

May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>11:00 Yoga Stretch Classes (Wellness Ctr)</u> 12:30-1:30 Gym Time <u>1:00 Bible Study (Players' Lounge)</u> <u>2:30 Crafts (Hobby Hut)</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group	2 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit <u>10:00 Exec. Com. Mtg (Players' Lounge)</u> <u>11:00 Water Walking (Pool)</u> <u>12:30 Meditation/Relaxation (Wellness Rm)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Expediting Committee (Players' Lounge)</u> <u>6:30 Entertainment: InterG's (Theatre)*</u> <u>6:30 - 8:30 Grief Sharing (Players' Lounge)</u>	3 8:00 Walking Club 9:00 Senior Aquatic Exercise <u>10:00 Nat'l Day of Prayer (Theatre)</u> 10:00 Open Swim 12:30-1:30 Gym Time <u>6:00 Community Water Aerobics \$3</u> 6:30 Card & Game Night (Players' Lounge) <u>6:30 Cinco de Mayo Dancers & Celebration (Theatre)</u>	4 8:00 Walking Club <u>1:00-3:00 Ladies Billiards/Pool</u>	5 <u>9:00-11:00 Billiards/Pool Club</u> 6:30 Saturday Night Movie (Cinema)
6 Transportation available for Myerstown Churches 2:00 Leb. Cty Comm. Concert 4:30 Vespers (Theatre)	7 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit <u>12:30-1:30 Gym Time</u> 1:30 Bingo (Theatre) <u>6:30 Entertainment: Leb. Cty Choral Society-Youth Chorus (Theatre)*</u>	8 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>11:00 Yoga Stretch Classes (Wellness Ctr)</u> 12:30-1:30 Gym Time <u>1:00 Bible Study (Players' Lounge)</u> <u>1:30 Food Comm. Mtg</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group	9 <u>7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest</u> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit <u>10:00-6:00 50+ Festival (Lebanon Expo Center)</u> <u>11:00 Water Walking (Pool)</u> <u>12:30 Meditation/Relaxation (Wellness Ctr)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:15 Movie Matinee (Theatre) "Victoria & Abdul"*</u> <u>6:30 - 8:30 Grief Sharing (Players' Lounge)</u>	10 8:00 Walking Club 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time <u>1:30 Trip to Kreider's Greenhouse</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Card & Game Night (Players' Lounge)	11 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>	12 <u>9:00-11:00 Billiards/Pool Club</u> 6:30 Saturday Night Movie (Cinema)
13 Mother's Day Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	14 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit <u>10:30 Library Meeting (Library)</u> <u>12:30-1:30 Gym Time</u> 1:30 Bingo (Theatre) <u>6:30 Entertainment: Steven Barth (Theatre)*</u>	15 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>11:00 Yoga Stretch Classes (Wellness Ctr)</u> 12:30-1:30 Gym Time <u>1:00 Bible Study (Player's Lounge)</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group	16 <u>8:30 Breakfast @ Cracker Barrel (on your own)</u> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit <u>11:00 Water