

# CountrySide Lakes®

A Shepherd Senior Living Community

## JUNE 2018



## ACTIVITIES CALENDAR

[CountrySideLakes.com](http://CountrySideLakes.com)

# ACTIVITIES

## ANIMAL THERAPY

Come pet, snuggle with, and enjoy a variety of animals, including our own community pup, Bella.



## AFTERNOON MOVIE

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

## BEER, BRATS, AND BOYS

Boys will be boys. Sometimes, we just need a beer, a brat, and a reason to talk "guy stuff." No rules here. Just good times.

## BIBLE STUDY

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.

*(Continued on Page 12)*

# WELLNESS ACTIVITIES

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

## AEROBICS

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

## CHAIR YOGA

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

## 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.

# JUNE 1-2, 2018

## Friday

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

**9:30 am**  
**Crossword**  
1st Floor Lobby

**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**  
**Ron & Diane Gospel Hour**  
1st Floor Lobby

**Bus Ride**  
Check In at Concierge Desk

**Visits with Bella**  
1st Floor Atrium

**Stretch**  
3rd Floor Exercise Area

**2:00 pm**  
**UNO Game**  
1st Floor Atrium

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

**Outdoor Activity with Bella**  
Backyard

**Darts**  
3rd Floor Billiards Area

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

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

## 1 Saturday 2

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

**10:00 am**  
**Card Club**  
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**  
**HYDRATE A HERO PARTY**  
Backyard

