

# CountrySide Lakes®

A Shepherd Senior Living Community

## MARCH 2018



## ACTIVITIES & WELLNESS 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

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.

*(Continued on Page 12)*

# MARCH 1-3, 2018

## Thursday

1

## Friday

2

## Saturday

3

### 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

#### Journey of a Lifetime

#### Walking Club

1st Floor Lobby

### 10:00 am

#### Culinary Club

1st Floor Dining Room

#### Visits with Bella

Door to Door

### 11:00 am

#### Darts

3rd Floor Billiards Area

### 1:00 pm

#### Walks with Bella

Backyard

#### Sip and See Stephanie

1st Floor Atrium

### 1:30 pm

#### Hand & Foot

1st Floor Atrium

### 2:00 pm

#### Dominoes

1st Floor Atrium

### 3:00 pm

#### Live Entertainment

#### Company G (Dancers)

#### Happy Hour

1st Floor Atrium

#### Visits with Bella

1st Floor Atrium

### 6:30 pm

#### Live Entertainment

#### Shannon Rae

1st Floor Lobby

### 7:30 pm

#### Movie & Popcorn

1st Floor Atrium

### 8:30 am

#### Banking & Shopping Trips

Check In at Concierge Desk

### 9:45 am

#### Coffee & Conversation

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

### 2:00 pm

#### Live Entertainment

#### Marsha & Mike

1st Floor Lobby

### 3:00 pm

#### Happy Hour/Wine & Cheese

1st Floor Atrium

#### Outdoor Activity with Bella

Backyard

### 3:15 pm

#### Dancing In Your Seats

3rd Floor Exercise Area

### 6:30 pm

#### Evening Movie & Popcorn

1st Floor Atrium

### 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

#### Trivial Pursuit

1st Floor Atrium

#### Puzzles

3rd Floor Billiards Area

### 1:30 pm

#### Bingo

1st Floor Dining Room

#### Live Entertainment

#### Paul Martinson

1st Floor Lobby

#### Book Club

2nd Floor Library

### 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.

# MARCH 4-10, 2018

Sunday 4 Monday 5

**9:30 am**  
Coffee & Conversation  
1st Floor Lobby

**10:00 am**  
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

**2:00 pm**  
Board Games  
1st Floor Atrium

**3:00 pm**  
Live Entertainment  
Josh Mabe  
1st Floor Lobby

**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

**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**  
Yoga  
3rd Floor Exercise Area

**Happy Hour**  
1st Floor Atrium

**Outdoor Activity with Bella**  
Backyard

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

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

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

Tuesday 6 Wednesday 7

**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

**Dancing In Your Seats**  
3rd Floor Exercise Area

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

**Nail Spa**  
Nurses' Area

**1:00 pm**  
Dental Health Lecture  
1st Floor Lobby

**Walks with Bella**  
Backyard

**1:30 pm**  
Bingo  
1st Floor Atrium

**2:30 pm**  
Visiting Chef  
1st Floor Dining Room

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

**Visits with Bella**  
1st Floor Atrium

**Live Entertainment**  
Paul Martinson  
1st Floor Lobby

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

**Darts**  
3rd Floor Billiards Area

**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

**10:30 am**  
Outdoor Games  
Backyard

**10:45 am**  
Functional Flex  
3rd Floor Exercise Area

**11:15 am**  
Circuit Training  
3rd Floor Exercise Area

**Lunch Bunch**  
Check In at Concierge Desk

**1:00 pm**  
Visits with Bella  
1st Floor Atrium

**1:00 pm**  
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 Friday 9 Saturday 10

**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

**Journey of a Lifetime**  
Walking Club  
1st Floor Lobby

**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

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

**9:00 am**  
Dominoes  
1st Floor Atrium

**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

**2:30 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**  
Dancing In Your Seats  
3rd Floor Exercise Area

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

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