Walking (Pool)</u> <u>12:30 Meditation/Relaxation (Wellness Ctr)</u> <u>2:30-3:30 Blood Pressure (Clinic Room)*</u> <u>4:30 Birthday Dinner (Music-B Koons) Meier Room</u> <u>6:30 - 8:30 Grief Sharing (Players' Lounge)</u>	17 8:00 Walking Club 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time <u>5:00 - 9:00 "Senior" Prom Mysterious Masquerade (Theatre)</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Card & Game Night (Players' Lounge)	18 8:00 Walking Club <u>1:00-3:00 Ladies Billiards/Pool</u>	19 <u>9:00-11:00 Billiards/Pool Club</u> <u>2:30 Creative Haven (Players' Lounge)</u> 6:30 Saturday Night Movie (Cinema)
20 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	21 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit <u>12:30-1:30 Gym Time</u> 1:30 Bingo (Theatre) <u>6:00 Alzheimer's Caregivers Support Grp (Player's Lounge)</u>	22 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>11:00 Yoga Stretch Classes (Wellness Ctr)</u> 12:30-1:30 Gym Time <u>1:00 Bible Study (Players' Lounge)</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group	23 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Water Walking (Pool) <u>12:30 Meditation/Relaxation (Wellness Ctr)</u> <u>1:00 Veteran's Meeting (Theatre)*</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Retired Nurses Gathering (Players' Lounge)</u> <u>6:30 Entertainment: Marian & Friends (Theatre)*</u> <u>6:30 - 8:30 Grief Sharing (Players' Lounge)</u>	24 8:00 Walking Club 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time <u>2:00 Bean Bag Baseball</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Card & Game Night (Players' Lounge)	25 8:00 Walking Club <u>1:00-3:00 Ladies Billiards/Pool</u> <u>1:30 Book Review: "His Excellency George Washington" by Joseph J Ellis (Players' Lounge)</u>	26 <u>9:00-11:00 Billiards/Pool Club</u> 6:30 Saturday Night Movie (Cinema)
27 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	28 Memorial Day 1 meal day 12:00-2:00 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit <u>12:30-1:30 Gym Time</u> 1:30 Bingo (Theatre)	29 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>11:00 Yoga Stretch Classes (Wellness Ctr)</u> 12:30-1:30 Gym Time <u>1:00 Bible Study (Players' Lounge)</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group	30 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit <u>11:00 Water Walking (Pool)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>3:00 Entertainment: Michael Kropp (Theatre)*</u> <u>6:30 - 8:30 Grief Sharing (Players' Lounge)</u>	31 8:00 Walking Club 9:00 Senior Aquatic Exercise 10:00 Open Swim <u>10:15 Depart for Abigail's Tea Room</u> 12:30-1:30 Gym Time 5:00-7:00 Meier Rm (Reservations Only) <u>6:00 Community Water Aerobics \$3</u> 6:30 Card & Game Night (Players' Lounge)	<p style="text-align: center;">Please see reverse side for details.</p> <p style="text-align: center;">Calendar subject to change.</p>	

