

# Enjoy Our ViBe!

We strive to put the "life" in lifestyle for our residents through a full array of social events, fitness, spiritual enrichment programs, recreational activities and lifelong learning. We plan our programming with your input and interests in mind. Our daily opportunities are created for your whole well-being from physical, cognitive, social, spiritual and intergenerational benefits to purposeful service, educational or art classes and engagement with pets and nature—for all levels of care.

Our signature programs create a dynamic—a (Be!—for you to enjoy throughout your day and week. To easily find what interests you, we have organized our Dynamic Living series within categories and seasonal activities. In this catalog, we have included overall descriptions of the spring programming. Then we created a separate week-at-a-glance schedule of your campus' happenings for the full summer season with the time and location of each activity indicated.

The Dynamic Living team is buzzing with excitement as we unveil a sizzling season filled with daily opportunities for unlimited fun and adventure.

Get ready to connect with friends, embrace the great outdoors and dive into a whirlwind of outdoor recreation and social events. Embark on an exciting journey with us as we hop on the bus and explore local farm markets and community fairs, immersing ourselves in the vibrant tapestry of our community.

For all the green thumbs out there, our garden projects await your touch, while our welcoming walking paths offer the perfect escape into nature's embrace. Let the summer holidays come alive with unforgettable celebrations and themed experiences.

Your ViBe! catalog will be your tour guide as you explore a variety of activities to celebrate the season while supporting wellness in all domains.

And be sure to take our Summer Word Search Challege on the back of this catalog, using words from our programming descriptions.





Like last season, start planning your days with our Dynamic Living *(iBe!* catalog based on these program categories:



## Vitality through Variety

Start your morning with conversation and community and plan to keep your day and minds busy.



Expand your knowledge, interests and skills through interactive lifelong learning and creative classes.

Body Benefits Participate in our individual or group wellness programs led by our fitness and clinical teams to get you moving, increase your energy and help maintain a healthy lifestyle.

Engagement & Entertainment Fill your social calendar, spirit and sense of purpose with events, entertainment and excursions.

Now, enjoy yourself.









Vitality through Variety

Wellness Wake Up

Start the day with neighbors and news by staying informed with the local happenings, review of daily activities and updates regarding community events. Ease into the day with gentle movement to increase circulation and be on your way with a positive message for the day.





Plan for hot fun in the summertime with your Dynamic Living team and learn about upcoming events and adventures happening on your campus.



August 3<sup>rd</sup> is Watermelon Day! Wake up to the nutritional and hydration benefits of watermelon.



Brain Booster

Charge up your brain power with our rotation of word games, puzzles, trivia and activities to stimulate thinking. Brain Booster activities are varied to introduce new challenges for the brain to maximize cognitive benefits. These activities often are coordinated with physical activity to increase blood flow and oxygen in preparation for the brain challenges.

Quick Think Challenges with themes from the beach and sea. Independence Day Trivia: Test your history knowledge.



Gather with friends for all of your favorite dice, card and board games. Participants are invited to select their game of choice. Multiple game options are available among the tables in our game room. Games of choice are determined by resident popular consensus. We are excited to feature technology in our "Game On" offerings. Explore new games with the Wii<sup>®</sup>, iPad and Rendever VR<sup>®</sup> Virtual Reality Headsets.

Enjoy a blast from the past with games from the Game Show era featuring favorites from AARP. Our Dynamic Living team will cast games to the big screen that include Jeopardy, Wheel of Fortune, Pyramid and The Price is Right, just to name a few oldies but goodies.







Our Culinary Crew participants enjoy cooking and baking, but also dining out and creating their very own local restaurant reviews. They travel through cuisine and experience other cultures by exploring ethnic foods. Residents will support good health by learning about the nutritional value of many seasonal fruits, vegetables and herbs. Join us as we gather to savor the aroma of fresh baked goods and share our favorite recipes. This group will tickle their taste buds while enjoying the good company of fellow "foodies."

- All about Herbs: Wake up your senses! Whether used to infuse, garnish or as an aromatic, summer herbs add a burst of flavor and aroma to the day.
  - If you are yearning for some churning, join us for making (and enjoying) ice cream and frozen treats.
  - Campground Cuisine: Help to prepare picnic favorites like s'mores, watermelon and strawberry short cakes to share with friends.
    - Taste the sunshine with citrus summer-themed refreshments.
      - Bring back those beach memories with boardwalk specialties like fries, pizza and snow cones.



