
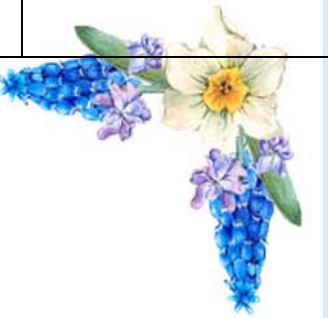


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 EASTER Transportation available for Myerstown Churches 7:00 Easter Dawn Service w/Continental Breakfast (Theatre on Main) 4:30 Vespers (Theatre)	2 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 12:30-1:30 Gym Time w/Brenda 1:30 Bingo (Theatre)	3 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 1:00 NO Bible Study 6:00 Community Water Aerobics \$3 6:30 Prayer Group	4 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:00 Exec. Com. Mtg (Players' Lounge) 11:00 Water Walking (Pool) 12:30 Meditation/Relaxation (Wellness Rm) 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Expediting Committee (Players' Lounge) 6:30-8:30 Grief Sharing (Players' Lounge) 7:00 Entertainment: Traditional Sound (Theatre)*	5 9:00 Senior Aquatic Exercise 10:00 Open Swim 10:14 Depart for Dutch Apple- "Showboat" 12:30-1:30 Gym Time w/Brenda 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge)	6 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool 2:30 Creative Haven (Players' Lounge)	7 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)
8 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	9 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 10:30 Library Mtg 12:30-1:30 Gym Time w/Brenda 1:30 Bingo (Theatre) 7:00 Entertainment: Duo Terlano w/Piano Accompaniment (Theatre)*	10 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 1:00 Bible Study (Players' Lounge) 1:30 Food Comm. Mtg 6:00 Community Water Aerobics \$3 6:30 Prayer Group	11 7:30-9:30 Breakfast Buffet \$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) 12:30 Meditation/Relaxation (Wellness Ctr) 1:30 Yarn Unlimited Club (Hobby Hut) 2:15 Movie Matinee (Theatre) "Darkest Hour"	12 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 2:00 Entertainment: Impressionist Mike Cabot (Theatre) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge)	13 8:00 Walking Club 1:00 Walmart OR Lebanon Plaza (Kohls, Dollar Tree, etc.) 1:00-3:00 Ladies Billiards/Pool	14 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)
15 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	16 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 12:30-1:30 Gym Time w/Brenda 1:30 Bingo (Theatre) 2:30 Meet & Mingle (Theatre) 6:00 Alzheimer's Caregivers Support Grp* (Player's Lounge) 6:30 Entertainment: Lee Moyer-The Gentleman of Jazz (Theater)*	17 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 1:30 Resident Quarterly Meeting (Theatre) 2:30 Wellness Talk (Theatre) 6:00 Community Water Aerobics \$3 6:30 Prayer Group	18 8:00 Walking Club 8:30 Breakfast @ Brickerville (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) 12:30 Meditation/Relaxation (Wellness Ctr) NO Veteran's Meeting (see 4/19 @ 6:30) 2:30-3:30 Blood Pressure (Clinic Room)* 2:30 Sharing Circle-(Player's Lounge)* 4:30 Birthday Dinner (Music-B Koons) Meier Room	19 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 1:00 Hornings, Goods & Smith's Candies 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge) 6:30 Holocaust Experience by Tom Maiello (Theatre)*	20 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool 5:45 Depart for Ice Capades - "Stars on Ice"	21 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven (Players' Lounge) 6:30 Saturday Night Movie (Cinema)
22 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	23 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 12:30-1:30 Gym Time w/Brenda 1:30 Bingo (Theatre)	24 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 1:00 Bible Study (Players' Lounge) 2:30 Penguin Pile Up (Players' Lounge) 6:00 Community Water Aerobics \$3 6:30 Prayer Group	25 World Penguin Day! 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) 12:30 Meditation/Relaxation (Wellness Ctr) 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Retired Nurses Gathering (Players' Lounge)	26 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 2:00 Bean Bag Baseball 5:00-7:00 Meier Rm (Reservations Only) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge) 6:30 Entertainment: Saxology (Theatre)*	27 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool 1:30 Book Review: "Silent Spring" by Rachel Carson (Players Lounge) 5:00-7:00 Meier Rm (Reservations Only)	28 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)
29 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	30 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 12:30-1:30 Gym Time w/Brenda 1:30 Bingo (Theatre) 7:00 Entertainment: Acoustic Generations (Theatre)*	 <h1 style="font-size: 48px; color: #4682B4; margin: 0;">April 2018</h1> 				

April 2018 DETAILS Independent Living - Poplar Run

ENTERTAINMENT:

4/4 7:00 Traditional Sound 4/9 7:00 Duo Terlano w/Piano Accompaniment
4/16 6:30 Lee Moyer-Gentleman of Jazz 4/26 6:30 Saxology 4/30 7:00 Acoustic Generations

SHOPPING:

