

Sample Activities Calendar

At Ecumenical Retirement Community, we plan activities with our residents' input and interests in mind. Our calendars are created for their whole well-being from physical, cognitive, social, spiritual and intergenerational benefits to purposeful service, life-long learning and engagement with pets and nature—for all levels of care. This is only a snapshot of a week's activities. We invite you to stop by any time for a full calendar of events and join in!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Horse Shoe Club Wii® Bowling Walking Club "Bet You Didn't Know" discussion group Devotions Strength Training class	Bocce ball Commonwealth Connections Academy orchestra performance Shopping trip to Giant & bank Devotions Stretch class Better Balance fitness class	Lawn darts Word Boggle® Gardening Making no-sew hats for local shelter Devotions Catholic Communion & Rosary Advanced Balance fitness class	Ladder ball Words Within in a Word game Shopping trip to Boscov's, CVS, Target (monthly) Devotions Hymn sing Seated Balance fitness class	Breakfast outing (monthly) Golf putting Visit with U-Gro Learning Center Gardening Fun Friday fitness class	Conductorcise® Cooking class Walking Club Legends & Folklore presentation series Current events discussion	Transportation to church Wii Bowling Walking Club iPad® Word Game Author series
Mid-Day	Shopping trip to Harrisburg Mall (monthly) Men's lunch w/ chaplain Making tie blankets for local shelter Jewelry class Hollywood Casino trip Advanced Balance fitness class	Girl Scout visit to pot flowers Lunch outing Visit by Jasper, the cockatoo & pals Afternoon trivia Strength Training class	"Fur & Feather" 4-H Club visit with animals Trip to the PA National Fire Museum Painting class History of your favorite songs discussion Songs of Spirit & Faith Stretch class	Pinochle Card Club PB&J Brigade for local shelter Butterfly presentation series Prayer group Advanced Balance fitness class	Craft Club Trip to Wildwood Park's Nature Center (seasonal) Sacred stories discussion Pamper Yourself hand massages Root Beer Float social	One-on-one computer training class Bingo Crafts for Caitlin's Smiles Lemonade social Music & Movement	Kings in the Corner card game Therapy dog, Gracie visit Word challenge Creative expression class Worship services (non-denominational) (campus chapel)
Late Day	Book Club Milkshake Mondays Queens card game Bible study Caring Hearts therapy pet visit	Kindle® Readers' Club 3B Ice Cream outing (seasonal) Rummikub® Club Journeys of Spirit & Faith discussion Evening social	Karaoke Happy Hour Current events discussion Dinner outing (monthly) Trivia challenge	Birthday celebration (monthly) Country ride Table shuffleboard "Who Am I?" Biographies Social Hour	Wine & Cheese Happy Hour Local entertainment Reading roundtable Back massages Pinochle Card Club	Celebration of Life memorial service (monthly) Social Hour Pinochle with Art Sing-a-long gathering Dart toss	Sunday Social Theme Night Dinner Book Club Travel series Local entertainment

Though some activities are specific to a level of care, the above activities are representative for all levels. The calendar changes weekly and reflects local and seasonal outings and events. Nautilus® equipment is available and the fitness center is open daily for residents' convenience.

Ecumenical Retirement Community is a non-profit community affiliated with Country Meadows Retirement Communities.