

CountrySide Lakes®

A Shepherd Senior Living Community

AUGUST 2018



ACTIVITIES CALENDAR

CountrySideLakes.com

ACTIVITIES

ANIMAL THERAPY

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



AFTERNOON MOVIE

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

BEER, BRATS, AND BOYS

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

BIBLE STUDY

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.

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AUGUST 1-4, 2018

Wednesday 1

- 8:30 am** Letter Writing
1st Floor Atrium
- 9:00 am** Personal, Shopping, & Banking Trips
Check In at Concierge Desk
- 9:30 am** Arts & Crafts
1st Floor Atrium
- 9:30 am** Visits with Bella
Door-to-Door
- 10:30 am** Puzzles
3rd Floor Billiards Area
- 10:45 am** Dancing in Your Seats
1st Floor Lobby
- 11:00 am** Bella's Biggest Loser
1st Floor Atrium
- 11:15 am** Circuit Training
3rd Floor Exercise Area
- 1:00 pm** Music with Pat D
1st Floor Lobby
- 1:00 pm** Visits with Bella
1st Floor Atrium
- 2:00 pm** Stretch
3rd Floor Exercise Area
- 2:30 pm** Outdoor Activity with Bella
Backyard
- 3:00 pm** Happy Hour
1st Floor Atrium
- 3:00 pm** Yoga
3rd Floor Exercise Area
- 6:30 pm** Movie and Popcorn
2nd Floor Activity Area

Thursday 2

- 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
- 9:30 am** Crossword
1st Floor Atrium
- 10:00 am** Visits with Bella
Door-to-Door
- 1:00 pm** Music with Dwayne
1st Floor Lobby
- 1:00 pm** Visits with Bella
1st Floor Lobby
- 1:30 pm** Bingo
1st Floor Dining Room
- 3:00 pm** Happy Hour
1st Floor Atrium
- 6:30 pm** Shannon Rae
1st Floor Lobby
- 7:30 pm** Evening Movie & Popcorn
2nd Floor Activity Area

Friday 3

- 8:30 am** Shopping, Bank, & Pharmacy Trips
Check In at Concierge Desk
- 9:30 am** Travel Troupe
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
- 12:30 pm** UNO
1st Floor Atrium
- 1:00 pm** Bus Ride
Check In at Concierge Desk
- 1:00 pm** Visits with Bella
1st Floor Atrium
- Stretch**
3rd Floor Exercise Area
- 1:30 pm** Music with Marsha & Mike
1st Floor Lobby
- 1:40 pm** Dancing in Your Seats
3rd Floor Exercise Area
- 3:00 pm** Happy Hour
Wine & Appetizers
1st Floor Atrium
- Outdoor Activity with Bella**
Backyard
- Darts**
3rd Floor Billiards Area
- 6:30 pm** Evening Movie & Popcorn
2nd Floor Activity Area

Saturday 4

- 9:00 am** Coffee & Conversation
1st Floor Atrium
- 9:30 am** Billiards
3rd Floor Billiards Area
- Church of Epiphany**
2nd Floor Activity Area
- 10:00 am** Visits with Bella
Door-to-Door
- 10:30 am** Puzzles
3rd Floor Billiards Area
- 1:00 pm** Visits with Bella
1st Floor Atrium
- 2:00 pm** Champions Dance
Academy Show
1st Floor Lobby
- 3:00 pm** Happy Hour
1st Floor Atrium
- Outdoor Activity with Bella**
Backyard
- 6:30 pm** Music with Lowella
1st Floor Lobby
- 7:30 pm** Evening Movie & Popcorn
2nd Floor Activity Area