**Visits with Bella**  
1st Floor Atrium

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

**Outdoor Activity with Bella**  
Backyard

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

**Activities are shown in red.**

**Wellness classes are in blue.**

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

## Sunday 3

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

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

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

Visits with Bella  
Door-to-Door

**1:00 pm**  
Dominoes  
1st Floor Atrium

Walks with Bella  
Backyard

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

Visits with Bella  
1st Floor Atrium

**6:30 pm**  
Live Entertainment  
Gailforce  
1st Floor Lobby

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

## Monday 4

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

**Letter Writing**  
1st Floor Atrium

**9:30 am**  
Trivia  
1st Floor Lobby

**Book Club**  
2nd Floor Library

**10:00 am**  
Crossword  
1st Floor Lobby

Visits with Bella  
Door-to-Door

**11:00 am**  
Circuit Training  
3rd Floor Exercise Area

**1:00 pm**  
Live Entertainment  
Jiller  
1st Floor Lobby

Visits with Bella  
1st Floor Atrium

**2:00 pm**  
Bingo  
1st Floor Dining

Journey of a Lifetime  
Walking Club  
1st Floor Lobby

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

Happy Hour  
Outdoor Activity with Bella  
Backyard

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

## Tuesday 5

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

**Piano Paul**  
1st Floor Lobby

**Aerobics**  
3rd Floor Exercise Area

**9:30 am**  
H2O Cardio  
Pool

**10:00 am**  
Bible Study  
2nd Floor Activity Area

Visits with Bella  
Door-to-Door

**11:00 am**  
Darts  
3rd Floor Billiards Area

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

**1:30 pm**  
Hand and Foot  
2nd Floor Activity Area

**2:00 pm**  
Movies @ Pavilion \$6.00  
1st Floor Lobby

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

Visits with Bella  
1st Floor Atrium

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

## Wednesday 6

**8:30 am**  
Letter Writing  
1st Floor Atrium

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

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

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

**9:45 am**  
Crossword  
1st Floor Lobby

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

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

Wii Bowling  
2nd Floor Theater

**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**  
Music with James Wise  
1st Floor Lobby

Visits with Bella  
1st Floor Atrium

**2:00 pm**  
Bingo  
1st Floor Dining

Stretch  
3rd Floor Exercise Area

**2:30 pm**  
Spanish Class  
2nd Floor Activity Area

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

Outdoor Activity with Bella  
Backyard

Yoga  
3rd Floor Exercise Area

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

## Thursday 7

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

**Billiards**  
3rd Floor Billiards Area

**Aerobics**  
3rd Floor Exercise Area

**9:30 am**  
H2O Cardio  
Pool

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

Arts & Crafts  
1st Floor Atrium

News Talk  
1st Floor Lobby

Puzzles  
3rd Floor Billiards Area

**1:00 pm**  
Crossword  
1st Floor Lobby

**Book Club**  
2nd Floor Library

**1:30 pm**  
Hand and Foot  
2nd Floor Activity Area

**2:00 am**  
Bible Study  
3rd Floor Exercise Area

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

**Piano Paul**  
1st Floor Lobby

Walks with Bella  
Backyard

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

Darts  
3rd Floor Billiards Area

## Friday 8

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

**9:30 am**  
Trivia  
1st Floor Lobby

**10:00 am**  
Dominoes  
1st Floor Atrium

Visits with Bella  
Door-to-Door

**10:30 am**  
UNO Game  
1st Floor Atrium

**11:00 am**  
Letter Writing  
1st Floor Atrium

**Circuit Training**  
3rd Floor Exercise Area

**1:00 pm**  
Bus Ride  
Check In at Concierge Desk

Stretch  
3rd Floor Exercise Area

Visits with Bella  
1st Floor Atrium

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

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

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

Outdoor Activity with Bella  
Backyard

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

Darts  
3rd Floor Billiards Area

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

## Saturday 9

**9:00 am**  
Coffee & Conversation  
1st Floor Lobby

**Billiards**  
3rd Floor Billiards Area

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

**10:00 am**  
Card Club  
1st Floor Atrium

Visits with Bella  
1st Floor Atrium

**11:00 am**  
Dominoes  
1st Floor Atrium

**12:30 am**  
Puzzles  
3rd Floor Billiards Area

**1:00 pm**  
Crossword  
1st Floor Lobby

Visits with Bella  
1st Floor Atrium

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

**3:00 pm**  
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

# RESIDENT BIRTHDAYS

- June 1  
Paul Mizener
- June 4  
Patricia Edgar
- June 22  
Irene Spinney
- June 23  
Esther Medeiros
- June 27  
John Dean  
Virgina Rawlinson  
Dorothy Wagner
- June 28  
Jo Ann Ashley  
Dolores Ulrich

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

## Sunday 10 Monday 11 Tuesday 12 Wednesday 13 Thursday 14 Friday 15 Saturday 16

**9:00 am**  
Coffee & Conversation  
1st Floor Atrium  
**Darts**  
3rd Floor Billiards Area  
**10:00 am**  
NO GROUP LITURGY  
Visits with Bella  
Door-to-Door  
**10:00 am**  
Dominoes  
1st Floor Atrium  
**1:00 pm**  
Live Entertainment  
Josh Mabe  
1st Floor Lobby  
**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

**8:30 am**  
Shopping, Banking  
& Personal Trips  
Check In at Concierge Desk  
**Letter Writing**  
1st Floor Atrium  
**9:30 am**  
Cornhole  
Backyard  
**10:00 am**  
Trivia  
1st Floor Atrium  
Visits with Bella  
Door-to-Door  
**11:00 am**  
Circuit Training  
3rd Floor Exercise Area  
**1:00 pm**  
Shopping Kohls  
Check In at Concierge Desk  
Bingo  
1st Floor Dining  
Visits with Bella  
1st Floor Atrium  
**2:00 pm**  
Music with Mickey Iardi  
1st Floor Lobby  
Outdoor Activity with Bella  
Backyard  
Happy Hour  
1st Floor Atrium  
Journey of a Lifetime  
Walking Club  
1st Floor Lobby  
**3:00 pm**  
Yoga  
3rd Floor Exercise Area  
**6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

**9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk  
Piano Paul  
1st Floor Lobby  
**Aerobics**  
3rd Floor Exercise Area  
**9:30 am**  
H2O Cardio  
Pool  
**10:00 am**  
Bible Study  
2nd Floor Activity Area  
**10:15 am**  
Visits with Bella  
Door-to-Door  
**Darts**  
3rd Floor Billiards Area  
Dancing in Your Seats  
3rd Floor Exercise Area  
**1:00 pm**  
Live Entertainment  
Ron & Diane Sanders  
Gospel Hour  
1st Floor Lobby  
Walks with Bella  
Backyard  
**1:30 pm**  
Hand and Foot  
2nd Floor Activity Area  
**2:00 pm**  
Movies @ Pavilion  
Check In at Concierge Desk  
**3:00 pm**  
Connect Hearing  
2nd Floor Activity Area  
Happy Hour  
1st Floor Atrium  
Visits with Bella  
1st Floor Atrium  
**6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

