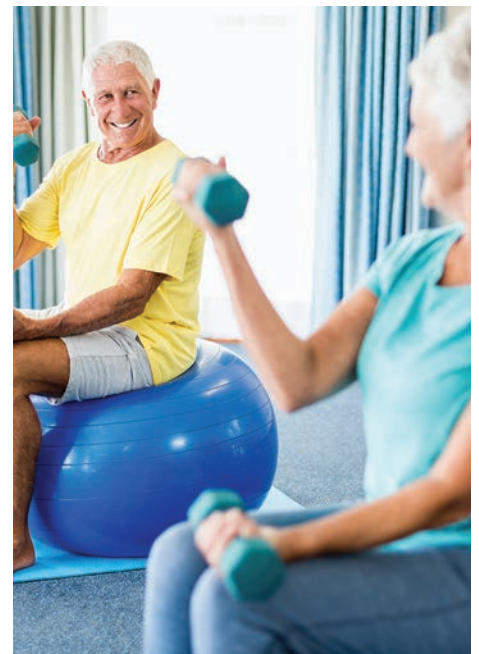


CountrySide Lakes®

A Shepherd Senior Living Community

FEBRUARY 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.



GENTLE YOGA

Conclude your day by soothing mind, body, and soul at this yoga class. All levels welcome for this gentle experience. Benefits include mindfulness, gratitude, and sleep.

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.

FEBRUARY 1-3, 2018

Thursday

9:00 am

Personal & Doctor Trips

Check In at Concierge Desk

Wheel of Fortune

2nd Floor Activity Area

Aerobics

3rd Floor Exercise Area

9:30 am

Bible Study

2nd Floor Activity Area

10:00 am

Culinary Club

1st Floor Dining Room

Visits with Bella

Door-to-Door

Darts

3rd Floor Billiards Area

11:00 am

Circuit Training

3rd Floor Exercise Area

1:00 pm

Walks With Bella

Backyard

1:30 pm

Hand & Foot

1st Floor Atrium

2:00 pm

Dominoes

1st Floor Atrium

3:00 pm

Happy Hour

1st Floor Atrium

Visits with Bella

1st Floor Atrium

6:30 pm

Evening Movie

2nd Floor Theater Room

TV Shows

3rd Floor Billiards Area

Friday

GROUNDHOG DAY

8:30 am

Banking & Shopping Trips

Check In at Concierge Desk

9:00 am

Aerobics

3rd Floor Exercise Area

9:45 am

Coffee and Danish

1st Floor Atrium

Outdoor Games

Backyard

10:00 am

Visits with Bella

Door-to-Door

10:30 am

Puzzles

3rd Floor Billiards Area

Wii Bowling

2nd Floor Theater Room

11:00 am

Circuit Training

3rd Floor Exercise Area

1:00 pm

Visits with Bella

1st Floor Atrium

Bus Ride

Check In at Concierge Desk

Stretch

3rd Floor Exercise Area

Live Entertainment

Marsha Summers

1st Floor Lobby

3:00 pm

Happy Hour/Wine & Cheese

1st Floor Atrium

Outdoor Activity With Bella

Backyard

Happy Hour

1st Floor Atrium

3:15 pm

Chair Dancing

3rd Floor Exercise Area

6:30 pm

Evening Movie & Popcorn

1st Floor Atrium

Saturday

9:00 am

Outdoor Games

Backyard

Billiards

3rd Floor Billiards Area

9:30 am

Church of Epiphany

2nd Floor Theater Room

10:00 am

Visits with Bella

Door-to-Door

Arts & Crafts

1st Floor Dining Room

News Talk

1st Floor Lobby

11:00 am

Trivial Pursuit

1st Floor Atrium

Puzzles

3rd Floor Billiards Area

Circuit Training

3rd Floor Exercise Area

1:30 pm

Bingo

2nd Floor Theater Room

Book Club

2nd Floor Library

2:00 pm

Live Entertainment

Ron & Diane Sanders

1st Floor Lobby

3:00 pm

Happy Hour

1st Floor Atrium

Walks With Bella

Backyard

6:30 pm

Evening Movie & Popcorn

1st Floor Atrium

Darts

3rd Floor Billiards Area

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

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Wellness classes are in blue.