4/13 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)	4/19 1:00 Horning's/Goods & Smith's Candies
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- 4/4 **Entertainment: Traditional Sound 7:00 (Theatre)** – A Southern Gospel Duet singing songs of faith and inspiration. New to SRL!
- 4/6 & 4/21 **Creative Haven 2:30 (Players' Lounge)** – Coloring is an activity that invokes the body's "relaxation response". Once the relaxation response has been activated, the nervous system will calm down and relax. Try it-you just might like it! Materials provided.
- 4/9 **Entertainment: Duo Terlano with Piano Accompaniment 7:00 (Theatre)** – Johannes Dietrich, violin; Marie-Aline Cadieux, cello; Dana Eisenstein, piano. The program will include a wonderful trio in C Major by Franz Joseph Haydn, the "Miniature Viennese March" by Fritz Kreisler, a movement from Erwin Shulhoff's "Cafe Music," as well as some lovely pieces for cello and piano by Robert Schumann and some equally fun Spanish Dances for violin and piano by Moritz Moszkowski.
- 4/11 **Movie Matinee 2:15 (Theatre)** – "Darkest Hour" PG-13. Starring: Gary Oldman, Lily James, Kristin Scott Thomas. A thrilling and inspiring true story begins at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. As the unstoppable Nazi forces roll across Western Europe and the threat of invasion is imminent, and with an unprepared public, a skeptical King, and his own party plotting against him, Churchill must withstand his darkest hour, rally a nation, and attempt to change the course of world history. This story was recently read by the book club.
- 4/12 **Entertainment: Impressionist, Mike Cabot 2:00 (Theatre)** - By blending the art of comedy-impressions with good-natured audience participation, Mike delivers a performance unlike any other impressionist! For more than two decades, Mike's hilarious, on-target impressions have consistently proven to entertain any and all audiences! Appearing in Atlantic City, at corporate events, on cruise ships, and in nightclubs around the country, Mike has proven to be a class act...a polished and seasoned professional.
- 4/16 **Meet & Mingle 2:30 (Theatre)** – Join Gary and staff in the Theatre on Main to meet the new residents and welcome them to SRL.
- Alzheimer's Support Group 6:00 (Players' Lounge)** – Joan Groh, Hospice & Community Care of Lancaster County. Topic: "Care for the Caregivers"
- Entertainment: Lee Moyer-Gentleman of Jazz 6:30 (Theatre)** – Lee Moyer "The Gentleman of Jazz" (keyboard, cornet, tambourine & vocals) began his career with his Dixieland band on the Ted Mack Amateur Hour ABC - TV Show. He has played trumpet with many groups and has been on stage with Gordon McCrea, Jonathan Winters, Ed Mc Mann, Mel Torme, Julie London and Bobby Troup. Founding member of the Lebanon Big Swing Band.
- 4/17 **Resident Quarterly Meeting 1:30 (Theatre)** – Keep up to date regarding important things taking place at SRL.
- 4/17 **Wellness Talk 2:30 (Theatre)** – Wellspan Health will present "Depression and Anxiety". Understanding symptoms and recognizing solutions for better mental health.
- 4/18 **Sharing Circle 2:30 (Players' Lounge)** – Topic: "Resilience". The group will discuss challenges we face in life and ways we as individuals have managed the challenges through resilience.
- 4/18 **Breakfast @ Brickerville Restaurant 8:30** – Eat at the restaurant and then shop at the 13 unique specialty shops. Sign-up x3200
- 4/19 **The Holocaust Experience 6:30 (Theatre)** – Realities of the Holocaust. Written and performed by Thomas Maiello based on the works of Elie Wiesel, Primo Levi and Carol Matas. This is a very intense, emotional one-act play based on actual personal stories of the horrors of the holocaust and the people caught in the web of hate and murder. Not recommended for children under the age of 12.
- 4/24 **Penguin Pile Up 2:30 (Players' Lounge)** – Join us as we celebrate penguin day a day early and stack the penguins on the icebergs. This is always a fun, good time! Prizes will be awarded.
- 4/26 **Entertainment: Saxology 6:30 (Theatre)** – Saxology will present a program including March, Overture, Ragtime, Tango, Big Band, and Popular music. An explanation of the Saxophone and its family will also be included. New at SRL!
- 4/27 **Book Club 1:30 (Players Lounge)** – "Silent Spring" by Rachel Carson. For a FREE loaner book contact Dan Nace at extension 3378. Silent Spring is an environmental science book by Rachel Carson. The book was published on 27 September 1962 and it documented the adverse effects on the environment of the indiscriminate use of pesticides. Carson accused the chemical industry of spreading disinformation and public officials of accepting industry claims unquestioningly. Advance notice May book "His Excellency George Washington" by Joseph J Ellis.
- 4/30 **Entertainment: Acoustic Generations 7:00 (Theatre)** – A 3-piece band that plays 70s, Folk, Country, Jazz, R & B and a lot more. New at SRL!

Grief Sharing: Week one of the Grief Share Group. Each week we will watch a video on grief and recovery, spend time as a support group discussing what was presented. During the week you will have the opportunity to use a workbook for further personal study. See Dana Logan x3507 for further information.

Prom: Thursday, May 17 (Theatre) - "Mysterious Masquerade" 5:00 to 9:00 p.m. featuring Josh Squared. Open to those 55+. Resident-\$12, Menu choices: Carved Tenderloin Diane, Stuffed Lobster, Roasted Vegetable Manicotti. Tickets on sale April 2nd Call Stacia x3553

Thursday, June 7 – Baltimore National Aquarium - Inner Harbor –Depart-7:30; Arrive-9:30; Tour Aquarium-10:00 (approximately 3 hours), have lunch on your own in the local restaurants, sightsee and shop Inner Harbor; Depart for Home-3:30; Arrive SRL-5:30. Over 15 = \$39.00 for Admission into the aquarium and coach bus transportation. Open to friends and family. X3200 to Sign-up.

Tuesday, June 26 - Reading Fighting Phils versus Erie Seawolves 7:15 PM – "Free" tickets sponsored by the Chamber of Commerce. Transportation \$7.00 on coach bus. Food not included. x3200 to Sign-Up.

Wednesday, July 25 – Sight & Sound (Where the Bible comes to life). New show - "Jesus". Load 9:00; Depart 9:15; Arrive 10:15; Show 11:00; \$63.05 (includes coach bus transportation). Jesus is the musical stage adventure about the most famous person ever to walk the earth and the everyday people whose lives he changed forever. Stop for lunch after the show at Hershey Farm Restaurant. x3200 to Sign-Up.