

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

September 2017

“It’s Never Too Late to Learn Something New!”

***Please See Reverse Side for Important Details!**



<p>3 Transportation available for Myerstown Churches 4:30 Vespers</p>	<p>4 Labor Day One Meal Day 11 – 2 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) </p>	<p>5 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</p>	<p>6 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>7 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 3:00 Pianist Erwin Chandler w/Flute Accompanist* 6:30 Card & Game Night (Players’ Lounge) </p>	<p>1 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool 2:30 Creative Haven (Players’ Lounge)</p>	<p>2 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Mcvie (Cinema) </p>
<p>10 Grandparent’s Day Transportation available for Myerstown Churches 4:30 Vespers</p>	<p>11 Patriot Day 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 10:30 Library Meeting 1:30 Bingo (Theatre) 2:30 Pebble Bowl Sundaes 6:30 Entertainment: Sweet Life (Theatre)* </p>	<p>12 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 Pebble Bowl Sundaes (For Mud & Maker Participants Only) 6:30 Prayer </p>	<p>13 7:30-9:30 Breakfast Buffet in Vistas. \$4-Resident, \$5 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) “Hidden Figures”* </p>	<p>14 9:00 Senior Aquatic Exercise 10:00 Open Swim 9:30 Trip: Sweet Arrow Lake & Lunch @ Red Lion Café (Pine Grove) 12:30-1:30 Gym Time w/Brenda 6:30 Card & Game Night (Players’ Lounge)</p>	<p>15 8:00 Walking Club 1:00 Walmart OR Lebanon Plaza (Kohls, Dollar Tree, etc.) 1:00-3:00 Ladies Billiards/Pool </p>	<p>16 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Mcvie (Cinema) </p>
<p>17 Transportation available for Myerstown Churches 2:00 Lebanon Cty Concert (Sign-up x3200) 4:30 Vespers</p>	<p>18 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) 3:00 Entertainment: Dave Reinwald* 6:00 Alzheimer’s Caregivers Support Grp (Player’s Lounge) </p>	<p>19 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 10:00 Crafts (Hobby Hut) 11:00 Yoga Stretch Classes (Wellness Ctr) 1:00 Bible Study (Player’s Lounge) 2:30 Wellness Talk (Theatre) 12:30 – 1:30 Gym Time w/Brenda 6:30 Prayer</p>	<p>20 8:00 Walking Club 8:30 Breakfast @ Farmer’s Wife (\$ 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 (Theatre) 2:30 Sharing Circle - (Player’s Lounge)* 2:30-3:30 Blood Pressure (Clinic Room)* 4:30 Birthday Dinner (Music-B Koons) </p>	<p>21 Open House 9:00 Senior Aquatic Exercise 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>22 8:00 Walking Club 10:30 What’s the Buzz all About (Theatre)* 1:00-3:00 Ladies Billiards/Pool 1:30 Book Review: “The Messenger” by Daniel Silva (Hobby Hut) </p>	<p>23 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Mcvie (Cinema) </p>
<p>24 Active Aging Week & We’re Visiting China! Transportation available for Myerstown Churches 4:30 Vespers</p>	<p>25 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:00 Golf Fun w/Gary (Golf Simulator Room) 11:00 Game of Chinese Checkers (Courtyard) 1:30 Bingo (Theatre) </p>	<p>26 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 2:00 Meditation w/Brenda (Wellness Ctr) 6:30 Prayer </p>	<p>27 8:00 Walking Club 9:00 Fitness Fusion-Cancelled 9:00 Aqua Zumba (Pool) 9:00-11:00 Billiards/Pool Club 10:30 Senior Sit & Be Fit 1:00 Water Walking - Cancelled 1:00 Go Fly A Kite (Front Lawn) 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Retired Nurses Gathering (Players’ Lounge) 6:30 Entertainment: Jim & Wendy Allshouse* </p>	<p>28 9:00 Senior Aquatic Exercise 10:00 Open Swim 10:30 Dutch Apple Departure “The Buddy Holly Story” 12:30-1:30 Gym Time w/Brenda 2:00 Tai Chi (Wellness Room) 3:30 Jianzi (Hacky Sack) (Wellness Ctr) 5:00-7:00 Meier Rm (Reservations. Only) 6:30 Card & Game Night (Players’ Lounge) </p>	<p>29 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool 5:00-7:00 Special Dining Event in Meier Rm (Reservations Only)</p>	<p>30 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven (Players’ Lounge) 6:30 Saturday Night Mcvie (Cinema) </p>

September 2017 DETAILS Independent Living - Poplar Run

ENTERTAINMENT:

9/7 3:00 Erwin Chandler & Flute 9/11 6:30 Sweet Life 9/18 3:00 Dave Reinwald
9/27 6:30 Jim and Wendy Allshouse

SHOPPING:

9/8 10:00 Tanger Outlets (Hershey)	9/15 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)
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9/1 & 9/30 **Creative Haven 2:30 (Players' Lounge)** – “Color Me Calm”. Join us in the Player’s Lounge for this relaxation technique.

9/7 **Entertainment - Erwin Chandler & Flute Accompanist 3:00 (Theatre)** – Flutearama! Robin Lilarose, Flute and Erwin Chandler, Piano. Combining their joint talents present a unique mix of classical and pops music along with an informative dialog regarding the history of the flute.