**8:30 am**  
Letter Writing  
1st Floor Atrium  
**9:00 am**  
Personal Trips  
Check In at Concierge Desk  
Dancing in Your Seats  
3rd Floor Exercise Area  
**9:45 am**  
Singspiration  
1st Floor Lobby  
**10:00 am**  
Our Lady of Hope Mass  
& Anointing  
2nd Floor Activity Area  
Visits with Bella  
Door-to-Door  
Craft Time  
1st Floor Atrium  
**10:30 am**  
Puzzles  
3rd Floor Billiards Area  
**10:45 am**  
Functional Flex  
3rd Floor Exercise Area  
**11:15 am**  
Circuit Training  
3rd Floor Exercise Area  
**1:00 pm**  
Dino on the Piano  
1st Floor Lobby  
Visits with Bella  
1st Floor Atrium  
**2:00 pm**  
Stretch  
3rd Floor Exercise Area  
**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  
**7:00 pm**  
Billiards  
3rd Floor Billiards Area

**FLAG DAY**  
**9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk  
Billiards  
3rd Floor Billiards Area  
**Aerobics**  
3rd Floor Exercise Area  
**9:30 am**  
Crossword  
1st Floor Atrium  
H2O Cardio  
Pool  
**10:00 am**  
News Talk  
1st Floor Lobby  
**10:30 am**  
Indoor Sports  
1st Floor Atrium  
Visits with Bella  
Door-to-Door  
**1:00 pm**  
Bingo  
1st Floor Atrium  
**2:00 pm**  
Live Entertainment  
Jazz with Jonathan Brady  
1st Floor Lobby  
Bible Study  
3rd Floor Exercise Area  
**3:00 pm**  
Happy Hour  
1st Floor Atrium  
Piano Paul  
1st Floor Lobby  
**6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

**8:30 am**  
Shopping, Banking  
& Personal Trips  
Check In at Concierge Desk  
**9:30 am**  
Coffee & Conversation  
1st Floor Atrium  
**10:00 am**  
Visits with Bella  
Door-to-Door  
**11:00 am**  
Letter Writing  
1st Floor Atrium  
Circuit Training  
3rd Floor Exercise Area  
**1:00 pm**  
Stretch  
3rd Floor Exercise Area  
**1:30 pm**  
Arts & Crafts  
1st Floor Dining  
**2:00 pm**  
Music with Marsha & Mike  
1st Floor Lobby  
**3:00 pm**  
Outdoor Activity with Bella  
Backyard  
Happy Hour  
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**  
Billiards  
3rd Floor Billiards Area  
Wii Bowling  
2nd Floor Activity Area  
**9:30 am**  
Church of Epiphany  
2nd Floor Activity Area  
**Darts**  
3rd Floor Billiards Area  
**10:00 am**  
Card Club  
1st Floor Atrium  
Visits with Bella  
1st Floor Atrium  
**10:30 am**  
Coffee & Conversation  
1st Floor Atrium  
**1:00 pm**  
Crossword  
1st Floor Lobby  
Visits with Bella  
1st Floor Atrium  
**3:00 pm**  
Outdoor Activity with Bella  
Backyard  
Happy Hour  
1st Floor Atrium  
**6:30 pm**  
Live Entertainment  
Blue Velvet  
1st Floor Lobby  
**7:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## STAFF BIRTHDAYS

June 7  
Toni Ann Gobhardt  
Front Desk

June 9  
Tammy Sawtell  
Nursing

June 14  
Maria Morgan  
Nursing

June 24  
Cira Henrich  
Nursing

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

## Sunday 17

### FATHER'S DAY

- 9:00 am**  
Darts  
3rd Floor Billiards Area
- Coffee & Conversation**  
1st Floor Lobby
- 10:00 am**  
Our Lady of Hope Group  
Liturgy  
2nd Floor Activity Area
- 10:30 am**  
Countryside Church  
3rd Floor Exercise Area
- 1:00 pm**  
Live Entertainment  
Dan Finerman & Kary Adams  
1st Floor Lobby
- Walks with Bella**  
Backyard
- 3:00 pm**  
Happy Hour  
Drinks with Dad  
1st Floor Atrium
- Visits with Bella**  
1st Floor Atrium
- 7:00 pm**  
Evening Movie & Popcorn  
1st Floor Atrium
- Billiards**  
3rd Floor Billiards Area