Sunday 4

9:30 am
Coffee & Conversation
1st Floor Lobby

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

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

1:00 pm
Visits with Bella
1st Floor Atrium

2:00 pm
Board Games
1st Floor Atrium

3:00 pm
Happy Hour
1st Floor Atrium

Outdoor Activity With Bella
Backyard

Trivia
1st Floor Lobby

Darts
3rd Floor Billiards Area

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Monday 5

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

9:00 am
Wheel of Fortune
2nd Floor Theater Room

10:00 am
Card Club
1st Floor Dining Room

Dominoes
1st Floor Atrium

Visits with Bella
1st Floor Atrium

10:30 am
Puzzles
3rd Floor Billiards Area

Coffee & Conversation
1st Floor Atrium

11:00 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Walmart
Check In at Concierge Desk

Visits with Bella
1st Floor Atrium

2:00 pm
Then & Now
2nd Floor Theater Room

Journey of a Lifetime Walking Club
1st Floor Lobby

3:00 pm
Live Entertainment
Shannon Ray
1st Floor Lobby

Happy Hour
1st Floor Atrium

Outdoor Activity With Bella
Backyard

Yoga
3rd Floor Exercise Area

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

7:00 pm
Billiards
3rd Floor Billiards Area

Tuesday 6

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 Room

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

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

Nail Spa
1st Floor Nurses' 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
Live Entertainment
Paul Martinson
1st Floor Lobby

Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Darts
3rd Floor Billiards Area

Wednesday 7

9:00 am
Personal Trips
Check In at Concierge Desk

Cornhole
Backyard

9:45 am
Trivia
1st Floor Atrium

Singspiration
3rd Floor Exercise Area

10:00 am
Our Lady of Hope Mass
2nd Floor Theater Room

Flower Arranging
1st Floor Dining Room

Visits with Bella
Door-to-Door

Functional Flex
3rd Floor Exercise Area

10:30 am
Outdoor Games
Backyard

11:00 am
Lunch Bunch
Check In at Concierge Desk

Circuit Training
3rd Floor Exercise Area

1:00 pm
Visits with Bella
1st Floor Atrium

Ice Cream Social
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
1st Floor Atrium

3:00 pm
Outdoor Activity With Bella
Backyard

Happy Hour
1st Floor Atrium

Yoga
3rd Floor Exercise Area

6:30 pm
Chef's Table
1st Floor Dining Room

Evening Movie & Popcorn
1st Floor Atrium

Thursday 8

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

Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area

Outdoor Games
Backyard

10:00 am
Culinary Club
1st Floor Dining Room

Visits with Bella
Door-to-Door

Darts
3rd Floor Billiards Area

1:00 pm
Live Entertainment
Harpist
1st Floor Lobby

Walks With Bella
Backyard

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

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Friday 9

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

10:00 am
Craft Time
1st Floor Atrium

Visits with Bella
Door-to-Door

10:30 am
Puzzles
3rd Floor Billiards Area

11:00 am
Circuit Training
3rd Floor Exercise 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
Live Entertainment
Judy Locke
1st Floor Lobby

3:00 pm
Outdoor Activity With Bella
Backyard

Happy Hour/Wine & Cheese
1st Floor Atrium

3:15 pm
Chair Dancing
3rd Floor Exercise Area

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

7:00 pm
Billiards
3rd Floor Billiards Area

Saturday 10

9:00 am
Outdoor Games
Backyard

9:30 am
Church of Epiphany
2nd Floor Theater Room

Billiards
3rd Floor Billiards Area

10:00 am
News Talk
1st Floor Atrium

Indoor Sports
1st Floor Dining Room

Visits with Bella
Door-to-Door

1:30 am
Bingo
1st Floor Atrium

2:00 pm
Wii Bowling
2nd Floor Activity Area

3:00 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

RESIDENT BIRTHDAYS

February 1
Milton R.

February 7
Patricia K.

February 14
Edythe S.

February 16
Donna P.

February 17
Lillian M.

February 22
Virginia G.

February 23
Clara J.

February 26
Chester A.

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

Sunday 11

9:00 am
Hosting & Entertaining
1st Floor Atrium

9:30 am
Coffee & Conversation
1st Floor Atrium

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

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

Visits with Bella
Door-to-Door

1:30 pm
Arts & Crafts
1st Floor Dining Room

2:00 pm
Chicken Soup for the Soul
1st Floor Lobby

Board Games
1st Floor Atrium

3:00 pm
Outdoor Activity With
Bella
Backyard

Trivia
1st Floor Lobby

Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Monday 12

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

9:00 am
Wheel of Fortune
2nd Floor Theater Room

9:30 am
Darts
3rd Floor Billiards Area

10:00 am
Card Club
1st Floor Dining Room

Visits with Bella
1st Floor Atrium

10:30 am
Coffee & Conversation
1st Floor Atrium

11:00 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Visits with Bella
1st Floor Atrium

Target
Check In at Concierge Desk

2:00 pm
Then & Now
2nd Floor Theater Room

3:00 pm
Outdoor Activity With
Bella
Backyard

Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Yoga
3rd Floor Exercise Area