9/8 **Shopping – Tanger Outlets 10:00 (Hershey)** – Outlet shopping. Get those end of season bargains and new fall merchandise. Ann Taylor, Chico’s, Hanes, Talbot, LOFT, Skechers (comfy shoes!), and many more. Lunch at Funck’s Restaurant, Indiantown Gap.

9/11 **Pebble Bowl Sundaes (For Mud & Maker Participants) 2:30 (Courtyard)** – Sundae Fun Day! Bring the pebble bowl that you had made and we’ll put an ice cream sundae in it! This is for participants that had made pebble bowls.

9/11 **Entertainment - Sweet Life – 6:30 (Theatre)** – “A musical tribute to our Veterans”. Matt and Carol Frigm will feature well known patriotic songs from throughout our nation’s history (from "Grand Old Flag" to "God Bless The USA").

9/13 **Movie Matinee 2:15 (Theatre)** – “Hidden Figures” Rated PG, Drama. Starring: Taraji P. Henson, Octavia Spencer, Janelle Mona’e and Kevin Cosner. Based on an untold true story. The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program and who served as the brains behind the launch of astronaut John Glenn. The visionary trio crossed all gender and racial lines and inspired generations.

9/14 **Sweet Arrow Lake & Red Lion Café 9:30 (Pine Grove)** – Visit the serene setting at Sweet Arrow Lake and from 10:30-11:30 Porcupine Pat will give tell you about preservation regarding the “Ways of Life”. For those interested he will also take you on a short nature hike to see the falls or you can sit by the lake and watch the ducks, fishermen and kayakers. Afterward, stop at Red Lion Café for lunch. Lunch \$ on your own. \$2 Transportation. Sign up x3200.

9/18 **Entertainment – Dave Reinwald 3:00 (Theatre)** – Pastor, Singer, Songwriter. Brought to you by request.

9/18 **Alzheimer’s Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Ann Thompson, T.N., MSN, Clinical Nurse Specialist. Topic “Role Play”.

9/19 **Crafts 10:00 (Hobby Hut)** - Join Beth Ann in helping to make things for October’s theme month.

9/19 **Wellness Talk 2:30 (Theatre)** – “Creating a Family Health History”. Presented by SouthEastern Home Health Care.

9/20 **Breakfast @ Farmer’s Wife 8:30** – Have breakfast outside of SRL with your friends. \$ on your own. Sign-up X3200.

9/20 **Veteran’s Meeting 1:00 (Theatre)** – Documentary film – “The War Zone: Hitler’s Secret Weapons”. Allied forces band together against two for the deadliest weapons in Hitler’s arsenal. The V1 was the world’s first cruise missile; the V2 was a ballistic missile that could break the sound barrier. All are welcomed to attend.

9/20 **Sharing Circle 2:30 (Players' Lounge)** – Join the circle and add to our discussion on any doubts you have experienced in your life. Gain some insight on how others have handled their feelings of doubt.

9/22 **Beekeeper Presentation 10:30 (Theatre)** – What’s the buzz all about? It’s not a “Spelling Bee” but it is about bees! Ralph Buckles will give a presentation regarding his equipment, bees wax, the process, and the end results...honey and it’s benefits! Products will available for buying and of course we’ll have taste testing as well!

9/22 **Book Club 1:30 (Hobby Hut)** – “The Messenger” by Daniel Silva. On the trail of a deadly al-Qaeda operative, after an attack on the Vatican, spy Gabriel Allon returns in a spellbinding story of deception, power, and revenge. See Dan Nace for a copy of the book.

ACTIVE AGING WEEK: Explore the Possibilities and Let’s Visit CHINA! Bring your passports to these events!

9/25 **Golf Fun w/Gary 11:00 (Simulator)** – Join Gary in a Long Drive Contest. Hit 15 balls to see who gets the top prize.

9/25 **Chinese Checkers 11:00 (Courtyard)** – Join us in the courtyard to play a family favorite board game...Chinese Checkers!

9/26 **Meditation w/Brenda 2:00 (Wellness Ctr)** – Learn to quiet your mind and experience “inner peace”, no matter what life circumstances you encounter. Meditation is an excellent source of finding emotional stability.

9/27 **Go Fly A Kite 1:00 (Front Lawn)** – “Let’s All Go Fly a Kite”....A Chinese kite that is! Meet us on the front lawn.

Entertainment: Jim & Wendy Allshouse 6:30 (Theatre) – A husband and wife singing duo of Southern Gospel music.

9/28 **Tai Chi Lesson 2:00 (Wellness Ctr)** - Learn some of the basic principles of Tai Chi, the ancient Chinese tradition of martial arts, that alleviates stress and anxiety. Class will be seated with a limited amount of standing. Those preferring to remain seated may remain seated. All abilities welcome!

Jianzi (Hacky Sack) 3:30 (Wellness Ctr) - Join in on the Asian version of Hacky Sack, “StoneRidge” style. This ancient game dates back to the 5th Century BC. Jianzi provides health benefits and is a great source of eye hand coordination. All abilities welcome!

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. This is a very informative, interesting tour! \$1.50 + \$2 Transportation. Sign-up x3200.