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

Sunday 5 Monday 6 Tuesday 7 Wednesday 8 Thursday 9 Friday 10 Saturday 11

9:00 am
Coffee & Conversation
1st Floor Lobby

10:00 am
Our Lady of Hope
NO GROUP LITURGY
Cards
1st Floor Atrium

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

Visits with Bella
Door-to-Door

1:00 pm
Walks with Bella
Backyard

1:30 pm
Bingo
1st Floor Dining Room

3:00 pm
Sweet Melissa Music
1st Floor Lobby

Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

8:30 am
Shopping, Bank, &
Pharmacy Trips
Check In at Concierge Desk

Letter Writing
1st Floor Atrium

9:30 am
Trivia
1st Floor Atrium

Book Club
2nd Floor Library

10:00 am
Crossword
1st Floor Atrium

Visits with Bella
Door-to-Door

11:00 am
Circuit Training
3rd Floor Exercise Area

12:00 pm
Sign up for Chef's Table
Check In at Concierge Desk

1:00 pm
Happy Birthday, Stephanie
1st Floor Lobby

Live Entertainment
James Wise
1st Floor Lobby

Walmart
Check In at Concierge Desk

Visits with Bella
1st Floor Atrium

Functional Flex
3rd Floor Exercise Area

3:00 pm
Yoga
3rd Floor Exercise Area

Happy Hour
1st Floor Atrium

Outdoor Activity with Bella
Backyard

6:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

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
Dice Game
Left Right Center
1st Floor Atrium

Visits with Bella
Door-to-Door

11:00 am
Darts
3rd Floor Billiards Area

1:00 pm
Music with Sam Collins
1st Floor Lobby

Walks with Bella
Backyard

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

2:00 pm
Movies @ Pavilion \$6.50
Check In at Concierge Desk

3:00 pm
Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

6:30 pm
Movie & Popcorn
2nd Floor Activity Area

8:30 am
Letter Writing
1st Floor Atrium

9:00 am
Shopping, Bank, &
Pharmacy Trips
Check In at Concierge Desk

9:30 am
UNO
1st Floor Atrium

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

Dominoes
1st Floor Atrium

Visits with Bella
Door-to-Door

10:30 am
Puzzles
3rd Floor Billiards Area

10:45 am
Dancing in Your Seats
1st Floor Lobby

Lunch Bunch
Check In at Concierge Desk

11:15 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Crossword
1st Floor Atrium