## Monday 18

- 8:30 am**  
Shopping, Banking & Personal Trips  
Check In at Concierge Desk
- Letter Writing**  
1st Floor Atrium
- 9:00 am**  
Advanced Hearing & Balance Seminar  
1st Floor Lobby
- 10:00 am**  
Crossword  
1st Floor Lobby
- Visits with Bella**  
Door-to-Door
- 10:30 am**  
Cornhole  
Backyard
- 11:00 am**  
Circuit Training  
3rd Floor Exercise Area
- 1:00 pm**  
Music with Bobby Meeks  
1st Floor Lobby
- Visits with Bella**  
1st Floor Atrium
- 2:00 pm**  
Bingo  
1st Floor Dining
- Journey of a Lifetime Walking Club**  
1st Floor Lobby
- 3:00 pm**  
Happy Hour  
1st Floor Atrium
- Yoga**  
3rd Floor Exercise Area
- Outdoor Activity with Bella**
- 6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## Tuesday 19

- 9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk
- 9:00 am**  
Piano Paul  
1st Floor Lobby
- Aerobics**  
3rd Floor Exercise Area
- 9:30 am**  
H2O Cardio  
Pool
- 10:00 am**  
Bible Study  
2nd Floor Activity Area
- 10:15 am**  
Visits with Bella  
Door-to-Door
- 10:30 am**  
Culinary Club  
1st Floor Dining
- 1:00 pm**  
Walks with Bella  
Outside
- Hand and Foot**  
1st Floor Atrium
- 3:00 pm**  
Visits with Bella  
1st Floor Atrium
- Happy Hour**  
1st Floor Atrium
- 6:30 pm**  
Live Entertainment  
Lynne Moore  
1st Floor Lobby
- 7:30 pm**  
Movie & Popcorn  
1st Floor Atrium

## Wednesday 20

- 8:30 am**  
Letter Writing  
1st Floor Atrium
- 9:00 am**  
Personal Trips  
Check In at Concierge Desk
- Resident Council Meeting**  
1st Floor Atrium
- Darts**  
3rd Floor Billiards Area
- 10:00 am**  
Visits with Bella  
Door-to-Door
- 10:30 am**  
Dancing in Your Seats  
3rd Floor Exercise Area
- 10:45 am**  
Dominoes  
1st Floor Atrium
- Functional Flex**  
3rd Floor Exercise Area
- 11:00 am**  
BIRTHDAY LUNCH  
1st Floor Dining
- 11:15 am**  
Circuit Training  
3rd Floor Exercise Area
- 1:00 pm**  
Crossword  
1st Floor Lobby
- Visits with Bella**  
1st Floor Atrium
- 2:00 pm**  
Stretch  
3rd Floor Exercise Area
- 3:00 pm**  
Outdoor Activity with Bella  
Backyard
- Happy Hour**  
1st Floor Atrium
- Yoga**  
3rd Floor Exercise Area
- 6:30 pm**  
Music with George Gall
- 7:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## Thursday 21

- SUMMER SOLSTICE**
- 9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk
- Aerobics**  
3rd Floor Exercise Area
- 9:30 am**  
H2O Cardio  
Pool
- 10:00 am**  
Bible Study  
2nd Floor Activity Area
- Coffee & Conversation**  
1st Floor Lobby
- Cornhole**  
Backyard
- Visits with Bella**  
Door-to-Door
- 1:00 pm**  
Visits with Bella  
1st Floor Atrium
- Bingo**  
1st Floor Dining
- 1:30 pm**  
Hand and Foot  
2nd Floor Activity Area
- 2:00 pm**  
Bible Study  
3rd Floor Exercise Area
- 3:00 pm**  
Happy Hour  
1st Floor Lobby
- Piano Paul**  
1st Floor Lobby
- 6:30 pm**  
Movie & Popcorn  
1st Floor Atrium

