


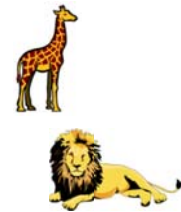




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="margin: 0;">JULY / 2017</h1> <p style="margin: 0;">A new adventure. . .Oh the places you'll go! *Please See Reverse Side For Important Details*</p>						<p>1 9:00-11:00 Billiards/Pool Club</p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p>2 Transportation available for Myerstown Churches 4:30 Vespers</p>	<p>3 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre)</p>	<p>4 Independence Day </p>	<p>5 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:30 Exec. Com. Mtg (Players' Lounge) 11:00 Water Walking (Pool) 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Expediting Committee (Players' Lounge)</p>	<p>6 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 2:30 Wellness Talk (Theatre) 6:30 Card & Game Night (Players' Lounge) 6:30 Entertainment: Michael Kropp (Theatre)*</p>	<p>7 8:00 Walking Club 8:45 Lehigh Valley Mall 2:30 Creative Haven (Players' Lounge)</p>	<p>8 9:00-11:00 Billiards/Pool Club</p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p>9 Transportation available for Myerstown Churches 4:30 Vespers Holy Communion</p>	<p>10 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 10:30 Library Mtg 11:00 Sharing Circle (Players' Lounge) 1:30 Bingo (Theatre) 6:30 Entertainment-Musically Yours (Theatre)*</p>	<p>11 Trip Departure to Tahiti! 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 1:00 Bible Study (Players' Lounge) 1:30 Food Comm. Mtg 12:30 – 1:30 Gym Time w/Brenda 2:30 Departure Party for SRL Flight 2017 6:30 Prayer</p>	<p>12 7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Water Walking (Pool) 1:30 Yarn Unlimited Club (Hobby Hut) 2:15 Movie Matinee (Theatre) "The Impossible"*</p>	<p>13 Arrive Tahiti - One Meal Day! 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 12:30-2:00 Tropical Island Theme Meal (Theatre) 2:00 Entertainment: Joe Divita - Steel Drums (Theatre) 6:30 Card & Game Night (Players' Lounge)</p>	<p>14 8:00 Walking Club 2:30 Fox Meadows Creamery & Country Market (Ephrata)</p>	<p>15 9:00-11:00 Billiards/Pool Club</p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p>16 Transportation available for Myerstown Churches 4:30 Vespers</p>	<p>17 Board Cruise Ship for Mexico! 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) 2:30 Board SRL Cruise Ship 2:45 Meet & Mingle (Theatre) 6:00 Alzheimer's Caregivers Support Grp (Player's Lounge) 6:30 Entertainment-"Just Us" Erwin Chandler Band (Theatre)*</p>	<p>18 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Splash Party (Wellness Pool Area-C Deck) Yoga Stretch Class -Cancelled 12:30 – 1:30 Gym Time w/Brenda 1:30 Resident Quarterly Mtg (Theatre) 6:30 Prayer</p>	<p>19 8:00 Walking Club 8:30 Breakfast @ Schwalms (on your own) 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Water Walking (Pool) 1:00 Veteran's Meeting* 2:30-3:30 Blood Pressure (Clinic Room)* 4:30 Birthday Dinner (Music-B Koons)</p>	<p>20 9:00 Senior Aquatic Exercise 9:15 Departure-State Capitol Tour 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 2:00 Bean Bag Baseball 6:30 Card & Game Night (Players' Lounge)</p>	<p>21 Arrive Mexico! 8:00 Walking Club 10:30 Arrival in Mexico/ Depart for Africa (Courtyard) 1:00 Walmart OR Lebanon Plaza (Kohls, Dollar Tree, etc.)*</p> 	<p>22 9:00-11:00 Billiards/Pool Club</p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p>23/30 Transportation available for Myerstown Churches 4:30 Vespers</p>	<p>24 Arrive Africa! 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) 2:45 African Adventure Skit (Theatre) 3:00 Informational Session-5 yrs in Africa Speaker: Janice Ruch (Theatre)* /31-Regular a.m. activities 6:30 Summer Concert Series: Perseverance Band (Theatre)*</p> 	<p>25 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 1:00 Bible Study (Players' Lounge) 12:30 – 1:30 Gym Time w/Brenda 2:30 Entertainment: Jeff Kuhn-Drumming Session (Theatre) 6:30 Prayer</p> 	<p>26 8:00 Walking Club 9:00 Fitness Fusion 8:45 Depart for ZooAmerica (Hershey) 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Water Walking (Pool) 1:30 Yarn Unlimited Club (Hobby Hut)</p>	<p>27 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 2:00 Tiki Time & Gilligan's Island-Part II (Theatre) 5:00-7:00 Meier Rm (Reservations Only) 6:30 Card & Game Night (Players' Lounge)</p> 	<p>28 8:00 Walking Club 8:00-2:00 Journey to Learning (Theatre)sign up with Stacia x3553 in advance 1:30 Book Review: "Open Season" (Hobby Hut) 5:00-7:00 Meier Rm (Reservations Only)</p>	<p>29 9:00-11:00 Billiards/Pool Club</p> <p>2:30 Creative Haven (Players' Lounge)</p> <p>6:30 Saturday Night Movie (Cinema)</p>