Tuesday 13

MARDI GRAS

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

Darts
Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Theater Room

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

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

Nail Spa
1st Floor Nurses' Area

1:00 pm
Walks With Bella
Backyard

1:30 pm
Bingo
1st Floor Dining Room

Visiting Chef
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:00 pm
Live Entertainment
Blue Velvet
1st Floor Atrium

7:00 pm
Evening Movie & Popcorn
1st Floor Atrium

Billiards
3rd Floor Billiards Area

Wednesday 14

**VALENTINE'S DAY
ASH WEDNESDAY**

9:00 am
Personal Trips
Check In at Concierge Desk

Aerobics
3rd Floor Exercise Area

9:30 am
Trivia Pursuit
1st Floor Atrium

Singspiration
3rd Floor Exercise Area

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

Flower Arranging
1st Floor Dining Room

Visits with Bella
Door-to-Door

10:30 am
Cornhole
Backyard

10:30 am
Lunch Bunch
Check In at Concierge Desk

Functional Flex
3rd Floor Exercise Area

11:00 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Visits with Bella
1st Floor Atrium

1:30 pm
Live Ent. - Conrad Droog
1st Floor Lobby

2:00 pm
Board Games
1st Floor Atrium

Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
1st Floor Atrium

3:00 pm
Outdoor Activity With Bella
Backyard

Happy Hour
1st Floor Atrium

Yoga
3rd Floor Exercise Area

6:30 pm
Chef's Table
1st Floor Dining Room

Evening Movie & Popcorn
1st Floor Atrium

Thursday 15

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 Activity Area

Croquet
Backyard

10:00 am
Culinary Club
1st Floor Dining Room

Visits with Bella
Door-to-Door

1:00 pm
Walks With Bella
Outside

Hand & Foot
1st Floor Atrium

3:00 pm
Live Entertainment
Paul Martinson
1st Floor Lobby

Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

6:30 pm
Movie & Popcorn
1st Floor Atrium

Friday 16

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

Darts
3rd Floor Billiards Area

9:45 am
UNO Game
1st Floor Atrium

Outdoor Games
Backyard

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

Dominoes
1st Floor Atrium

11:00 am
Circuit Training
3rd Floor Exercise 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 Lobby

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 & Popcorn
1st Floor Atrium

Saturday 17

9:00 am
Coffee & Conversation
1st Floor Atrium

Cornhole
Backyard

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

10:00 am
Indoor Sports
1st Floor Dining Room

News Talk
1st Floor Lobby

Visits with Bella
Door-to-Door

1:00 pm
Visits with Bella
1st Floor Atrium

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

Bingo
1st Floor Dining Room

2:00 pm
Wii Bowling
2nd Floor Activity Area

3:00 pm
Happy Hour

6:30 pm
Movie & Popcorn
1st Floor Atrium

STAFF BIRTHDAYS

February 3
Amber Boyce
Physical Therapy/Caregiver

February 7
Tyler Day
Dishwasher

February 8
Maggie Boyd
Caregiver

Tonya Hall
Med Tech

February 12
Tony Burnett
Cook

February 23
Madi Keane
Caregiver

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

Sunday 18

9:30 am
Coffee & Conversation
1st Floor Atrium

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

Countryside Church Service
3rd Floor Exercise Area

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

1:30 pm
Arts & Crafts
1st Floor Dining Room

2:00 pm
Board Games
1st Floor Atrium

Chicken Soup for the Soul
1st Floor Atrium

3:00 pm
Happy Hour
1st Floor Atrium

Trivia
1st Floor Lobby

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Monday 19

PRESIDENT'S DAY (BANKS CLOSED)

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

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

10:00 am
Card Club
1st Floor Dining Room

Visits with Bella
Door-to-Door

Coffee & Conversation
1st Floor Atrium

11:00 am
Dominoes
1st Floor Atrium

Circuit Training
3rd Floor Exercise Area

1:00 pm
Bealls, Ross, Walgreens
Check In at Concierge Desk

Visits with Bella
1st Floor Atrium

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
Outdoor Activity With Bella
Backyard

Happy Hour
1st Floor Atrium

Yoga
3rd Floor Exercise Area

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Tuesday 20

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

Darts
3rd Floor Billiards Area

Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

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

Nail Spa
1st Floor Nurses' Area

11:00 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Walks With Bella
Backyard

1:30 pm
Bingo
1st Floor Atrium

2:30 pm
Cupcake Decorating
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Darts
3rd Floor Billiards Area