## Friday 22

- 8:30 am**  
Shopping, Banking & Personal Trips  
Check In at Concierge Desk
- 9:30 am**  
Coffee & Conversation  
1st Floor Atrium
- Crossword**  
1st Floor Lobby
- 10:00 am**  
Visits with Bella  
Door-to-Door
- 11:00 am**  
Circuit Training  
3rd Floor Exercise Area
- Letter Writing**  
1st Floor Atrium
- 1:00 pm**  
Bus Ride  
Check In at Concierge Desk
- Stretch**  
3rd Floor Exercise Area
- 2:30 pm**  
Music with Judy Locke  
1st Floor Lobby
- 3:00 pm**  
Outdoor Activity with Bella  
Backyard
- Happy Hour**  
1st Floor Atrium
- 3:15 pm**  
Dancing in Your Seats  
3rd Floor Exercise Area
- 6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## Saturday 23

- 9:00 am**  
Billiards  
3rd Floor Billiards Area
- Wii Bowling**  
2nd Floor Activity Area
- 9:30 am**  
Darts  
3rd Floor Billiards Area
- 10:00 am**  
Card Club  
1st Floor Atrium
- Visits with Bella**  
1st Floor Atrium
- 10:30 am**  
Coffee & Conversation  
1st Floor Atrium
- 1:00 pm**  
Crossword  
1st Floor Lobby
- Visits with Bella**  
1st Floor Atrium
- 3:00 pm**  
Outdoor Activity with Bella  
Backyard
- Happy Hour**  
1st Floor Atrium
- 6:30 pm**  
Shannon Rae Trio  
Carpenters Tribute  
1st Floor Lobby
- 7:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## HOLIDAYS & SPECIAL EVENTS

June 1-21

Gemini

June 22-30

Cancer

Year of the Dog

June 14

Flag Day

June 17

Father's Day

June 21

Summer Solstice

# JUNE 24-30, 2018

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

## Sunday 24

**9:00 am**  
Darts  
3rd Floor Billiards Area  
Coffee & Conversation  
1st Floor Lobby  
**10:00 am**  
Our Lady of Hope Group  
Liturgy  
2nd Floor Activity Area  
**10:30 am**  
Countryside Church  
3rd Floor Exercise Area  
**1:00 pm**  
Trivia  
1st Floor Lobby  
Walks with Bella  
Backyard  
**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

## Monday 25

**8:30 am**  
Shopping, Banking & Personal Trips  
Check In at Concierge Desk  
Letter Writing  
1st Floor Atrium  
**9:30 am**  
Trivia  
1st Floor Lobby  
Book Club  
2nd Floor Library  
**10:00 am**  
Crossword  
1st Floor Lobby  
**10:00 am**  
Visits with Bella  
Door-to-Door  
**11:00 am**  
Circuit Training  
3rd Floor Exercise Area  
**1:00 pm**  
Bingo  
1st Floor Dining  
Visits with Bella  
1st Floor Atrium  
**2:00 pm**  
Bingo  
1st Floor Dining  
**2:00 pm**  
Journey of a Lifetime  
Walking Club  
1st Floor Lobby  
**3:00 pm**  
Yoga  
3rd Floor Exercise Area  
Happy Hour  
Outdoor Activity with Bella  
Backyard  
**6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## Tuesday 26

**9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk  
Piano Paul  
1st Floor Lobby  
Aerobics  
3rd Floor Exercise Area  
**9:30 am**  
H2O Cardio  
Pool  
**10:00 am**  
Bible Study  
2nd Floor Activity Area  
Visits with Bella  
Door-to-Door  
**11:00 am**  
Darts  
3rd Floor Billiards Area  
**1:00 pm**  
Walks with Bella  
Backyard  
**1:30 pm** Museum Trip  
Check In at Concierge Desk  
1st Floor Atrium  
**1:30 pm**  
Hand and Foot  
2nd Floor Activity Area  
**2:00 pm**  
Movies @ Pavilion \$6.00  
1st Floor Lobby  
**3:00 pm**  
Happy Hour  
1st Floor Atrium  
Visits with Bella  
1st Floor Atrium  
**6:30 pm**  
Music with James Wise  
1st Floor Lobby  
**7:30 pm**  
Movie & Popcorn

