

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>August 2017</h1> <h2>Happy Days!</h2>		<b>1</b> 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 6:30 Prayer Group (Players' Lounge)	<b>2</b> 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool 10:00 Senior Sit & Be Fit <u>10:00 Exec. Com. Mtg (Players' Lounge)</u> <u>11:00 Water Walking (Pool)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>6:30 Entertainment-Tall in the Saddle (Theatre)*</u> 	<b>3</b> 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda <u>2:00 Bean Bag Baseball (Wellness Ctr)</u> 6:30 Card & Game Night (Players' Lounge)	<b>4</b> 8:00 Walking Club <u>1:00-3:00 Ladies Billiards/Pool</u> <u>2:30 Creative Haven (Players' Lounge)</u>	<b>5</b> <u>9:00-11:00 Billiards/Pool Club</u>  6:30 Saturday Night Mcvie (Cinema)
<b>6</b> Transportation available for Myerstown Churches  4:30 Vespers	<b>7</b> 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre)	<b>8</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda <u>1:00 Bible Study (Players' Lounge)</u> <u>1:30 Food Comm. Meeting</u> 6:30 Prayer Group (Players' Lounge) <u>7:00 Entertainment-JCM Band 50's Sock Hop (Theatre)*</u> 	<b>9</b> <u>7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest</u> 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool 10:00 Senior Sit & Be Fit <u>11:00 Water Walking (Pool)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Expediting Committee Mtg (Players' Lounge)</u> <u>2:15 Movie Matinee (Theatre) "LaLa Land"*</u> 	<b>10</b> 9:00 Senior Aquatic Exercise <u>9:30 Shopping: 10,000 Villages (Ephrata)</u> 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 6:30 Card & Game Night (Players' Lounge)	<b>11</b> 8:00 Walking Club <u>1:00-3:00 Ladies Billiards/Pool</u> <u>1:30 Fox Meadows Creamery &amp; Country Market (Ephrata)</u> 	<b>12</b> <u>9:00-11:00 Billiards/Pool Club</u>  <u>12:00-4:00 Community Block Party (Front Lawn Entrance)</u>  6:30 Saturday Night Mcvie (Cinema)
<b>13</b> Transportation available for Myerstown Churches  4:30 Vespers	<b>14</b> 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit <u>10:30 Library Mtg</u> 1:30 Bingo (Theatre) <u>6:30 Entertainment-Jimmy Edwards (Theatre)*</u> 	<b>15</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda <u>1:00 Bible Study (Player's Lounge)</u> <u>2:30 Wellness Talk (Theatre)</u> 6:30 Prayer Group (Players' Lounge)	<b>16</b> 8:00 Walking Club <u>8:30 Breakfast @ Lititz Country Cupboard (on your own)</u> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool 10:00 Senior Sit & Be Fit <u>11:00 Water Walking (Pool)</u> <u>1:00 Veteran's Meeting (Theatre)</u> <u>2:30 Sharing Circle- (Player's Lounge)*</u> <u>2:30 Blood Pressure (Clinic Room)*</u> <u>4:30 Birthday Dinner (Music-B Koons)</u>	<b>17</b> 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda <u>1:00 Sight &amp; Sound Departure "Jonah"</u> 6:30 Card & Game Night (Players' Lounge)	<b>18</b> 8:00 Walking Club <u>1:00-3:00 Ladies Billiards/Pool</u> <u>3:00 Entertainment-Steven Barth (Theatre)*</u> 	<b>19</b> <u>9:00-11:00 Billiards/Pool Club</u>  6:30 Saturday Night Mcvie (Cinema)
<b>20</b> Transportation available for Myerstown Churches <u>2:00 Beverly Asroff Voice/Piano Recital (Theatre)</u>  4:30 Vespers	<b>21</b> 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) <u>6:00 Alzheimer's Caregivers Support Grp (Player's Lounge)</u> <u>7:00 Summer Concert Series-Lebanon Community Concert Band (Theatre)*</u>	<b>22</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda <u>1:00 Bible Study (Players' Lounge)</u> <u>2:00 Dog Daze of Summer (Courtyard)</u>  6:30 Prayer Group (Players' Lounge)	<b>23</b> 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool 10:00 Senior Sit & Be Fit <u>11:00 Water Walking (Pool)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Retired Nurses Gathering (Players' Lounge)</u> <u>7:00 Entertainment-Jazz Me Band (Theatre)*</u>	<b>24</b> 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>10:00 Trip to Knoebels Amusement Park</u> 12:30-1:30 Gym Time w/Brenda 6:30 Card & Game Night (Players' Lounge)	<b>25</b> 8:00 Walking Club <u>1:00 Walmart OR Lebanon Plaza (Kohls, Dollar Tree, etc.)</u> <u>1:00-3:00 Ladies Billiards/Pool</u> <u>1:30 Book Review: "102 Minutes" (Hobby Hut)</u>	<b>26</b> <u>9:00-11:00 Billiards/Pool Club</u>  <u>2:30 Creative Haven (Players' Lounge)</u>  6:30 Saturday Night Mcvie (Cinema)
<b>27</b> Transportation available for Myerstown Churches  4:30 Vespers	<b>28</b> 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre)	<b>29</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda <u>1:00 Bible Study (Players' Lounge)</u> 6:30 Prayer Group (Players' Lounge)	<b>30</b> 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool 10:00 Senior Sit & Be Fit <u>11:00 Water Walking (Pool)</u>  1:30 Yarn Unlimited Club (Hobby Hut) <u>6:30 Entertainment-Barry Surran (Theatre)*</u>	<b>31</b>  9:00 Senior Aquatic Exercise <u>9:30 Pioneer Coal Tunnel Departure</u> 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 5:00-7:00 Meier Rm (Reservations Only) 6:30 Card & Game Night (Players' Lounge)	<h3>*Please See Reverse Side For Important Details*</h3>	