**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 pm**  
Bingo  
1st Floor Atrium

**2:00 pm**  
Live Entertainment  
Ron & Diane Sanders  
(Gospel Singers)  
1st Floor Lobby

**Wii Bowling**  
2nd Floor Activity Area

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

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

# ACTIVITIES SCHEDULE

# RESIDENT BIRTHDAYS

- March 1  
Rosa Harkness
- March 6  
Ralph Giddish  
Dorothy Roberson
- March 8  
Katherine Huguely
- March 9  
Valerie Flynn  
Pauline Peterson  
Stephanie Rij
- March 12  
Carolyn Lea  
Robert Snover
- March 13  
Betty Vasbinder
- March 19  
Cleo Rann
- March 20  
Roman Grueter
- March 23  
Bernadine Becklund  
Janet Hanstine
- March 24  
Pauline Benson  
Lillian Lustig  
Patricia Poehnert
- March 26  
Emmy Lockman

# MARCH 11-17, 2018

Sunday 11 Monday 12 Tuesday 13 Wednesday 14 Thursday 15 Friday 16 Saturday 17

## DAYLIGHT SAVING TIME BEGINS

**9:00 am**  
Hosting & Entertaining  
1st Floor Atrium

**9:30 am**  
Coffee & Conversation  
1st Floor Atrium

**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

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

**9:00 am**  
Wii Bowling  
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

Journey of a Lifetime  
Walking Club  
1st Floor Lobby

**3:00 pm**  
Yoga  
3rd Floor Exercise Area

Outdoor Activity with Bella  
Backyard

Happy Hour  
1st Floor Atrium

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

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

**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  
Nurses' Area

**1:00 pm**  
Walks with Bella  
Backyard

**1:30 pm**  
Bingo  
1st Floor Dining Room

Visiting Chef  
1st Floor Dining Room

Live Entertainment  
Gary Mottola  
1st Floor Lobby

**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

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

**9:30 am**  
Trivia Pursuit  
1st Floor Atrium

**9:45 am**  
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

**10:45 am**  
Lunch Bunch  
Check In at Concierge Desk

Functional Flex  
3rd Floor Exercise Area

**11:15 am**  
Circuit Training  
3rd Floor Exercise Area

**1:00 pm**  
Visits with Bella  
1st Floor Atrium

**2:00 pm**  
Board Games  
1st Floor Atrium

Stretch  
3rd Floor Exercise Area

**2:30 pm**  
Spanish Class  
1st Floor Atrium

**3:00 pm**  
Live Entertainment  
Paul Martinson  
Volusia Medical  
1st Floor Atrium

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

**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

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  
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**  
Live Entertainment  
Shannon Rae  
1st Floor Lobby

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

**8:30 am**  
Shopping, Banking, & Personal 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**  
Live Entertainment  
Marsha & Mike  
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

**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**  
St. Patrick's Day Events  
1st Floor Atrium

Visits with Bella  
1st Floor Atrium

**1:30 pm**  
Bingo  
1st Floor Dining Room

**2:00 pm**  
Wii Bowling  
2nd Floor Activity Area

**3:00 pm**  
Happy Hour

**6:00 pm**  
Live Entertainment  
Blue Velvet  
1st Floor Lobby

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

# ACTIVITIES SCHEDULE

## STAFF BIRTHDAYS

March 4  
**Tara Kasper**  
Server

March 10  
**Keshawndra Evans**  
Med Tech

**Beata Kossewski**  
Caregiver

March 11  
**Carrie Lynn McKee**  
LPN

March 12  
**Alison Thompson**  
Caregiver

March 17  
**Sasha Townsend**  
CNA

March 22  
**Logyn Alexis Flaniken**  
Server

March 25  
**Alexis Kate Ionadi**  
Dining Room Supervisor

March 28  
**Mirian Escobar**  
Housekeeping

March 29  
**Patricia Vinci-Moore**  
LPN

# MARCH 18-24, 2018

Sunday 18 Monday 19

**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

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

**8:30 am**  
Shopping & Banking 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**  
Circuit Training  
3rd Floor Exercise Area