## Wednesday 27

**8:30 am**  
Letter Writing  
1st Floor Atrium  
**9:00 am**  
Personal Trips  
Check In at Concierge Desk  
Dancing in Your Seats  
3rd Floor Exercise Area  
**9:45 am**  
Singspiration  
1st Floor Lobby  
Visits with Bella  
Door-to-Door  
Craft Time  
1st Floor Atrium  
**10:30 am**  
Puzzles  
3rd Floor Billiards Area  
**10:45 am**  
Functional Flex  
3rd Floor Exercise Area  
**11:15 am**  
Circuit Training  
3rd Floor Exercise Area  
**1:00 pm**  
Jazz with Jonathan Brady  
1st Floor Lobby  
Visits with Bella  
1st Floor Atrium  
**2:00 pm**  
Stretch  
3rd Floor Exercise Area  
**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

## Thursday 28

**9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk  
Aerobics  
3rd Floor Exercise Area  
**9:30 am**  
H2O Cardio  
Pool  
**10:00 am**  
Bible Study  
2nd Floor Activity Area  
Coffee & Conversation  
1st Floor Lobby  
Cornhole  
Backyard  
Visits with Bella  
Door-to-Door  
**1:00 pm**  
Dino on the Piano  
1st Floor Lobby  
Visits with Bella  
1st Floor Atrium  
**1:30 pm**  
Hand and Foot  
2nd Floor Activity Area  
**2:00 pm**  
Bible Study  
2nd Floor Activity Area  
Bingo  
1st Floor Dining  
**3:00 pm**  
Happy Hour  
1st Floor Lobby  
**6:30 pm**  
Movie & Popcorn  
1st Floor Atrium

## Friday 29

**8:30 am**  
Shopping, Banking & Personal Trips  
Check In at Concierge Desk  
**9:30 am**  
Coffee & Conversation  
1st Floor Atrium  
Crossword  
1st Floor Lobby  
**10:00 am**  
Visits with Bella  
Door-to-Door  
**11:00 am**  
Circuit Training  
3rd Floor Exercise Area  
Letter Writing  
1st Floor Atrium  
**1:00 pm**  
Bus Ride  
Check In at Concierge Desk  
Stretch  
3rd Floor Exercise Area  
**2:00 pm**  
Crossword  
1st Floor Lobby  
**3:00 pm**  
Outdoor Activity with Bella  
Backyard  
Happy Hour  
1st Floor Atrium  
Piano Paul  
1st Floor Lobby  
**3:15 pm**  
Dancing in Your Seats  
3rd Floor Exercise Area  
**6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

## Saturday 30

**9:00 am**  
Billiards  
3rd Floor Billiards Area  
Wii Bowling  
2nd Floor Activity Area  
**9:30 am**  
Darts  
3rd Floor Billiards Area  
**10:00 am**  
Card Club  
1st Floor Atrium  
Visits with Bella  
1st Floor Atrium  
**10:30 am**  
Coffee & Conversation  
1st Floor Atrium  
**1:00 pm**  
Crossword  
1st Floor Lobby  
Visits with Bella  
1st Floor Atrium  
**3:00 pm**  
Outdoor Activity with Bella  
Backyard  
Happy Hour  
1st Floor Atrium  
**6:30 pm**  
Evening Movie & Popcorn  
1st Floor Atrium

# ACTIVITIES SCHEDULE

## Interesting Facts about the Summer Solstice

June 21, 2018, is the longest day of the year in most time zones in the Northern Hemisphere. Here are a few facts you might not know about the June solstice.

### Summer & Winter Solstice

In the Northern Hemisphere, where it is the longest day of the year in terms of daylight, the June solstice is also called the summer solstice. In the Southern Hemisphere, on the other hand, it is the shortest day of the year and is known as the winter solstice.

### When the Sun Seems to Stand Still

Solstice comes from the Latin words sol, meaning Sun and sistere, meaning to come to a stop or stand still. On the day of the June solstice, the Sun reaches its northernmost position, as seen from the Earth. At that moment, its zenith does not move north or south as during most other days of the year, but it stands still at the Tropic of Cancer. It then reverses its direction and starts moving south again.

### The Earth is Farthest from the Sun

One might think that since it is summer in the Northern Hemisphere, the Earth is closest to the Sun during the June solstice. But it's the opposite.

### The Arctic Circle has 24 Hours of Daylight

The June solstice is the only day of the year when all locations inside the Arctic Circle experience a continuous period of daylight for 24 hours. On the Antarctic Circle, there are 24 hours of nighttime on the June solstice.

# 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.

## 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.