Wednesday 21

9:00 am
Personal Trips
Check In at Concierge Desk

Resident Council Meeting
1st Floor Atrium

10:00 am
Flower Arranging
1st Floor Dining Room

Singspiration
2nd Floor Activity Area

Book Club
2nd Floor Library

Visits with Bella
Door-to-Door

10:30 am
Functional Flex
3rd Floor Exercise Area

11:00 am
Circuit Training
3rd Floor Exercise Area

11:30 am
Birthday Lunch
1st Floor Dining Room

1:00 pm
Visits with Bella
1st Floor Atrium

Outdoor Games
Backyard

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
1st Floor Atrium

3:00 pm
Happy Hour
1st Floor Atrium

Live Entertainment
George Gall
1st Floor Lobby

Yoga
3rd Floor Exercise Area

6:30 pm
Chef's Table
1st Floor Dining Room

7:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Thursday 22

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 Activity Area

Journey of a Lifetime Walking Club
1st Floor Lobby

10:00 am
Culinary Club
1st Floor Dining Room

Visits with Bella
Door-to-Door

1:00 pm
Walks With Bella
Backyard

1:30 pm
Hand & Foot
1st Floor Nurses' Area

3:00 pm
Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

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

7:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Friday 23

9:00 am
Dominoes
1st Floor Atrium

Darts
3rd Floor Billiards Area

Outdoor Games
Backyard

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

11:00 am
Wii Games
2nd Floor Activity Area

Circuit Training
3rd Floor Exercise Area

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 Lobby

3:00 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Saturday 24

9:00 am
Outdoor Games
Backyard

Billiards
3rd Floor Billiards Area

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

10:00 am
Live Entertainment
Champion Dancers
1st Floor Lobby

News Talk
1st Floor Lobby

Visits with Bella
Door-to-Door

Indoor Sports
1st Floor Dining Room

1:30 pm
Bingo
1st Floor Dining Room

Live Entertainment
Forgiven Way Band
1st Floor Lobby

3:00 pm
Live Entertainment
Conrad Droog
1st Floor Lobby

Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Darts
3rd Floor Billiards Area

HOLIDAYS & SPECIAL EVENTS

February 1-19
Aquarius

February 20-28
Pisces

Chinese New Year
Year of the Dog

February 2
Groundhog Day

February 13
Mardi Gras

February 14
Valentine's Day

February 14
Ash Wednesday

February 19
President's Day

FEBRUARY 25-28, 2018

ACTIVITIES SCHEDULE

Sunday 25

9:00 am
Coffee & Conversation
1st Floor Atrium

10:00 am
Sunday Brunch
1st Floor Dining Room

Visits with Bella
Door-to-Door

Our Lady of Hope Group Liturgy
2nd Floor Theater Room

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

1:00 pm
Visits with Bella
1st Floor Atrium

1:30 pm
Arts & Crafts
1st Floor Dining Room

2:00 pm
Board Games
1st Floor Atrium

Chicken Soup for the Soul
1st Floor Lobby

3:00 pm
Happy Hour
1st Floor Atrium

Trivia
1st Floor Lobby

Darts
3rd Floor Billiards Area

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Monday 26

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

9:30 am
Darts
3rd Floor Billiards Area

10:00 am
Card Club
1st Floor Dining Room

Visits with Bella
Door-to-Door

11:00 am
Circuit Training
3rd Floor Exercise Area

11:30 am
Puzzles
3rd Floor Billiards Area

1:00 pm
Walmart
Check In at Concierge Desk

Visits with Bella
1st Floor Atrium

1:30 pm
Live Entertainment Paul Martin
1st Floor Lobby

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

Journey of a Lifetime Walking Club
1st Floor Lobby

3:00 pm
Outdoor Activity With Bella
Backyard

Happy Hour
1st Floor Atrium

Yoga
3rd Floor Exercise Area

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Tuesday 27

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

Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Activity Area

Prize Patrol
1st Floor Dining Room

Chair Dancing
3rd Floor Exercise Area

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

Nail Spa
1st Floor Nurses' Area

Wii Games
2nd Floor Activity Area

10:30 am
Coffee & Cookies
1st Floor Atrium

1:00 pm
Walks With Bella
Backyard

1:30 pm
Bingo
1st Floor Atrium

2:30 pm
Food Garnishing
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Atrium

Wednesday 28

9:00 am
Personal Trips
Check In at Concierge Desk

9:30 am
Trivial Pursuit
1st Floor Atrium

Book Club
2nd Floor Library

9:45 am
Singspiration
3rd Floor Exercise Area

10:00 am
Flower Arranging
1st Floor Dining Room

Visits with Bella
Door-to-Door

10:30 am
Spanish Class
1st Floor Atrium

Functional Flex
3rd Floor Exercise Area

11:00 am
Circuit Training
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
Board Games
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
1st Floor Atrium

3:00 pm
Live Entertainment Steve Greer/Elvis
1st Floor Lobby

Happy Hour

6:30 pm
Chef's Table
1st Floor Dining Room

Evening Movie & Popcorn
1st Floor Atrium

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