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# August 2017 DETAILS Independent Living - Poplar Run

## ENTERTAINMENT:

8/2	6:30	Tall in the Saddle	8/8	7:00	JCM Band	8/14	6:30	Jimmy Edwards
8/18	3:00	Steven Barth	8/20	2:00	Beverly Asroff Piano Recital	8/21	7:00	Lebanon Community Band
8/23	7:00	Jazz Me Band	8/30	6:30	Barry Surran and Peggy Keller			

## SHOPPING:

8/10 9:30	10,000 Villages (Ephrata)	8/25 1:00	Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)
9/8 10:00	Tanger Outlets (Hershey)	9/15 1:00	Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)

- 8/2 **Tall In The Saddle 6:30 (Theatre)** – A new band at StoneRidge! This band plays country, 50's, 60's, and Gospel music.
- 8/4 & 8/26 **Creative Haven 2:30 (Players' Lounge)** – "Color Me Calm". Join us in the Player's Lounge for this relaxation technique.
- 8/8 **JCM Band 7:00 (Theatre)** - A 50's Sock Hop featuring a four member excellent band! They specialize in 50's and 60's music including Buddy Holly, The Everly Brothers, Elvis and many more. The female vocalist is outstanding. You don't want to miss them!
- 8/9 **Movie Matinee 2:15 (Theatre)** – "La La Land" Rated-PG-13, Comedy, Drama, Music. Starring: Ryan Gosling, Emma Stone, Rosemarie DeWitt. Two proper L.A. dreamers, a suavely charming soft-spoken jazz pianist and a brilliant vivacious playwright, while waiting for their big break, attempt to reconcile aspirations and relationship in a magical old-school romance.
- 8/10 **Shopping – 10,000 Villages 9:30 (Ephrata)** – Largest 10,000 Villages in North America. Enjoy the beauty of an assortment of artistic products from around the world. Find the perfect, meaningful gift. Sign-up X3200.
- 8/11 **Fox Meadows Creamery & Market 1:30 (Ephrata)** – Farm fresh homemade ice cream and delicious treats. \$ on your own. x3200.
- 8/12 **SRL Community Block Party 12:00 - 4:00 (Front Lawn Entrance)** - Poplar Run is hosting a Myerstown Community Block Party and Car Show. Please help welcome our community by volunteering with ticket taking, car registration and more (call Stacia x3553). The Block Party will be open from Noon to 4 and feature food vendors, games, inflatables for kids and free entertainment at 1 p.m.
- 8/14 **Jimmy Edwards 6:30 (Theatre)** – A fun, high-energy, toe tapping program that will make your heart sing & dance. Join us!
- 8/15 **Wellness Talk 2:30 (Theatre)** – "Arthritis Management". Presenter Amy Jo Krall, Nurse Practitioner for Wellspan Orthopedics. Join Amy Jo as she provides information and tips on managing the pain and discomfort of Arthritis.
- 8/16 **Breakfast @ Lititz Country Cupboard 8:30** – Tired of being cooped up...sign-up to go for breakfast. \$ on your own. X3200
- 8/16 **Veteran's Meeting 1:00 (Theatre)** – Speaker: John Bailey "Retracing my Father's steps through France". All are welcomed.
- 8/16 **Sharing Circle 2:30 (Players' Lounge)** – Join the circle for a talk on "Nature". All are welcome to share in their favorite memories or appreciation of the beautiful environment we live in.
- 8/18 **Steven Barth 3:00 (Theatre)** – Singer/Guitarist who plays John Denver, the Beach Boys, James Taylor, the Beatles and more!
- 8/20 **Beverly Asroff Voice/Piano Recital 2:00 (Theatre)** – 20 students will sing/play the piano featuring Broadway and Disney songs.
