

# February 2019

					<p><b>1</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool</p> <p><b>2</b> <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u></p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p><b>3</b> <b>Superbowl Sunday</b> Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p><b>4</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit &amp; Be Fit <u>10:00 Exec. Committee Mtg (Players’ Lounge)</u> 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <u>1:30 Bingo (Theatre)</u></p>	<p><b>5</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise <u>10:30 Walmart</u> 10:45 Water Walking (Pool) <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> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group (Players’ Lounge)</p>	<p><b>6</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit 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> <u>6:30 Grief Sharing (Players’ Lounge)</u></p>	<p><b>7</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>2:00 Penguin Pile Up (Players’ Lounge)</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Entertainment: Matthew</u> <u>Miskie (Theatre)*</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>8</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool</p> <p><b>9</b> <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u></p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p><b>10</b> Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p><b>11</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit &amp; 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 Entertainment: Sweet Life</u> <u>(Theatre)*</u></p>	<p><b>12</b> 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> <u>1:45 Depart Bowling – Palmyra Bowling</u> 1:30 Yoga Stretch Classes (Wellness Ctr) <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group (Players’ Lounge)</p>	<p><b>13</b> <u>7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6</u> <u>Guest</u> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <u>2:00 Movie Matinee (Theatre) “The Proposal”*</u> <u>4:30 Birthday Dinner - Music-B Koons (Meier Rm)</u> <u>6:30 Grief Sharing (Players’ Lounge)</u></p>	<p><b>14 Happy Valentine’s Day!</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:30 “Therapy Thursday w/Tom”</u> <u>(Players’ Lounge)</u> <u>2:30 Valentine’s Social (Living Room)</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>15</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool</p> <p><b>16</b> <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u></p> <p><u>2:30 Creative</u> <u>Haven Coloring</u> <u>(Players’ Lounge)</u></p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p><b>17</b> Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p><b>18</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellnes Ctr) <u>10:00-12:00 Peruvian Marketplace</u> <u>(Theatre)</u> 12:45-1:45 Gym Time w/Brenda <u>Bingo-Moved to Friday Afternoon</u> <u>6:00 Alzheimer’s Support Grp (Players’</u> <u>Lounge)</u></p>	<p><b>19</b> <u>7:30-9:30 Peruvian Breakfast (Vistas)</u> 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> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group (Players’ Lounge)</p>	<p><b>20 Hoodie Hoo Day!</b> <u>8:30 Breakfast @ Heidelberg Family Restaurant</u> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) <u>12:00 Hoodie Hoo Day-Chase Winter Away (Main Entrance)</u> 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <u>1:00 Veteran’s Meeting, Movie: “The Big Picture – The</u> <u>Korean War Vol I” (Theatre)*</u> <u>2:30-3:30 Blood Pressure (Clinic Room)*</u> <u>6:30 Grief Sharing (Players’ Lounge)</u></p>	<p><b>21</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:00 Walmart or Lebanon Plaza</u> <u>(Kohls, Dollar Tree, etc.)</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> <u>6:30 Entertainment: Lee Moyer</u> <u>(Theatre)*</u> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>22</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool <u>1:30 Book Review:</u> <u>“Cold Mountain” by</u> <u>Charles Frazier</u> <u>(Players’ Lounge)</u> <u>3:00 Bingo(Theatre)</u></p> <p>6:30 Saturday Night Movie (Cinema)</p>
<p><b>24</b> Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p><b>25</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; 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: Dave Reinwald</u> <u>(Theatre)*</u></p>	<p><b>26</b> 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>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group (Players’ Lounge)</p>	<p><b>27</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <u>2:00 Retired Nurses Gathering (Players’ Lounge)</u> <u>6:30 Grief Sharing (Players’ Lounge)</u></p>	<p><b>28</b> <u>7:30 ELCO HS Play &amp; Breakfast</u> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:30 Bean Bag Baseball (Wellness Ctr)</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p style="text-align: center;"><b>Calendar is subject to change.</b></p>

# FEBRUARY 2019 DETAILS Independent Living - Poplar Run

## SHOPPING:

2/5 10:30 Walmart

2/21 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.)

**Lifetree Café 6:30 (Players' Lounge)** - 2/7, 2/14, 2/21 and 2/28. You are welcome just as you are. Your thoughts and your doubts are welcome to join us. We're all in this together. God is here ready to connect with you in a fresh way. Refreshments will be served.

**Griefshare 6:30 (Players' Lounge)** – 2/6, 2/13, 2/20, 2/27 This is for those who have lost a spouse, child, family member or friend. Meet for 13 weeks. Sessions involve watching a video, discussion time and workbook exercise. Call Dana for info or to sign up x3507

2/5 **Sharing Circle 2:30 (Players' Lounge)** – Join us on a topic of universal agreement, the power of “LOVE”. Chocolate fondue to follow.