Dominoes  
1st Floor Atrium

**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

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

Tuesday 20 Wednesday 21

**FIRST DAY OF SPRING**

**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

Dancing In Your Seats  
3rd Floor Exercise Area

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

Nail Spa  
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

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

Resident Council Meeting  
1st Floor Atrium

**9:45 am**  
Singspiration  
2nd Floor Activity Area

**10:00 am**  
Flower Arranging  
1st Floor Dining Room

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**  
Live Entertainment  
Paul Martinson  
1st Floor Lobby

Happy Hour  
1st Floor Atrium

Yoga  
3rd Floor Exercise Area

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

Live Entertainment  
George Gall  
1st Floor Lobby

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

Thursday 22 Friday 23 Saturday 24

**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

What You Need to Know  
About Long Term Care  
Insurance  
1st Floor Dining Room

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  
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

**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

**2:30 pm**  
Live Entertainment  
Judy Locke  
1st Floor Lobby

**3:00 pm**  
Happy Hour  
Wine & Cheese  
1st Floor Atrium

**3:15 pm**  
Dancing In Your Seats  
3rd Floor Exercise Area

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

**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 pm**  
Bingo  
1st Floor Atrium

Live Entertainment  
Forgiven Way  
1st Floor Lobby

Wii Bowling  
2nd Floor Activity Area

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

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

# ACTIVITIES SCHEDULE

## HOLIDAYS & SPECIAL EVENTS

March 1-20  
Pisces

March 21-31  
Aries

Year of the Dog

March 11  
Daylight Saving Time Begins

March 20  
First Day of Spring

March 25  
Palm Sunday

March 29  
Maundy Thursday

March 30  
Good Friday

March 31  
Passover

# MARCH 25-31, 2018

Sunday 25 Monday 26

## PALM SUNDAY

**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

**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

**2:00 pm**  
Trunk Show  
by Fashion Safari  
1st Floor Lobby and  
1st Floor Atrium

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

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

Tuesday 27 Wednesday 28

**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  
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

**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

**10:45 am**  
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

Live Entertainment  
Gary Mottalo  
1st Floor Lobby

Happy Hour

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

Evening Movie & Popcorn  
1st Floor Atrium

Thursday 29

MAUNDY THURSDAY

**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  
Nurses' Area

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

Visits with Bella  
1st Floor Atrium

Happy Hour  
1st Floor Atrium

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

# ACTIVITIES SCHEDULE

Friday 30 Saturday 31

GOOD FRIDAY

**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  
George Gall  
1st Floor Lobby

**3:00 pm**  
Happy Hour  
Wine & Cheese  
1st Floor Atrium

**3:15 pm**  
Dancing In Your Seats  
3rd Floor Exercise Area

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

PASSOVER

**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

Visits with Bella  
Door to Door

Indoor Sports  
1st Floor Dining Room

**1:30 pm**  
Bingo  
1st Floor Dining Room

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

Happy Hour  
1st Floor Atrium

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

Darts  
3rd Floor Billiards Area

## WELLNESS ACTIVITIES

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

### AEROBICS

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

### CHAIR YOGA

For those who would like to experience yoga, but getting on and off the floor is challenging, this class is ideal. You will be guided gently through yoga postures while sitting on a chair, with a special focus on breath and alignment. All levels welcome.

### CHAIR DANCING

Chair Dancing is a combination of chair aerobics and dancing. Popular music mixed with familiar foot and arm movements provide function, flexibility and fun all at the same time. It's quickly growing as a popular activity at CSL. All levels welcome.

### CIRCUIT TRAINING

Learn the fundamentals of a solid gym workout and refine your skills. All levels welcome.

### DANCE PARTY

Learn the latest moves and groove to the beats of your favorite classics. It's the house party you don't want to miss every Friday night! All levels welcome.

### 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.

### 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.

### STRETCH

Improve total body flexibility. All levels welcome.

# ACTIVITIES

(Continued from Page 2)

## 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.

## SINGSPARATION

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.