- 8/21 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Speaker Luanne Reese, SRL Director of Business Development. Luanne has worked with a specialized Alzheimer's unit with all levels of care for 24 years and recently led a team that developed a new 32 bed specialized Memory Care building in Florida. She will be speaking on how to help with your environment while taking care of someone with Memory Care challenges.
- 8/21 **Lebanon Community Concert Band 7:00 (Theatre)** - Approx. 50 musicians of all ages will perform music from the WWI era along with an assortment of other songs that you love. Help us welcome their talent back to the stage. Ice Cream will be served.
- 8/22 **Dog Daze of Summer 2:00 (Courtyard)** – We know life can be RUFF surviving the heat so we're going to help you cool down with ice cream floats in the courtyard. Come to chill and join us for a tail wagging time! Sorry, no pets please.
- 8/23 **Jazz Me Band 7:00 (Theatre)** - Four piece band that plays a variety of music from Sinatra to Santana. You will hear it all. Voted Harrisburg Magazine's Simply the Best Musician 2010, 13, 14, 15 & 16; and Best Local Band 2010, 11, 12, 13, 14, 15 & 16.
- 8/24 **Knoebels Amusement Park 10:00 Departure** – What is your pleasure: Riding the antique cars, motor boats, a train ride, the carousel, or the scenic skyway. Catch a show or two, eat funnel cake or sit and watch the people. The park is FREE, Book of tickets (Value \$20) with Veterans ID (one form of ID is an American Flag on your driver's license). \$2.00 Transportation. Sign-up x3200.
- 8/25 **Book Club 1:30 (Hobby Hut)** – "102 Minutes" by Jim Dwyer and Kevin Flynn. The story of the 9/11 tragedy in New York City as told by some of the survivors. See Dan Nace for a copy of the book.
- 8/30 **Barry Surran and Peggy Keller 6:30 (Theatre)** – Barry (also known as the Silver Fox) and Peggy are known for being big band crooners. Come and welcome this new entertainment to our stage.
- 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 (bring a sweater) and ride a steam train. >10= \$17.10 + \$2 Transp. Lunch on the way home. Sign-up x3200.

**9/14 Sweet Arrow Lake County Park & Red Lion Café 9:30 Departure (Pine Grove)** –From 10:30 -11:30 Porcupine Pat will conduct a "show and tell" program by the lake titled the "Ways of Wildlife". For those interested, he will also take you on a short nature interpretive hike or you might like to just sit by the lake and watch the ducks and kayakers. Afterward, stop at Red Lion Café for lunch. Lunch \$ on your own. \$2 Transportation. Sign-up x3200.

**10/5 Yuengling Brewery & Creamery 9:00 Departure (Pottsville)** – Every story has a history; theirs just has more than the rest. Tour America's oldest brewery. An American success story that has persevered for generations, spanning over 185 years, and has been continuously family owned and operated since 1829. Discover the hand-dug fermentation caves used for storage, see the wall from prohibition, and walk alongside the conveyor belt and employees. Completely closed shoes (full covered shoes or sneakers) ARE REQUIRED to go on tour which lasts approximately 1 hour and 15 minutes. You must be mobile as there are approximately 120 steps but there are many stops and breaks along the way. This is not handicapped accessible. Visit the Creamery & gift shop before the tour and the Rathskeller Tavern for a taste test after the tour. Very interesting to see this operation! \$1.50 + \$2 Transportation Sign-up x3200.