Visits with Bella
1st Floor Atrium

2:00 pm
Stretch
3rd Floor Exercise Area

2:30 pm
Spanish Class
1st Floor Dining Room

3:00 pm
Yoga
3rd Floor Exercise Area

Volusia Medical
Wheelchair/Walker Repair
1st Floor Atrium

Happy Hour
1st Floor Atrium

Outdoor Activity with Bella
Backyard

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

Music with Bill Sbrogna
1st Floor Lobby

9:00 am
Personal Trips
Check In at Concierge Desk

Aerobics
3rd Floor Exercise Area

Billiards
3rd Floor Billiards Area

9:30 am
H2O Cardio
Pool

Arts & Crafts
Growing Crystals
1st Floor Atrium

Visits with Bella
Door-to-Door

Puzzles
3rd Floor Billiards Area

1:00 pm
Book Club
2nd Floor Library

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

Bingo
1st Floor Dining Room

Bible Study
3rd Floor Exercise Area

2:00 pm
Jazz with Jonathan
1st Floor Lobby

3:00 pm
Happy Hour
1st Floor Atrium

Walks with Bella
Backyard

6:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

Darts
3rd Floor Billiards Area

8:30 am
Shopping, Bank,
& Pharmacy Trips
Check In at Concierge Desk

9:30 am
Jeopardy
1st Floor Atrium

Travel Troupe
1st Floor Atrium

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

Visits with Bella
1st Floor Atrium

Stories with Stephanie
1st Floor Atrium

1:40 pm
Dancing in Your Seats
3rd Floor Exercise Area

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

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

Outdoor Activity with Bella
Backyard

Darts
3rd Floor Billiards Area

6:30 pm
Al Canali Music
1st Floor Lobby

Evening Movie & Popcorn
2nd Floor Activity Area

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
Cards
1st Floor Atrium

Visits with Bella
1st Floor Atrium

12:30 pm
Puzzles
3rd Floor Billiards Area

1:00 pm
Live Music
Donnie Bostic
1st Floor Lobby

Darts
3rd Floor Billiards Area

Visits with Bella
1st Floor Atrium

2:00 pm
Bingo
1st Floor Dining Room

3:00 pm
Happy Hour
1st Floor Atrium

Outdoor Activity with Bella
Backyard

6:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

RESIDENT BIRTHDAYS

August 2
Joseph Schorting

August 6
Raymond Stewart

August 8
Arthur Girard

August 22
Helen Whetstone

August 24
Myrtis Kelo

August 25
Stefan Brzuszkiewicz
Thomas Porter

August 27
Elizabeth Kite

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

Sunday 12

9:00 am
Coffee & Conversation
1st Floor Atrium

Darts
3rd Floor Billiards Area

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

Visits with Bella
Door-to-Door

Dominoes
1st Floor Atrium

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

1:00 pm
Live Entertainment
Rational Cats

3:00 pm
Dan and Kary Sing
1st Floor Lobby

Happy Hour
1st Floor Atrium

Visits with Bella
1st Floor Atrium

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

Darts
3rd Floor Billiards Area

Monday 13

8:30 am
Letter Writing
1st Floor Atrium

Shopping, Bank, & Pharmacy Trips
Check In at Concierge Desk

9:30 am
Arts & Crafts
1st Floor Atrium

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

11:00 am
Circuit Training
3rd Floor Exercise Area

12:00 pm
Sign up for Chef's Table
Check In at Concierge Desk

1:00 pm
Music with Dino
1st Floor Lobby

Shopping Kohls
Check In at Concierge Desk

1:30 pm
Bingo
1st Floor Dining Room

Visits with Bella
1st Floor Atrium

2:00 pm
Functional Flex
3rd Floor Exercise Area

Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

Yoga
3rd Floor Exercise Area

6:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

Tuesday 14

CELEBRATE AUGUST BIRTHDAYS

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
Visits with Bella
Door-to-Door

Darts
3rd Floor Billiards Area

1:00 pm
Live Entertainment
Mickey Iardi
1st Floor Lobby

Walks with Bella
Backyard

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

2:00 pm
Movies @ Pavilion \$6.50
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

Wednesday 15

8:30 am
Letter Writing
1st Floor Atrium

9:00 am
Resident Council Meeting
1st Floor Atrium

Personal Shopping & Banking Trips
Check In at Concierge Desk

10:00 am
Nerf Gun
Target Practice
1st Floor Atrium

Visits with Bella
Door-to-Door

10:30 am
Puzzles
3rd Floor Billiards Area

10:45 am
Dancing in Your Seats
1st Floor Lobby

11:15 am
Circuit Training
3rd Floor Exercise Area

1:00 pm
Crossword
1st Floor Atrium

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
George Gall
1st Floor Lobby

7:30 pm
Movie & Popcorn
2nd Floor Activity Area

Thursday 16

9:00 am
Personal 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
1st Baptist Church of Palm
Coast Choir
1st Floor Lobby

Visits with Bella
Door-to-Door

1:00 pm
Music with Michael T
1st Floor Lobby

1:30 pm
Bingo
1st Floor Atrium

3:00 pm
Happy Hour
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
1st Floor Activity Area

Friday 17

8:30 am
Shopping, Bank, & Pharmacy Trips
Check In at Concierge Desk

9:30 am
Coffee & Conversation
1st Floor Atrium

Travel Troupe
1st Floor Atrium

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
Stretch
3rd Floor Exercise Area

