

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>January 2019</h1>		1 New Year's Day No Wellness Classes No Transportation Runs <u>6:00 Community Water Aerobics \$3</u>	2 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit <u>10:00 Exec. Committee Mtg (Players' Lounge)</u> 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Expediting Committee (Players' Lounge)</u>	3 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:30 "Year-In-Review" (Theatre)</u> <u>2:30 Lifetree Café (Players' Lounge)</u> 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge)	4 One Meal Day 11-2 Buffet Style 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	5 <u>9:00-11:00 Billiards/Pool Club</u> 6:30 Saturday Night Movie (Cinema)
6 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	7 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:30 Bingo (Theatre)</u> <u>6:30 Entertainment: Glenn Miller (Theatre)*</u>	8 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise <u>10:30 Walmart</u> <u>1:00 Bible Study (Players' Lounge)</u> <u>1:30 Food Committee Meeting</u> 1:30 Yoga Stretch Classes (Wellness Ctr) <u>2:30 Sharing Circle (Players' Lounge)</u> 6:00 Community Water Aerobics \$3 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 Exec. Committee Mtg (Players' Lounge)</u> 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Movie Matinee (Theatre) "Everest"*</u>	10 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:30 "Therapy Thursday w/Tom" (Players' Lounge)</u> 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge) <u>6:30 Lifetree Café (Players' Lounge)</u>	11 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	12 <u>9:00-11:00 Billiards/Pool Club</u> 6:30 Saturday Night Movie (Cinema)
13 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	14 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit <u>10:30 Library Meeting</u> 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:30 Bingo (Theatre)</u> <u>6:30 Grace ECC Cantata Choir (Theatre)*</u>	15 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <u>1:00 Bible Study (Players' Lounge)</u> 1:30 Yoga Stretch Classes (Wellness Ctr) <u>1:30 Resident Quarterly Meeting (Theatre)</u> 6:00 Community Water Aerobics \$3 6:30 Prayer Group	16 8:30 Breakfast @ Dutchway Restaurant 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:00 Veteran's Meeting, Speaker Doug Etter, VA Hospital (Theatre)</u> <u>2:30-3:30 Blood Pressure (Clinic Room)*</u> <u>4:30 Birthday Dinner - Music-B Koons (Meier Rm)</u> <u>6:30 Loss of a Spouse Seminar (Players' Lounge)</u>	17 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.)</u> 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Players' Lounge) <u>6:30 Lifetree Café (Players' Lounge)</u>	18 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	19 <u>9:00-11:00 Billiards/Pool Club</u> <u>2:30 Creative Haven Coloring Session (Players' Lounge)</u> 6:30 Saturday Night Movie (Cinema)
20 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	21 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:30 Bingo (Theatre)</u> <u>2:30 Meet & Mingle w/New Residents (Theatre)</u> <u>6:00 Alzheimer's Support Grp (Players' Lounge)</u>	22 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <u>1:00 Bible Study (Players' Lounge)</u> 1:30 Yoga Stretch Classes (Wellness Ctr) <u>2:30 Wellness Talk (Theatre)</u> 6:00 Community Water Aerobics \$3 6:30 Prayer Group	23 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:00-3:00 Spa Day – Ahhhh Day! (Theatre)</u> 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Retired Nurses Gathering (Players' Lounge)</u>	24 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 6:00 Community Water Aerobics \$3 <u>6:30 Lifetree Café (Players' Lounge)</u> 6:30 Card & Game Night (Players' Lounge) 6:30 Entertainment: Tamar & Katrina Pedersen (Theatre)*	25 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool <u>1:30 Book Review: "The Immortalists" (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 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:30 Bingo (Theatre)</u> <u>6:30 Entertainment: Jonestown Male Chorus (Theatre)*</u>	29 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <u>1:00 Bible Study (Players' Lounge)</u> 1:30 Yoga Stretch Classes (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Prayer Group	30 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut)	31 One Meal Day 11-2 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:30 Bean Bag Baseball</u> 5:00-7:00 Meier Rm (Reservations Only) 6:00 Community Water Aerobics \$3 <u>6:30 Lifetree Café (Players' Lounge)</u> 6:30 Card & Game Night (Players' Lounge)		

JANUARY 2019 DETAILS Independent Living - Poplar Run

ENTERTAINMENT:

1/7 6:30 Glenn Miller 1/14 6:30 Grace ECC Church Choir (Schuylkill Haven)
1/24 6:30 Tamar & Katrina Pedersen 1/28 6:30 Jonestown Male Chorus

SHOPPING:

1/8 10:30 Walmart 1/17 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.)

Lifetree Café (Players' Lounge) 1/3-2:30, Remainder of classes at 6:30 - 1/10, 1/17, 1/24, 1/31. Lifetree Café is a conversation Café. You are welcome just as you are. Your thoughts are welcome; your doubts are welcome. We're all in this together. God is here, ready to connect with you in a fresh way. Refreshments will be served. Stop in and join us.

