

This agenda format is set up so you can plan your own activity schedule. Select at least one idea from each category per day to give you up to five activities per day for one full week. The categories will provide a range of aspects to stimulate life skills ranging from cognitive, physical, sensory, social, creative and educational. To save you time on research, please find one (or more) reference source so you can further investigate the additional material you will need to have a successful activity. This agenda format will also allow you to determine what information is appropriate for your residents and staff to enjoy.

I. Heritage - Topics for Discussion Groups:

- “Called by a different name, but country folks just the same”. What are some of the names people refer to when they talk about people that live in the country or mountains?
 - Country people (ref: thefreelibrary.com)
 - Mountain people (ref: Mountain Voices – A Legacy of the Blue Ridge and Great Smokies, by Warren Moore, Foreword by Sam Ervin)
 - Bumpkin (ref: dictionary.com)
 - Hillbilly (ref: thefreelibrary.com, wikipedia.org, and answers.com)
 - Hick (ref: AskOxford.com)
- Books/short stories/poems to read and discuss – Note: You can purchase the books, check them out at the library or print the stories/poems off the Internet. Have residents read, or you or a volunteer can read a chapter or two out of the book to the group and then discuss the content of the chapter(s). If you divide it up just right you can complete an entire book by the end of the week. If you prefer the short stories/poems, then make copies to give to the residents either at the beginning of the week or the day before. This gives them a chance to read over the content for open discussion. For the in-room residents give them the books/short stories/poems and ask some of your higher level residents to visit them to discuss the reading material. You may also include the staff members that are willing to read the material so when they do their rounds they can discuss the book/story/poem of the day. In fact this could be a “facility activity”. Think how awesome if all the staff and resident in your facility participate in a discussion activity through out the day as a one on one activity. Consider making this a monthly activity or maybe a bimonthly activity with different books (aka Book club). Present the “facility activity” to your facility marketing director as news worthy activity for public promotion of the facility. Book/short stories/poems suggestions:
 - “Good Country People”, a short story by Flannery O’Connor (ref: library or amazon.com)
 - “The Jolly Miller”, a short story by L. Frank Baum (ref: readbookonline.net)
 - “The Good, Old-Fashioned People”, a poem by James Whitcomb Riley (ref: readbookonline.net)
 - “Lessons from the Rocking Chair” short stories retold by Deb Austin Brown (ref: amazon.com)

- Any story from “[Foxfire 9](#)” (ref: foxfire.org)
- KountryLife.com has a “[Memory Lane](#)” section which has life experience short stories to read that are really good and most are funny.
- Check Country Living magazines for stories of “Days gone by”.

II. Country living skills:

- Plant growing contest: Have each of your residents select a tomato or herb plant (make it one or the other so it will be fair) to plant and keep in their room or a sunny growing room to take care of. They will be judged on growth height and overall health of the plant. Give the top three winners a prize. (Note: If you don't want to spend money on plants, and then get any kind of uncooked bean or a half of a potato, soak in water until it sprouts. Use the sprouts to grow for the contest. They both grow beautiful vines, which are easy to maintain.
- Tools of the trade: This can be a reminiscing activity if you have residents that did any type of farming. Use pictures or models of farm equipment, both old and new to start the match the equipment name with the model or picture. Make sure you find some old tractors, a mule plow, pitchfork, grain shifter, spinning wheel, butter churn, weaving loom (ref: weaversfriend.com), Give residents an opportunity to talk about any experiences they had with any type of farm or country tools.
- Barnyard animals: Contact a local petting zoo/ farm or pet therapist to have some farm animals brought in to show the residents. Lots of petting zoo's will have a potbelly pig, miniature goat, cat, dog, duck, chicken and/or a miniature horse to bring in for showing and petting.
- Egg hunt, country style: Set up a table with three boxes. One box filled with straw, one with sand and one with feathers. Hide boiled shelled eggs in each box so the residents can find them. Have two eggs for each resident to find and afterwards they can wash them off, peel and make either egg salad for sandwiches or deviled eggs in their cooking activity.
- Writing memoirs: Everyone has their own story to tell about life in the country, a country visit or maybe about a country relative, so what better way to reminisce than to put it on paper to pass down to their loved one. This can also be the beginning of a monthly writing activity based on a daily/weekly theme. Have a notebook for each resident so each time you have a writing activity where they write down (or someone writes it as the resident tells it, or record it and translate to paper) their personal experience relating to the theme. Everyone can relate to any activity theme you can come up with, if it is not about them, then they may think of someone they know in their family or childhood that has some type of experience with the theme topic. You will get stories that regular questions just won't touch on. If you need some country advice on memoirs check out KountryLife.com and click on Country Skills, view all then scroll down about midway, click on the title to read more on memoirs.