Topics may be enhanced through our Virtual Reality experience. Spark your brain with these informative presentation topics:

- Exploring the summer night sky
- The first lighthouse
- Heroes of Independence
- Taking care of our oceans and coral reefs
- History of aviation
- Bee sweet! All about bees and honey
- National parks
- Travel through Virtual Reality
- Vintage postcards
- History of Tour de France
- September is Classical Music month:









Intellectual Pursuit



VITALITY THROUGH VARIETY

INSPIRATION & INFORMATION

**BODY BENEFITS** 

Learn about famous composers facts and trivia.





# Visual Arts & Creative Expression

Express yourself through art, music and language. Rekindle an old hobby or discover a new talent!

### Our summer line-up includes:

- Warm up your vocal cords for Barbershop Music Appreciation Day: July 13
  - Lighthouse paintings, drawings and coastal crafts
    - DIY meditation garden
    - Colorful birdhouses and garden ornaments
  - Cornucopia masterpieces: Explore artist interpretations of fruit and vegetable paintings.
  - Capture a "Kodak" moment: Learn about the history of George Eastman and "Kodak" film while exploring photography as an art form.
    - New art trend: Pour Painting



winter-themed artwork. It could be featured on our 2023 company holiday card! Entries are due August 25, 2023.

> Ask your Dynamic Living director how to enter your artwork!







ork in our resident Holiday Card Art Contest. Your work be featured on our 2023 holiday card!

DEADLINE: August 25, 202

- One winner will receive:
- Premium dinner party with wine service for up to 12 guests
  \$350 donation made in winner's name to the charity of his/her choice · Professional framing of winning artwork

COUNTRY MEADOWS

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SPIRATION

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Body Benefits © Active Recreation

Get moving this summer for good health all year long. Along with our targeted fitness programs, we offer a variety of recreational activities to enjoy this season:

 Celebrate the Tour de France: Join the challenge and pedal your way to fitness on our bikes and recumbent trainers. Special social events will help us mark our success points along the way.

• Calling all planters and pickers! Stay active by helping us plant and maintain our gardens or join us for a picking excursion to a local farm.

• Let the good times roll and join one of our bocce teams. Challenge eye hand coordination with a game of horse shoes or target toss.

- Celebrate the Open by participating in a putting challenge.
- Grandparents Day, 9/10: Get moving with intergenerational activities.





# Signature Group Fitness Programs

Our fitness programs are offered weekly. Individual exercise programs are available for one-on-one, personalized instruction and encouragement. Group exercise classes promote social interaction while providing structured exercise formats.

## *New!* Think, Move and Improve

This special class format features strategies to benefit individuals with Parkinson's disease and other neurological disorders or symptoms by incorporating cognitive challenges with physical tasks and placing emphasis on large movement, vocal projection and facial expression.

## **Fitness Foundations**

Maintain muscle mass, bone density and functional strength through resistance exercises targeting major muscle groups.

## **Energy and Endurance**

Boosts stamina and energizes the body and brain through aerobic exercise.

## BAM! Balance, Agility, Mobility

Exercises to target balance and agility to keep you on the go and help reduce the risk of falls.

## Mind/Body Connection

Nurture the spirit, calm the mind and restore the body with Tai Chi, Yoga and Restorative Stretching.

### SilverSneakers®

We are proud to offer this nationally recognized exercise and wellness program as an official host site for our residents and individual 65<sup>+</sup> years old in the outside community at no additional cost to help them get active, get fit and connect with others. Plus, our team is certified in the SilverSneakers "Fall Prevention" program to offer balance strategies and tips.









## Ways to Wellness

Supporting good health and well-being through special programs to promote nutrition, physical activity and cognitive engagement. Presentations are provided by our clinical teams, community partners and our fitness team. This summer's Ways to Wellness topics include:

- Wellness benefits of gardening: Explore how gardening can support wellness in all domains.
- World Listening Day, 7/18: Experience the soothing sounds of nature on a journey with the National Park Service Natural Sounds gallery.
  - Hydration and Sun Safety for enjoying the outdoors
  - Balance Awareness Week, 9/19-25: Enjoy fun balance activities and assessments with the fitness team.
    - Salt Water Hand Soak to ease stiffness and nurture hands.

ENGAGEMENT & ENTERTAINMENT

VITALITY THROUGH VARIETY

INSPIRATION & INFORMATION

**BODY BENEFITS** 



# Social Connections

Join your friends and neighbors for lively conversation, refreshments, entertainment and your favorite Happy Hour activities. Celebrate monthly birthdays, greet new neighbors through our Ambassador program and help make them feel at home.

- Celebrate the USA by joining us for Independence Day festivities.
- It's time for some fun and mischief so wear your pink and join in on a Flamingle! Tropical refreshments, games and plenty of laughs as we surprise our friends and neighbors. You never know where a flamingo might pop up!
- From hot dogs and horseshoes to barbecue and bocce, summer days offer opportunity for active fun and seasonal refreshments with friends.
- Root Beer Float Day, August 6: Come cool off and enjoy a float.
- Made in America: Learn the history of Labor Day and traditional foods and games.
- Cheers to our Centenarians, 9/22: Help us celebrate 100 years and beyond.



