

CountrySide Lakes®

A Shepherd Senior Living Community

APRIL 2018



ACTIVITIES & WELLNESS 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

Jordan lets loose some secrets to her 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.

DRAMA CLUB

If you love being a star, or just enjoy telling stories, you are going to want to join the Drama Club where you can put on skits, short plays and holiday programs for all your friends and neighbors!

EVENING MOVIE

Join us for popcorn and snacks as we screen everything from classics to new releases.

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, Jordan. 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.

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.

APRIL 1-7, 2018

Sunday 1 Monday 2 Tuesday 3 Wednesday 4 Thursday 5 Friday 6 Saturday 7

EASTER

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
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.

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

Darts
3rd Floor Billiards Area

Wheelchair & Walker Wash
1st Floor Lobby

Aerobics
3rd Floor Exercise Area

9:30 am
Bible Study
2nd Floor Theater Room

Dancing in Your Seats
3rd Floor Exercise Area

10:00 am
Visits with Bella
Door to Door

Live Entertainment
Paul Martinson
1st Floor Lobby

Prize Patrol
1st Floor Dining Room

Nail Spa
Nurses' Area

12:45 pm
Movie Theater
Check In at Concierge Desk

1:00 pm
Walks with Bella
Backyard

Bingo
1st Floor Dining Room

2:30 pm
Visiting Chef
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

Dominoes
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

Cornhole
1st Floor Atrium

9:30 am
Trivia
1st Floor Atrium

9:45 am
Singspiration
3rd Floor Exercise Area

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

Drama Club
1st Floor Dining Room

Visits with Bella
Door to Door

10:30 am
Outdoor Games
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

Live Entertainment
Tom Casey
1st Floor Lobby

2:00 pm
Ice Cream Social
1st Floor Atrium

Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
2nd Floor Activity Area

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

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

Arts & Crafts
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
Live Entertainment
Paul Martinson
1st Floor Lobby

Culinary Club - Donuts
1st Floor Dining Room

Visits with Bella
Door to Door

Darts
3rd Floor Billiards Area

12:30 pm
Site Seeing with Stephanie
Check In at Concierge Desk

1:00 pm
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
Live Entertainment
Shannon Rae
1st Floor Lobby

7:30 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

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

Indoor Games
1st Floor Atrium

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
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

LAST DAY OF
PASSOVER

9:00 am
Card Games
1st Floor Atrium

Billiards
3rd Floor Billiards Area

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

10:00 am
News Talk
1st Floor Atrium

Indoor Sports
1st Floor Lobby

Visits with Bella
Door to Door

1:30 pm
Bingo
1st Floor Dining Room

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

April 1
Joyce Cameron

April 3
Joan Carriere
Thelma Shaw
Donald Whiting

April 8
Cecilia McGill

April 13
Madeline Mangold

April 17
Phyllis Carmean
Fay Kricek

April 28
Florence Waldman

April 30
Bern Stainton-Jaffe

APRIL 8-14, 2018

Sunday 8

9:00 am
Coffee & Conversation
1st Floor Atrium

10:00 am
No Liturgy Today

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

Visits with Bella
Door to Door

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

1:30 pm
UNO Game
2nd Floor Activity Area

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

Board Games
2nd Floor Activity Area

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 9

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

9:00 am
Wii Bowling
2nd Floor Theater Room

10:00 am
Card Club
1st Floor Atrium

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

Shopping
Check In at Concierge Desk

Darts
3rd Floor Billiards Area

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

Tuesday 10

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

Dancing in Your Seats
3rd Floor Exercise Area

10:00 am
Visits with Bella
Door to Door

Live Entertainment
Paul Martinson
1st Floor Lobby

Nail Spa
Nurses' Area

1:00 pm
Walks with Bella
Backyard

Bingo
1st Floor Dining Room

Darts
3rd Floor Billiards Area

2:30 pm
Visiting Chef
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

Connect Hearing
2nd Floor Activity Area

6:00 pm
Evening Movie & Popcorn
1st Floor Atrium

7:00 pm
Billiards
3rd Floor Billiards Area

Wednesday 11

9:00 am
Personal Trips
Check In at Concierge Desk

9:30 am
Trivia
1st Floor Atrium

9:45 am
Singspiration
3rd Floor Exercise Area

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

Drama Club
1st Floor Dining Room

Visits with Bella
Door to Door

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

11:30 am
Cornhole
1st Floor Atrium

1:00 pm
Visits with Bella
1st Floor Atrium

2:00 pm
Live Entertainment
Stevie G. and Elvis
1st Floor Lobby

Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
2nd Floor Activity Area

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 12

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
Outside

1:30 pm
Hand & Foot
2nd Floor Activity 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
Live Entertainment
Shannon Rae
1st Floor Lobby

7:30 pm
Movie & Popcorn
1st Floor Atrium

Friday 13

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

Darts
3rd Floor Billiards Area

9:30 am
Scrabble
1st Floor Atrium

10:00 am
Visits with Bella
Door to Door

10:30 am
Dominoes
1st Floor Atrium

11:00 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Visits with Bella
1st Floor Atrium

UNO Game
1st Floor Atrium

Bus Ride
Check In at Concierge Desk

Stretch
3rd Floor Exercise Area

2:00 pm
Live Entertainment
One Voice
1st Floor Lobby

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour/Wine & Cheese
1st Floor Atrium