Music with Marsha & Mike
1st Floor Lobby

1:40 pm
Dancing in Your Seats
3rd Floor Exercise Area

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

Wine & Appetizers
1st Floor Atrium

6:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

Saturday 18

9:00 am
Billiards
3rd Floor Billiards Area

9:30 am
Card Club
1st Floor Atrium

10:00 am
Visits with Bella
1st Floor Atrium

10:30 am
Coffee & Conversation
1st Floor Atrium

1:00 pm
Book Club
2nd Floor Library

Visits with Bella
1st Floor Atrium

1:30 pm
Bingo
1st Floor Dining Room

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
1st Floor Atrium

6:30 pm
Live Music with Lowella
1st Floor Lobby

7:30 pm
Evening Movie & Popcorn
2nd Floor Activity Area

STAFF BIRTHDAYS

August 5
Jordan Gawel
Culinary

August 6
Lilia Burns
Culinary

Stephanie Lynch
Life Engagement

August 8
Anthony Caneva
Culinary

August 11
Theresa Yearby
Nursing

August 16
Adrienne Pincheon
Nursing

August 21
Sabrina Milne
Culinary

August 25
Yong Boyd
Nursing

August 30
Melissa Lungahi
Nursing

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

Sunday 19

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
Bill Sbrogna
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

Monday 20

8:30 am
Letter Writing
1st Floor Atrium

Shopping, Bank, & Pharmacy Trips
Check In at Concierge Desk

9:30 am
Crossword
1st Floor Lobby

Visits with Bella
Door-to-Door

10:30 am
Cornhole / Horseshoes
1st Floor Atrium

11:00 am
Circuit Training
3rd Floor Exercise Area

12:00 pm
Sign up for Chef's Table
Check In at Concierge Desk

1:00 pm
Music with Bobby Meeks
1st Floor Lobby

Visits with Bella
1st Floor Atrium

1:30 pm
Bingo
1st Floor Dining Room

2:00 pm
Functional Flexibility
3rd Floor Exercise Area

3:00 pm
Happy Hour
1st Floor Atrium

Yoga
3rd Floor Exercise Area

Outdoor Activity with Bella
Backyard

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

Tuesday 21

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
Culinary Club
1st Floor Atrium

Visits with Bella
Door-to-Door

1:00 pm
Music with Sam Collins
1st Floor Lobby

Walks with Bella
Outside

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

3:00 pm
Visits with Bella
1st Floor Atrium

Happy Hour
1st Floor Atrium

6:30 pm
Movie & Popcorn
2nd Floor Activity Area

Wednesday 22

8:30 am
Letter Writing
1st Floor Atrium

9:00 am
Personal, Shopping, & Banking Trips
Check In at Concierge Desk

Darts
3rd Floor Billiards Area

9:45 am
UNO
1st Floor Atrium

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

10:30 am
Dominoes
1st Floor Atrium

10:45 am
Dancing in Your Seats
1st Floor Lobby

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
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
Chef's Table
1st Floor Dining Room

Evening Movie & Popcorn
1st Floor Atrium

Thursday 23

9:00 am
Personal Trips
Check In at Concierge Desk

Aerobics
3rd Floor Exercise Area

9:30 am
H2O Cardio
Pool

Arts & Crafts
1st Floor Atrium

10:00 am
Bible Study
2nd Floor Activity Area

Coffee & Conversation
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

3:00 pm
Happy Hour
1st Floor Lobby

Sweet Melissa Music
1st Floor Lobby

7:30 pm
Movie & Popcorn
1st Floor Atrium

Friday 24

8:30 am
Shopping, Bank, & Pharmacy Trips
Check In at Concierge Desk

9:30 am
Coffee & Conversation
1st Floor Lobby

Travel Troupe
1st Floor Atrium

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

1:40 pm
Dancing in Your Seats
3rd Floor Exercise Area

2:30 pm
Music with Judy Locke
1st Floor Lobby

3:00 pm
Outdoor Activity with Bella
Backyard

Happy Hour
Wine and Appetizers
1st Floor Atrium

6:30 pm
Al Canali Band
1st Floor Lobby

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

Saturday 25

9:00 am
Billiards
3rd Floor Billiards Area

9:30 am
Coffee and Conversation
1st Floor Lobby

10:00 am
Card Club
1st Floor Atrium

Visits with Bella
1st Floor Atrium

1:00 pm
Rational Cats
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
Music with Jiller
1st Floor Lobby

