

## Finding comfort in the familiar.

Over the years, we've learned that a daily routine can be a stabilizing force in the lives of CountryHouse residents. For this reason, we've put a framework in place which provides a balance of stimulating activities, restful periods and regular sleeping and eating times. Although some variations can occur and are based on the individual needs of each resident, we've found that maintaining a routine increases happiness and well-being.

## A typical day at CountryHouse.

### MORNING

Rise and Shine – get up and dressed for the day.

Enjoy a good breakfast.

Good News Time – read the paper and discuss topics of interest.

Get Moving – light exercise or stretching.

Morning Event – could include music, baking, spending time outdoors and more.

Time for lunch.

### AFTERNOON

Rest and relax or enjoy quiet activities

Social Hour – games, trivia, pet visits, etc.

Afternoon Event – could be a craft, games, or entertainment such as live-music.

Afternoon Drive – a short bus ride before dinner helps with sundowning.

### EVENING

Dinner at the community.

Evening Entertainment – reading, movies, games, etc.

Evening snack.

Off to bed.

# Lots of fun, no matter the Season.

Seasons is our 52-week curriculum of life enrichment activities. In addition to regularly scheduled exercise and social hours, our communities plan special activities each week that are inspired by the season, a holiday or local events and attractions. These special activities may include trips, educational classes, parties and volunteer projects. All happenings are designed to maximize wellness, as well as strengthen connections, encourage meaningful engagement and foster personal growth. Not a fan of group activities? There are plenty of options for individual pursuits too.

Many people are surprised that we experience off-site adventures like boating, sporting events, going to concerts, restaurants and on scenic drives; visits to farms, pumpkin patches, zoos, museums, historical sites, water parks, pools and more! Dementia doesn't keep us away from fun opportunities.