# Scenic Rides & Excursions

Weekly shuttles are available to transport residents to local stores, banks and pharmacies. Plus, enjoy scenic rides to local points of interest including destinations like parks, walking paths, scenic overlooks and historic sites. Summer adventures include guided bird walks, local garden tours and farm stand visits. Residents will find the shuttle schedule and sign-up book at the reception desk and in the activity rooms.

- Buckle up for summer road trip adventures as we take advantage of the season to visit local points of interest and picnic spots.
- Wild about Wildlife trips will take us out to settings where we connect with friends of fur and feathers.
- Cheer for your local team at baseball outings or cool off with a cone on a venture to a soft serve stand.
- Carnivals, art festivals and outdoor concerts are included in summer excursions as they occur in the local community.







VITALITY THROUGH VARIETY

INSPIRATION & INFORMATION

**BODY BENEFITS** 



# Our Community

Bridging the gap in our local communities and giving time to others through our volunteer opportunities contributes to cognitive health, promotes physical activity and living with purpose. This summer will recognize:

- Help your community cool off and pucker up in July by helping out at a campus lemonade stand.
- Protect the environment by engaging in a "Plastic-Free" July.
- Make goodies for the local shelters—always a favorite project during the Dog Days of summer.
  - Reduce and recycle to raise awareness for "Zero Waste" the first week in September.
  - Lend a hand with a variety of initiatives to celebrate "Good Neighbor Day," 9/28.
- Turn Bingo prizes into school supplies to stuff a back pack for children.





Cultivating relationships, expressing gratitude, celebrating life stories, finding serenity and connecting with mindfulness. Spiritual programs enrich our well-being through daily opportunities.

- In July, we will take action to "cheer up the lonely" and connect with new friends in our community.
- Write a Letter Day, 9/1: Bring your address book, and we will provide an assortment of cards and stationery to help you send greetings to your friends and family.
  - Sacred Gardens: We discuss how nature nurtures us and share how we spiritually connect with nature.









VITALITY THROUGH VARIETY

INSPIRATION & INFORMATION

**BODY BENEFITS** 





# Vibrant Living in our Memory Care Program

We recognize the importance of purposeful, meaningful engagement for residents living with Alzheimer's disease and other forms of dementia.

Many of our special programs have been adjusted to be mistake-free allowing residents to feel fulfilled and successful while participating.

We ensure activities are adult-like to preserve the dignity and reflect the esteem of residents' accomplishments and experiences in our Connections Memory Support Services Club\* and Neighborhood.

Our Signature programs are designed to emphasize a resident's abilities and include:

- Individualized music experiences
- Gardening and visits to local farms, greenhouses and orchards
- Art using elements of nature
- Nurture Therapy offering interaction with pets and specialized dolls and providing purpose and comfort
- Sensory programs incorporating taste, touch, sight, hearing and smell into a multi-faceted experience
- Small group activities to promote interaction and valuable social engagement

\*not available at all campuses



# Messages of Meaning

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INSPIRATION & INFORMATION

**BODY BENEFITS** 

It's our mission to serve residents with meaning. Each of our co-workers' roles impacts a resident's day, and they are committed to make it a good one. When they know they've made a difference through a resident's compliment, hug, pat on the arm or smile, that makes their day.

If you hold the same regard for our co-workers, they'd love to hear it. We invite you to take a few minutes to share any appreciation or praise through our Messages of Meaning program:

> CALL TOLL-FREE: 1-844-4 THANK YOU (1-844-484-2659)

EMAIL: ThankYou@CountryMeadows.com ThankYou@EcumenicalRetirement.org

We are grateful for our co-workers' compassion and commitment. We hope you are too.

## Summer Word Search Challenge

Test your search skills in completing this game. Words are based on this catalog's program descriptions.

Ζ	н	С	F	0	В	S	K	Υ	R	Н	Х	Ζ	С	Ζ
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G	Α	R	D	Е	Ν	I	Ν	G	Z	Α	S	Q	В	Ν
CENTENARIAN CONTEST GARDENING FLAMINGO				PICNIC WATERMELON PAINTING HYDRATION				BALANCE NATURE BOARDWALK BASEBALL			SUMMER TRIVIA LEMONADE			

Good luck!

If needed, see your Dynamic Living team for the answers.





We are a proud host site of Tivity SilverSneakers® Fitness and members of the International Council on Active Aging.®

Ecumenical Retirement Community is the sister not-for-profit community of Country Meadows Retirement Communities.