May 2018 DETAILS Independent Living - Poplar Run

ENTERTAINMENT:

5/2 6:30 InterG's 5/3 6:30 Cinco de Mayo Celebration w/Dancers 5/7 6:30 Leb. Cty Choral Society-Yth Chorus
5/14 6:30 Steven Barth 5/23 6:30 Marian & Friends 5/30 3:00 Michael Kropp

SHOPPING:

5/11 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)	5/16 Cracker Barrel Breakfast & Shopping
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- 5/2 **Entertainment: InterG's 6:30 (Theatre)** – New to SRL! InterGs is a small group of gifted young violinists (9 to 17) led by teacher Katherine Hoopes (Senior Citizen) and accompanied by pianist Rod Myallis (middle-aged) parent of one of the students. Thus, the name InterG's meaning, Intergenerational! Our program includes Classics, Popular and Patriotic music.
- 5/3 **Cinco de Mayo 6:30 (Theatre)** – Wear your sombreros, ponchos and vibrant skirts and come and join the 5th of May fiesta!...okay, we're a little bit early but who cares! Mexican/Spanish dancers will perform and if we're lucky maybe they'll even teach you a dance or two. Refreshments will be provided.
- 5/7 **Entertainment: Lebanon County Choral Society – Youth Chorus 6:30 (Theatre)** – A group of 17 singers in grades 2 through 8. Led by Artistic Director Karen Umberger (assisted by Matt Dickinson), the group sings a variety of sacred and secular pieces. Our theme this season is "How Can I Keep From Singing?" focusing on songs about music.
- 5/9 **50+ Festival (Lebanon Expo Center) Departure 10:00** – Event runs from 10–6. Health Screenings and a lot of information. x3200
- 5/9 **Movie Matinee 2:15 (Theatre)** – "Victoria & Abdul" PG-13, Drama, Comedy-Drama. Staring: Judi Dench, Ali Fazal. Based on the extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee; the young clerk is surprised to find favor with the queen herself. As Victoria questions the constrictions of her position, the two forge an unlikely and devoted alliance that her household and inner circles try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.
- 5/10 **Trip to Kreider's Greenhouse 1:30 Departure** – It's that time of year to do some planting! Choose from the wonderful selections of flowers and herbs at Kreider's Greenhouse on 501. Sign-up @ x3200. Maximum 12 residents.
- 5/14 **Entertainment: Steven Barth 6:30 (Theatre)** – Enjoy the soft soothing music of classic songs (Blue Moon, Sentimental Journey, etc.). Come out, sing along and enjoy!
- 5/16 **Breakfast @ Cracker Barrel Restaurant 8:30** – Enjoy Cracker Barrel's famous breakfast dishes and don't forget the hashbrown casserole...my favorite! After eating visit their Old Country Store...another of my favorite places to shop. Sign-up x3200
- 5/17 **"Senior" Prom 5:00 – 9:00 (Theatre)** – Theme: "Mysterious Masquerade". 5:00 to 9:00 p.m. Relive your high school prom and listen and dance to the music of Josh Squared. Open to those 55+. Resident-\$12, Menu choices: Carved Tenderloin Diane, Stuffed Lobster, Roasted Vegetable Manicotti. Your mysterious mask will be provided. Tickets on sale now! Call Stacia @ x3553
- 5/19 **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.
- 5/21 **Alzheimer's Support Group 6:00 (Players' Lounge)** – Presenter: Atty Michelle Calvert-Reilly Wolfson. Topic: "Law and Caregivers".
- 5/23 **Veteran's Meeting 1:00 (Theatre)** – Meeting, sing-a-long, and introduction of Veteran widows. Everyone is welcome.
- 5/23 **Entertainment: Marian & Friends 6:30 (Theatre)** - Come out and laugh along with the antics of Marian and Friends, the Ventriloquist! Good humor is good medicine, and you'll get a healthy dose during this show! Marian and her daughter, Jenny, will delight you with stories, songs, and family-friendly humor. You'll leave with a smile on your face!
- 5/25 **Book Club 1:30 (Players Lounge)** – "His Excellency George Washington" by Joseph J. Ellis. For a FREE loaner book contact Dan Nace at extension 3378. Advance notice June book "Wild: From Lost to Found on the Pacific Crest Trail" by Cheryl Strayed.
- 5/30 **Entertainment: Michael Kropp 3:00 (Theatre)** – Michael will play acoustic favorites from the 60's through the early 90's. Just a man and his guitar with no back ground music! Michael plays great music that I think you will certainly enjoy.
- 5/31 **Abigail's Tea Room 10:15 Departure** – This has been a wonderful delightful afternoon in the past. See for yourself and come join us! ***"Elegant Afternoon Tea" \$24.95 per person- includes tax & gratuity plus transportation (TBD). Your four course Afternoon Tea will include:*** Freshly brewed pot of tea, scone & tea bread served with Abigail's sweet cream & fruit preserves, choice of two soups of the day "OR" our fresh garden salad, four tea sandwiches per person- on a variety of breads, assortment of delicious petite desserts with a side of fresh fruit and melons. All served on their charming chintz 2-tier servers.

Grief Sharing: Wednesdays at 6:30. Each week see a video on grief and recovery, spend time as a support group discussing what was presented. You will then have the opportunity to use a workbook for further personal study. See Dana Logan x3507 for further information.

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.

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. Lunch after the show at Hershey Farm Restaurant. x3200 to Sign-Up.

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

Thursday, October 11 – Dutch Apple - "Sister Act" - Departure 10:15; Buffet at 11:45; Play at 1:15. \$60.00 per person (includes coach bus transportation). A feel-amazing musical comedy smash based on the movie. Deloris, a wannabe diva whose life takes a surprising turn when she witnesses a murder and the cops hide her in the last place anyone would think to look – a convent! In turn she helps the secluded sisters find their voices. Sister Act is a reason to rejoice! Sign-up x3200.

Coming Soon – Tours of Jubilee and the Dutch Valley Factory. Stay tuned for details.