JULY 2017 DETAILS Independent Living - Poplar Run

ENTERTAINMENT:

7/6	6:30	Michael Kropp	7/10	6:30	Musically Yours	7/13	2:00	Joe Divita
7/17	6:30	Just Us-Erwin Chandler	7/25	2:30	Jeff Kuhn	7/31	6:30	Perseverance Band

SHOPPING:

7/7	8:45	Lehigh Valley Mall (Whitehall)	7/21	1:00	Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)
8/10	9:30	10,000 Villages (Ephrata)	8/25	1:00	Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)

- 7/6 **Wellness Talk 2:30 (Theatre)** – Dr. James Johns will present “Good Dental Health as we age”. Dr. Johns will provide many tips and good advice on taking care of our pearly whites.
- 7/6 **Michael Kropp 6:30 (Theatre)** – Hear Michael play acoustic favorites from the 60’s through the early 90’s (Ricky Nelson, Elvis, Beatles, The Platters, Roy Orbison, Buddy Holly and more). I’m really excited about this guy! Come out and welcome him to our venue.
- 7/7 **Lehigh Valley Mall (8:45 Departure)** – Over 150 stores indoors. \$2 Transportation. Sign-up x3200.
- 7/7 & 7/29 **Creative Haven 2:30 (Players’ Lounge)** – “Color Me Calm”. Join us in the Player’s Lounge for this relaxation technique.
- 7/10 **Sharing Circle 11:00 (Players’ Lounge)** – Join the circle for a talk on “Compassion”. In today’s busy world, we need to show compassion more than ever. Share your experiences that made a difference in your life with giving or receiving compassion.
- 7/10 **Musically Yours 6:30 (Theatre)** – Four person group that specializes in all types of music including Broadway, pop and country. Featuring music from the 50s, 60s, 70s of artists such as Barry Manilow, Neil Diamond, Tony Orlando, Everly Brothers, Elvis, etc.
- 7/11 **Departure Party for SRL Flight 2017 2:30 (Theatre)** – This month’s theme is “Traveling–Oh the places you’ll go”. Join us as we give you a passport, check you in for your flight and go through security, as we simulate boarding a plane flying to Tahiti. Don’t miss the SRL flight attendant boarding skit. **Passports will be used for adventures throughout the year.**
- 7/12 **Movie Matinee 2:15 (Theatre)** – “The Impossible” Rated-PG-13, Drama/Thriller. Emotionally intense. Starring: Naomi Watts, Ewan McGregor. The story of a tourist family in Thailand caught in the destruction and chaotic aftermath of the 2004 Indian Ocean tsunami. Who will survive and what will become of them?
- 7/13 **Tropical Island Meal 12:30-2:00 (Theatre)** – Enjoy our yearly tropical buffet island meal. A tropical cuisine of roasted pig, chicken, shrimp, veggies and an assortment of desserts. The buffet will be available from 12:30 to 2:00. Joe Divita playing steel drums will entertain you from 2:00 to 3:00. Wear your flowered shirts, sarongs, grass skirts, sunglasses and flip flops. **Invitations will be distributed with a reply section, which should be returned to the hostess station in the Vistas Dining Room so that dietary can get a count for the meal. Please note: This is a one meal day for IL Residents only.**
- 7/14 **Fox Meadows Creamery & Market 2:30 (Ephrata)** – Farm fresh homemade ice cream and delicious treats. \$ on your own. x3200.
- 7/17 **Board SRL Cruise Ship 2:30 (Theatre)** – The adventure continues as we leave the island of Tahiti and board the SRL Cruise Line as we embark for Mexico! Bring your SRL passport from your earlier flight to get it stamped!