III. Music and Dancing:

- You pick and we'll grin! – Recruit a banjo player or fiddler to entertain the residents.
- Square dancing - This dance should bring back memories, even if they didn't live in the country they had to learn it in school gym class, or saw it on TV.
- Line dancing – Fun to learn, do and/or watch.
- Clogging – Check with dance studios to see if any of their students would come demonstrate their learned talent.
- Country music at its best: Play a Variety of country type music like Blue Grass, Country and Western, Old Time Gospel.

IV. Arts and Crafts:

- Famous Country Painting – A kind of art history activity. Show some famous country related art work and discuss or just have a paint class as an activity. Ex. American Gothic painted by Grant Wood in 1930 (ref: wikipedia.org)
- Sewing – Make an apron out of one yard of fabric and for those that don't sew, they can just use the sewing tape that you iron on instead of sewing with a machine. (ref: sewing.about.com)
- Quilting – (ref: quiltingpassion.com)
- Wood Project (ref: leeswoodprojects.com)
- Flower pressing (ref: flowerpressing.com)
- Tatting (ref: ilovetocraft.com)

V. A language of their own, Country talk:

- What does that mean? A word game which defines country talk terms, also known as Southern slang, just a little different. Read the Country slang and ask residents to define the meaning. (Ref: originalsforyou.com/hillbilly)
- Don't forget the Old Farmer's Almanac; it has a whole different language of its own. Really, have you ever tried to read one? Not as simple as you think when you try to figure out their charts. Have fun with it!
- Word search – see attached created by Kim Grandal.
- Word scramble with country flair – Instead of using letters to form a word, use the words to create a phrase. Ex. yah /ya'll / back / now / hear/ come = "Ya'll come back now, yah hear". You could use some of the phrases found or heard on the TV shows or read in some of the stories.

VI. Fiction / Popular Culture:

- Suggestions for TV shows/movies on DVDs to watch – (ref: crazyabouttv.com and look under shows by decade. If you click on the show name it gives you details of the show including actors/actress and has a trivia, plus the show theme song lyrics if any.)
 - Beverly Hillbilly (movie or the old TV series)
 - Ma & Pa Kettle (old TV series)
 - Hee Haw (old TV comedy hour)
 - Green Acres (old TV sitcom)

- Petticoat Junction (old TV sitcom)
- The Waltons
- Little House on the Prairie
- Comic strip to read or even base a short staff skit on are:
 - Lil Abner (there is also a movie based on this comic strip)
 - Snuffy Smith (Wikipedia.com, under hillbilly)

VII. Vittles and such:

- Homemade bread – Have residents mix or just knead their own bread dough. After baking then serve the next day with their homemade butter or jam.
- Butter - Make your own butter with a lot of shaken going on.
- Jam – Make some homemade jam.
- Grits, it's not just a southern food it's country all the way!
- Chicken and dumplings - Lots of good recipes on line to use.
- Fried Green Tomatoes - If you make fried green tomatoes, then think about showing the movie "Fried Green Tomatoes" on the same day.
- Egg salad or deviled eggs (use the hard boiled eggs from the egg hunt)
- Homemade Lemonade (let the residents roll the lemons and other squeeze them in a juicer for physical therapy to strengthen hands)
- Moonshine or something like it...Okay, I have no reference for any kind of moonshine punch, however I am told it is a clear liquid. The only kind of punch I can think of to make is using white grape juice mixed with either 7UP, Sprite or Ginger Ale, or just make up your own.