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

HOLIDAYS & SPECIAL EVENTS

August 1-22

Leo

August 23-31

Virgo

Year of the Red Fire Rooster

August 5

National Sister Day

August 13

International Left-Handers' Day

August 26

National Dog Day

AUGUST 26-30, 2018

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

Sunday 26 Monday 27

- 9:00 am**
Darts
3rd Floor Billiards Area
- Coffee & Conversation**
1st Floor Lobby
- 10:00 am**
Brunch
1st Floor Dining Room
- Our Lady of Hope Group Liturgy**
2nd Floor Activity Area
- 10:30 am**
Countryside Church
3rd Floor Exercise Area
- 1:00 pm**
Music with Josh Mabe
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
- 8:30 am**
Letter Writing
1st Floor Atrium
- Shopping, Bank, & Pharmacy Trips**
Check In at Concierge Desk
- 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
- 12:00 pm**
Sign up for Chef's Table
Check In at Concierge Desk
- 1:00 pm**
Music with Dino
1st Floor Lobby
- 1:30 pm**
Bingo
1st Floor Dining Room
- Visits with Bella**
1st Floor Atrium
- 2:00 pm**
Functional Flex
3rd Floor Exercise Area
- 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

Tuesday 28 Wednesday 29

- 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**
Visits with Bella
Door-to-Door
- 11:00 am**
Darts
3rd Floor Billiards Area
- 1:00 pm**
Music with Mickey
1st Floor Lobby
- 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
2nd Floor Activity Area
- 8:30 am**
Letter Writing
1st Floor Atrium
- 9:00 am**
Personal Shopping & Banking Trips
Check In at Concierge Desk
- 9:30 am**
Arts & Crafts
1st Floor Atrium
- Visits with Bella**
Door-to-Door
- 10:30 am**
Puzzles
3rd Floor Billiards Area
- 10:45 am**
Dancing in Your Seats
1st Floor Lobby
- 11:15 am**
Circuit Training
3rd Floor Exercise Area
- 1:00 pm**
Music with Tennyson
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

ACTIVITIES SCHEDULE

Thursday 30 Friday 31

- 9:00 am**
Personal 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
- Visits with Bella**
Door-to-Door
- 1:00 pm**
Chuck Gillespie Show
1st Floor Lobby
- Visits with Bella**
1st Floor Atrium
- 2:00 pm**
Bingo
1st Floor Dining Room
- 3:00 pm**
Happy Hour
1st Floor Lobby
- 6:30 pm**
Movie & Popcorn
1st Floor Atrium
- 8:30 am**
Shopping, Bank, Pharmacy
Check In at Concierge Desk
- 9:30 am**
Coffee & Conversation
1st Floor Lobby
- Crossword**
1st Floor Atrium
- Travel Troupe**
1st Floor Atrium
- 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
- 1:40 pm**
Dancing in Your Seats
3rd Floor Exercise Area
- 2:00 pm**
Vintage Now
1st Floor Lobby
- 3:00 pm**
Outdoor Activity with Bella
Backyard
- Happy Hour**
1st Floor Atrium
- Wine and Appetizers**
1st Floor Atrium
- 6:30 pm**
Evening Movie & Popcorn
1st Floor Atrium

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.

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.

TRAVEL TROUPE

Join us on Fridays, Travel around the globe to exotic lands and beautiful cities, taste the local cuisine, see the different cultures, fashion, and trade of a new and exciting place and never need a suitcase or passport!

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.