- 7/17 **Meet & Mingle 2:45 (Theatre)** – Join Gary in the Theatre and meet all of the new residents. Light refreshments will be provided.
- 7/17 **Alzheimer’s Caregivers Support Group 6:00 (Players’ Lounge)** – Speaker Mark Alshouse, Graduate Studies at Penn State, Harrisburg, as he expands on the topic: “Anger”.
- 7/17 **Entertainment: Erwin Chandler 6:30 (Theatre)** – Erwin Chandler’s band will transform the evening with beautiful music -“Just Us”.
- 7/18 **Splash Party 10:00 (Wellness Center)** – Join us in an assortment of games in the water and on the C deck. Play or just come & watch.
- 7/19 **Breakfast @ Schwalms Restaurant 8:30 Departure** - \$ on your own. Sign-up at x3200.
- 7/19 **Veteran’s Meeting 1:00 (Theatre)** – Speaker: John Bailey “Retracing my Father’s steps through France”. All are welcomed.
- 7/20 **PA State Capitol 9:15 Departure; (Harrisburg)** – A guided tour of the capitol. Lunch on the way home. See where laws are passed and policy is set for 12 million+ residents of PA. Items will be x-rayed and subject to hand inspection. \$2 Transp. Sign-up x3200.
- 7/21 **SRL Ship Arrives Mexico/Departs for Africa 10:30 (Courtyard)** – Ole’ We’ll arrive in Mexico for some Mimosa mocktails and treats.
- 7/24 **Informational Session 3:00 (Theatre)** – Go with Janice Ruch on a trip into Liberia, West Africa and share in her five years’ experience of the Liberian culture and as a missionary nurse.
- 7/25 **Arrive in Africa 2:15 Jeff Kuhn Entertainment (Theatre)** – Feel the beat and join Jeff Kuhn in a Drumming Session at 2:30.
- 7/26 **ZooAmerica Hershey 8:45 Departure** – 30 minute program “Paws, claws, & tails” featuring live animals; afterward, tour the zoo. Plenty of benches and shade plus a snack/drink vendor. \$9.50. + \$2 transp. Lunch at Friendly’s on the way home. Sign-up x3200.
- 7/27 **Tiki Time & Gilligan’s Island-Part II 2:00(Theatre)** – It’s an island hopping party. Gilligan, the Skipper and crew have a new adventure. Come out and join us! Mocktails and refreshments will be served.
- 7/28 **Book Club 1:30 (Hobby Hut)** – “Open Season ” by CJ Box. A game warden finds his life in danger after he looks into a murder and discovers a conspiracy involving an oil pipeline and its threat to an endangered species. See Dan Nace for a copy of the book.
- 7/31 **Entertainment: Perseverance Band 6:30 (Theatre)** – This band has a reputation for military music as they play throughout PA.
- 8/17 “Jonah” 1:15 Departure (Sight & Sound Theatre)** - After a series of wild adventures involving a seaport, a huge boat and a terrible storm, Jonah finds himself in the belly of a giant fish. It is here that God teaches Jonah how to receive grace and extend mercy. Live animals on the stage and in the aisles. This is not your average fish tale! \$51.30 + \$2 Transp. Dinner on the way home. Sign-up x3200.
- 8/31 Pioneer Coal Mine & Steam Train Trip 9:30 Departure (Ashland)** – The other land down under. Tour an underground horizontal mine in a rail car (35 min-bring a sweater) and ride a steam train (30 min). >10= \$17.10 + \$2 Transp. Lunch on the way home. Sign-up x3200.