VIII. Decoration:

- Lots of nature stuff:
 - Bale of straw
 - Plants
 - Fake trees
 - Water well or old water hand pump
 - Out house (okay, how about a large cardboard box painted like one...they will get a kick out of it and you can hang a note on the outside "Reckin' ya'll hav ta wait ur turn".
- Dress:
 - Jeans
 - Denim shirt
 - Bib overalls
 - John Deer t-shirt
 - Ball cap
 - Straw hat

Country Living Word Search



ANIMALS

BANJO

BARNYARD

DANCING

EGGS

FARMER

FIDDLE

FOLK

GRAIN

HERITAGE

HILLBILLY

KETTLE

LOOM

MOUNTAIN

MULE

PITCHFORK

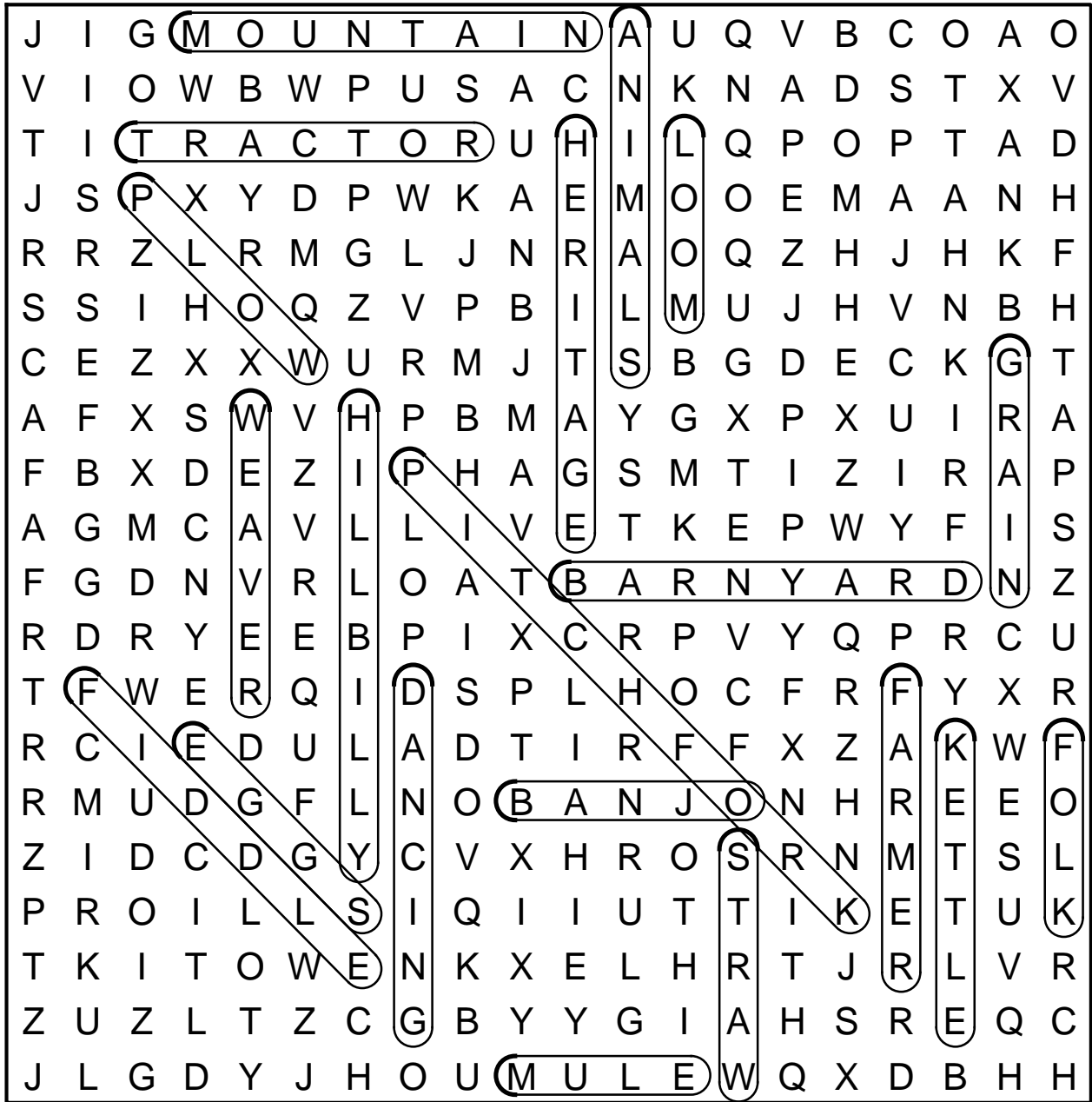
PLOW

STRAW

TRACTOR

WEAVER

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