Floor Activity Area

Trivia
 1st Floor Lobby

ACTIVITIES SCHEDULE

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.

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.