- 1/3 **"Year-In-Review" 1:30 (Theatre)** – Join Tom Maiello in the Theatre to look at the pictures that were taken throughout the 2018 year. Some will look familiar but others you may not have known that he was taking them.
- 1/7 **Entertainment - Glenn Miller 6:30 (Theatre)** – The Big One Man Band. Entertainer, Musician, Clean Comedy. He was named after the famous big band leader and started performing at the age of 10. At 16 he was leading his own dance band and was a featured trumpet soloist for concerts. Glenn performs over 350 shows each year. He features big band sound and mingles with the audience.
- 1/8 **Sharing Circle 2:30 (Players' Lounge)** – Join the Sharing Circle as we discuss different callings we have experienced in our lives, things we felt drawn to do or accomplished.
- 1/9 **Movie Matinee 2:00 (Theatre)** – "Everest" PG-13, Action, Adventure, Biography. Based on a True Story. The morning of May 10, 1996, Robert Edwin Hall together with Scott Fischer teamed up on a joint expedition to ascend Mount Everest. The climbers start their final ascent toward the summit of Mount Everest, the highest point on Earth. With little warning, a violent storm strikes the mountain, engulfing the adventurers in one of the fiercest blizzards ever encountered by man. Challenged by the harshest conditions imaginable, the teams must endure blistering winds and freezing temperatures in an epic battle to survive against nearly impossible odds.
- 1/10 **Therapy Thursday with Tom 1:30 (Players' Lounge)** - Exploring the myths and facts of pain. How to treat it – how to cope with it.
- 1/14 **Grace ECC Church Choir, Schuylkill Haven 6:30 (Theatre)** – Men and women of varied ages from Schuylkill Haven form a four part choir – "The First Noel". Help me welcome them to their first time on our stage.
- 1/16 **Veteran's Meeting 1:00 (Theatre)** – Speaker: Doug Ethers, VA Hospital Public Affairs. Changes to Veteran Benefits. Open to the public. Everyone welcome!
- 1/21 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Pastor James Bitner, Myerstown Baptist church. Topic: "Walking Together with Dementia". All are welcome to attend. Refreshments will be served.
- 1/22 **Wellness Talk 2:30 (Theatre)** – Wellspan Presenter. Topic: Thyroid Awareness. All are welcome to attend. Open to public.
- 1/23 **Spa Day...Ahhhh Day! 1:00-3:00 (Theatre)** – Let's chase away those winter blahs and replace them with some Ahhhhs! South Hills Therapeutic will have two therapist giving back massages; get your nails painted and manicured, scalp massages; and much more!
- 1/24 **Entertainment: Tamar & Katrina Pedersen 6:30 (Theatre)** – This husband and wife team have been performing in the Lehigh Valley for the past 20 years. Tamar has a unique high tenor voice singing favorite selections from the 1920s through the 1960s. Katrina is a classically trained pianist and has been playing the piano since age 2. An evening of music with Tamar and Katrina will bring back memories from years ago and put a smile on your face for years to come. It will be an event you will not want to miss.
- 1/25 **Book Review 1:30 (Players' Lounge)** – Will be reading "The Immortalists" by Chloe Benjamin. For free loaner book contact Dan Nace ext 3378. Advance notice Feb book "Cold Mountain" by Charles Frazier.
- 1/28 **Jonestown Mall Chorus 6:30 (Theatre)** – They will provide quality sacred, secular and patriotic music. Come and join them!

Wednesday, February 6 - Griefshare 6:30 (Players' Lounge) – This is for those who have lost a spouse, child, family member or friends. They will meet for 13 weeks. Each session involves watching a video, discussion time and weekly workbook exercise. Call Dana x3507 to sign up or for more information.

Thursday, February 28 Rainbow Comedy Playhouse – "InLaws, Outlaws, and Other Family Matters". \$41 per person which includes dinner, show and gratuity. Plus \$7 for coach transportation. 11:00 Dinner, 1:00 Show. Take a look at the things that bind us and makes us crazy at the same time...family. Sign-up x3200.

Thursday, March 14 – "Murder at Mount Hope Mansion" – This is an interactive dinner show. Enjoy a 4-course meal, take in the history of the historic mansion and interact with the cast of characters as you become a detective and help solve the murder mystery. This is something new so let's try it out. Can we solve the murder? Price: \$50.95 (Dinner, show and gratuity) + \$7 coach transp. Sign-up x3200.

Friday, March 15 – AARP Income Tax Preparation 9:00 – 2:30 (Players' Lounge) – Lebanon County Area of Aging will prepare your income tax free of charge. Sign up at x3200.

Thursday, May 9 – Fulton Theatre - "Sophisticated Ladies". 12:30 Departure. \$55 plus \$7 coach transp. This glamorous show-stopping production of Sophisticated Ladies celebrates a jazz legend with a name that has stood the test of time. Duke Ellington's musical expression captivates audiences with his stylish big-band sound. Relive the days with such hits as "Take the 'A' Train," "I Got It Bad and That Ain't Good," "It Don't Mean a Thing If It Ain't Got That Swing" and the title song "Sophisticated Ladies." This lavish musical extravaganza features spectacular dancing, outstanding vocals, and an onstage big band that will transport you back to the era of the big band. Dinner on the way home. Sign up x3200.

Thursday, June 6 - American Music Theatre - 1:15 Departure. \$30 + \$7 Coach Transportation. "Ovation" An AMT Pops Orchestra Experience From Classical to Pop, you will be led on an unforgettable musical journey all on stage! Classic tributes to a myriad of music legends like Rosemary Clooney, Tony Bennett, Frank Sinatra, and Ella Fitzgerald, coupled with modern pop greats such as Michael Bublé, Adele, Josh Groban, and Whitney Houston, *Ovation* promises a joy-filled experience for every generation! Get to know our world-class orchestra up close and personal as they perform show-stopping musical hits from George Gershwin to Trans-Siberian Orchestra. Along the way, the AMT singers and dancers will bring dazzling moments to life in a truly awe-inspiring musical experience not to be missed! This *Pops Orchestra Experience* is a musical masterpiece — a symphonic celebration sure to bring audiences to their feet! Dinner at Bird-In-Hand on the way home. Sign up x3200.