2/7 **Penguin Pile Up 2:00 (Players' Lounge)** – Come and join Gary and Beth Ann as they play Penguin Pile Up! Compete against your fellow neighbors. Join us to play or just to watch but either way, we always have fun!

2/7 **Entertainment – Matthew Miskie 6:30 (Theatre)** –Matt Miskie takes the audience on a time-travel adventure of sorts through familiar folk and country songs, intermixed with personal songs and stories. Songs of travel, work, nature, and personal relationships to traditional country hymns and songs. These songs and stories are sure to bring back many memories that we all have in common.

2/11 **Entertainment: Sweet Life 6:30 (Theatre)** - The sweet sounds of Matt & Carol will entertain you with classic 20th-Century songs, personal stories, and heartwarming tributes to lifetime love.

2/12 **Palmyra Bowling 1:45 (Palmyra)** – Beginners or pros are invited! Dust off your bowling shoes or you can rent them for \$3.50. \$3 per person/per game. **Pay at location**. Scoring is all done electronically. Fun, Fun, Fun! Sign-up x3200.

2/13 **Movie Matinee 2:00 (Theatre)** – “The Proposal” PG-13, Comedy, Drama, Romance. Sandra Bullock, Ryan Reynolds, Betty White. Andrew Paxton has slaved as the assistant to Margaret Tate, hard-driving editor at a New York publisher. When Margaret, a Canadian, faces deportation for an expired visa, she hatches a scheme to marry Andrew - he agrees if she'll promise a promotion. Andrew had plans to fly home that weekend for his grandma's 90th, so Margaret goes with him - to Sitka, Alaska - where Mom, Dad, and Grams await until family dynamics take over and a skeptical INS agent vows to test the couple.

2/14 **Therapy Thursday with Tom 1:30 (Players' Lounge)** - Memory, cognition and the aging brain. When is it time for speech therapy?

2/14 **Valentine's Social 2:30 (IL Living Room)** – Let's find out if opposites really do attract. Join our little party! Refreshments provided.

2/18 **Peruvian Marketplace 10:00-12:00 (Theatre)** – Meet a Sodexo Chef from Peru where Peruvian foods will be featured along with action stations of which he will tell us about the ingredients, preparing them and provide tasting.

2/18 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Cindy Klinger, Area Agency on Aging. Topic: “Available Resources”. Open to the public. Refreshments will be served.

2/19 **Wellness Talk 2:30 (Theatre)** – Speaker: Stephanie Andreozzi, Sr. Director of Clinical Services, Wellspan Good Samaritan Hospital Topic: Heart Health. All are welcome to attend. Open to the public.

2/20 **Veteran's Meeting 1:00 (Theatre)** – Movie “The Big Picture-Volume II”. Topic: Korean War. Open to the public. All are welcome!

2/21 **Entertainment: Lee Moyer 6:30 (Theatre)** – The Gentlemen of Jazz will bring his talent to our stage. Always welcomed here at SRL!

2/22 **Book Review 1:30 (Players' Lounge)** – Will be reading "Cold Mountain" by Charles Frazier. For free loaner book contact Dan Nace ext 3378. Advance notice March book “The Woman in the Window” by A. J. Finn.

2/25 **Entertainment: Dave Reinwald 6:30 (Theatre)** – Back by popular demand playing delightful, mellow oldies from the 50's thru 70's.

2/28 **ELCO High School Musical @ 8:30 - Departure 7:30** – “Mary Poppins” – In turn of the century London, a magical nanny employs music and adventure to help two neglected children become closer to their father. Breakfast provided. Free. Sign-up x3200.

**Thursday, February 28 “InLaws, Outlaws, and Other Family Matters” - Rainbow Comedy Playhouse** –\$41 per person, which includes dinner, show and gratuity + \$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 & 22nd – 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 for availability.

**Sunday, April 7 – “The Last Word” - Christian Life Assembly, Camp Hill** – 1:15 Departure, 3:00 show. A musical portrayal of the life, death, and the resurrection of Jesus of Nazareth. In a world designed to be perfect in splendor, brokenness entered with cries of hopelessness. Experience through this story of love and compassion how mankind was given an incredible gift of life. Jesus came as hope for the broken world! Very dramatic play. Dinner at Cracker Barrel on the way home. \$15 + \$7 Transp. Sign-up 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 at Hoss's Steak & Sea House on the way home. Sign up x3200.

**Thursday, June 6 – “Ovation” - American Music Theatre** - 1:15 Departure. \$30 + \$7 Coach Transportation. 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 coupled with modern pop greats such as Michael Bublé, Adele, and Josh Groban. *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.