Live Entertainment
Judy Locke
1st Floor Lobby

3:15 pm
Dancing in your Seats
3rd Floor Exercise Area

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

Saturday 14

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 Atrium

News Talk
1st Floor Lobby

Visits with Bella
Door to Door

1:00 pm
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
1st Floor Atrium

Live Entertainment
Paul Martinson
1st Floor Lobby

6:00 pm
Movie & Popcorn
1st Floor Atrium

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

ACTIVITIES SCHEDULE

STAFF BIRTHDAYS

April 9
Debra Pope
Front Desk

April 14
Becky Floyd
Culinary

April 18
Stephanie Boudah
Housekeeping

April 24
Danielle Sanseverino
Culinary

April 26
Virginia Schutte
Front Desk

April 27
Eden Smith
Nursing

APRIL 15-21, 2018

Sunday 15 Monday 16

9:30 am
Coffee & Conversation
1st Floor Atrium

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

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

Visits with Bella
Door to Door

1:00 pm
Cards
1st Floor Atrium

2:00 pm
Board Games
1st Floor Atrium

Chicken Soup for the Soul
2nd Floor Library

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
Pictionary
2nd Floor Activity Area

10:00 am
Card Club
1st Floor Atrium

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 17 Wednesday 18

TAX DAY (OBSERVED)

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

Aquatic Aerobics
Outdoor Pool Area
(weather permitting)

10:00 am
Visits with Bella
Door to Door

Live Entertainment
Paul Martinson
1st Floor Lobby

Nail Spa
Nurses' Area

Prize Patrol
1st Floor Dining Room

11:00 am
Darts
3rd Floor Billiards Area

Circuit Training
3rd Floor Exercise Area

12:30 pm
Movie Theater
Check In at Concierge Desk

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Dining Room

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

Billiards
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
Drama Club
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

Indoor Games
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
2nd Floor Activity Area

3:00 pm
Happy Hour
1st Floor Atrium

Live Entertainment
Paul Martinson
1st Floor Lobby

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

ACTIVITIES SCHEDULE

Thursday 19 Friday 20 Saturday 21

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

Aquatic Aerobics
Outdoor Pool Area
(weather permitting)

10:00 am
Culinary Club
1st Floor Dining Room

Visits with Bella
Door to Door

12:30 pm
Bella Beach Day
Check In at Concierge Desk

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

3:00 pm
Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

Live Entertainment
Paul Martinson
1st Floor Lobby

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

10:00 am
Visits with Bella
Door to Door

Outdoor Games
Backyard

11:00 am
Wii Games - Baseball
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

Darts
3rd Floor Billiards Area

Stretch
3rd Floor Exercise Area

2:00 pm
Live Entertainment
Marsha & Mike
1st Floor Lobby

3:00 pm
Happy Hour
1st Floor Atrium

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
Shuffleboard
Backyard

9:00 am
Billiards
3rd Floor Billiards Area

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

10:00 am
News Talk
1st Floor Atrium

Indoor Sports
1st Floor Atrium

Visits with Bella
Door to Door

1:30 pm
Bingo
1st Floor Dining Room

Bowling
2nd Floor Activity Area

3:00 pm
Happy Hour
1st Floor Atrium

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

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

HOLIDAYS & SPECIAL EVENTS

April 1-20
Aries

April 21-31
Taurus

Year of the Dog

April 1
Easter

April 7
Last Day of Passover

April 17
Tax Day
(Observed)

APRIL 22-31, 2018

Sunday 22

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

Live Entertainment
Josh Mabe
1st Floor Lobby

Board Games
2nd Floor Activity Area

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

Girl Scout Tea Party
1st Floor Dining Room

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 23

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

9:00 am
Darts
3rd Floor Billiards Area

10:00 am
Card Club
1st Floor Atrium

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
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 24

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

Aquatic Aerobics
Outdoor Pool Area
(weather permitting)

10:00 am
Visits with Bella
Door to Door

Live Entertainment
Paul Martinson
1st Floor Lobby

Nail Spa
Nurses' Area

Wii Games – Tennis
2nd Floor Activity Area

10:30 am
Coffee & Cookies
1st Floor Atrium

Prize Patrol
1st Floor Dining Room

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Dining Room

2:00 pm
Live Entertainment
Jiller
1st Floor Lobby

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 25

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
Drama Club
2nd Floor Activity Area

Visits with Bella
Door to Door

10:45 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

2:00 pm
Board Games
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
2nd Floor Activity Area

3:00 pm
Happy Hour
1st Floor Atrium

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

Evening Movie & Popcorn
1st Floor Atrium

Thursday 26

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

Aquatic Aerobics
Outdoor Pool Area
(weather permitting)

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
2nd Floor Activity Area

3:00 pm
Live Entertainment
James Wise
1st Floor Lobby

Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

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

Friday 27

9:00 am
Outdoor Games
Backyard

10:00 am
Visits with Bella
Door to Door

Darts
3rd Floor Billiards Area

10:30 am
Dominoes
1st Floor Atrium

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

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

Saturday 28

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 Atrium

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

Bingo
1st Floor Dining Room

3:00 pm
Drama Club Presents
1st Floor Lobby

Happy Hour
1st Floor Atrium

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

Darts
3rd Floor Billiards Area

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

ACTIVITIES SCHEDULE

COUNTRYSIDE ACTIVITY SPOTLIGHT

POTATO BOWLING ON SAINT PATRICK'S DAY

Mickey won pretty white
sunglasses for Potato Bowling



Wanda also played very well!



APRIL 29-30, 2018

Sunday 29 Monday 30

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

UNO Game
1st Floor Dining Room

2:00 pm

Board Games
1st Floor Atrium

Chicken Soup for the Soul
1st Floor Lobby

3:00 pm

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

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

9:00 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

Then & Now
2nd Floor Activity Area

2:00 pm

**Live Entertainment
Ron & Diane**
1st Floor Lobby

**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.

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.

DANCING IN YOUR SEATS

Dancing in Your Seats 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 growing as a popular activity here! 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.