

March 2019

Calendar is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	2 <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u> 6:30 Saturday Night Movie (Cinema)
3 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	4 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit <u>10:00 Exec. Committee Mtg (Players’</u> <u>Lounge)</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: Stephen Perno</u> <u>(Theatre)*</u>	5 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)	6 Ash Wednesday 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) <u>2:00 Expediting Committee (Players’ Lounge)</u> <u>7:00 Ash Wednesday Service (Theatre)*</u> <u>6:30 Grief Sharing (Players’ Lounge)</u>	7 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <u>1:00 Death Café (Theatre)*</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> 6:30 Card & Game Night (Corner Pocket Lounge)	8 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	9 <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u> 6:30 Saturday Night Movie (Cinema)
10 Daylight Savings Time Turn your clocks 1 hr ahead. Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	11 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>2:30 Meet & Mingle/Informational</u> <u>Gathering (Theatre)</u>	12 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 Self Defense Class (Theatre)*</u> <u>6:00 Community Water Aerobics \$3</u> 6:30 Prayer Group (Players’ Lounge)	13 <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 & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <u>2:00 Movie Matinee (Theatre) “The Post”*</u> <u>4:30 Birthday Dinner - Music-B Koons (Meier Rm)</u> <u>6:30 Grief Sharing (Players’ Lounge)</u>	14 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>3:00 Human Foosball (Theatre)</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> 6:30 Card & Game Night (Corner Pocket Lounge)	15 8:00 Walking Club <u>9-2:30 AARP Tax Prep</u> <u>(Players’ Lounge)</u> 1:00-3:00 Ladies Billiards/Pool	16 <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u> <u>2:30 Creative</u> <u>Haven Coloring</u> <u>(Players’ Lounge)</u> 6:30 Saturday Night Movie (Cinema)
17 St. Patrick’s Day Colors of the Rainbow Week Wear Green Day! Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	18 Wear Red Day! 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>2:45 “Pot-O-Gold” Treasure Hunt</u> <u>(Theatre)</u> <u>6:00 Alzheimer’s Support Grp (Players’</u> <u>Lounge)</u>	19 Wear Orange Day! 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)	20 Wear Yellow Day! <u>8:30 Breakfast @ Esther’s Diner</u> 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) <u>1:00 Veteran’s Meeting Speaker: Barry Kauffman</u> <u>(Theatre)*</u> <u>2:30-3:30 Blood Pressure (Clinic Room)*</u> <u>6:30 Grief Sharing (Players’ Lounge)</u>	21 Wear Blue Day! 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>1:30 Bean Bag Baseball (Wellness Ctr)</u> <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> <u>6:30 Entertainment: Northern</u> <u>Lebanon Alumni Band (Theatre)*</u> 6:30 Card & Game Night (Corner Pocket Lounge)	22 Wear Violet/Purple Day! 8:00 Walking Club <u>9-2:30 AARP Tax Prep</u> <u>(Players’ Lounge)</u> 1:00-3:00 Ladies Billiards/Pool <u>1:30 Book Review: “The</u> <u>Woman in the</u> <u>Window” by A. J. Finn</u> <u>(Players’ Lounge)</u>	23 <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u> 6:30 Saturday Night Movie (Cinema)
24/31 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	25 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: Erwin Chandler Trio</u> <u>(Theatre)*</u>	26 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)	27 4:00 – 6:00 One Meal Day Vistas Dining Room will be closed for lunch 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) <u>2:00 Retired Nurses Gathering (Players’ Lounge)</u> <u>6:30 Grief Sharing (Players’ Lounge)</u>	28 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 5:00-7:00 Meier Rm (Reservations Only) <u>6:00 Community Water Aerobics \$3</u> <u>6:30 Lifetree Café (Players’ Lounge)</u> 6:30 Card & Game Night (Corner Pocket Lounge)	29 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	30 <u>9:00-11:00</u> <u>Billiards/Pool</u> <u>Club</u> 6:30 Saturday Night Movie (Cinema)

March 2019 DETAILS Independent Living - Poplar Run

SHOPPING:

3/5 10:30 Walmart

3/21 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.)

Lifetree Café 6:30 (Players' Lounge) –Every Thursday. Come 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) –Class held every Wednesday until May 1st. Have you lost someone close to you? Each week we will watch a video regarding grief and recovery and 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.

3/4 **Entertainment – Stephen Perno 6:30 (Theatre)** – Stephen Perno, 32 years old, has an old soul who loves the classic crooner songs of Frank Sinatra, Dean Martin, Sammy Davis Jr., Michael Buble, Nat King Cole, and others. He has been performing since high school singing in choirs, male ensemble groups, and on stage performances while growing up in the Reading area. His solo career began in 2013 with performances on military bases, VA centers, restaurants/bars, and private events. Don't let his age deceive you, as you will be transported to days of old by his renditions! Another new entertainer on our stage.

3/5 **Sharing Circle 2:30 (Players' Lounge)** – Join us on a topic of "Boundaries", Join in on the circle's discussion about setting boundaries in our personal and professional lives. A rich and engaging portrait of the real reasons why we need to have our end-of-life wishes expressed and respected.

3/7 **Death Café' 1:00 (Theatre)** – Join us for cake and coffee and discussion on what happens after... Hosted by Brian Long, PA Link to Aging and Disability Resources. From the heart and personally moving and comforting. Their aim is to increase awareness of death to help people make the most of their lives. Sign-up x3553 Stacia Mohr.

3/12 **Self Defense Class 2:30 (Theatre)** – Informational Session - Mr. Steven Daddona, owner and martial arts instructor of Centerline Martial Arts Academy will show us how to defend ourselves in certain situations and what to do or not do.

3/13 **Movie Matinee 2:00 (Theatre)** – "The Post" PG-13, Starring Tom Hanks, Meryl Streep, Katharine Graham is the first female publisher of a major American newspaper -The Washington Post. With help from editor, Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light.

3/14 **Therapy Thursday with Tom 1:30 (Players' Lounge)** - Inner ear and balance disorders. Do you wobble and weave when you want to be on the straight and narrow? Tom will keep you on your feet! Refreshments provided.

3/14 **Human Foosball 3:00 (Theatre)** - Instead of using little wooden stick figures on a game table...we will use live people...YOU! We will kick the ball, score goals, cheer and laughing is suggested! Spectators are welcome to encourage the teams. x3202 if interested.

3/15 & 3/22 **AARP Income Tax Preparation 9:00 – 2:30 (Players' Lounge)** – Lebanon County Area of Aging will be preparing income taxes free of charge. Come for your scheduled appointment with recommended paperwork. Contact x3200 if you need appointment confirmation.

Week of 3/17 – Colors of the Rainbow Week – Wear the designated color of the day. Prizes will be awarded. Voting ballots available at the Receptionist and Vista Dining Room Desk. One vote per person – per day!

3/18 **"Pot-O-Gold" Treasure Hunt 2:45 (Theatre)** – Join us on this treasure hunt as each team follows clues as they meander around StoneRidge to find the pot of gold. You may be a clue solver or a seeker. Prizes and refreshments will be provided. Sign-up x3200.

3/18 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Informational session. Speaker: Barbara Gall, Educator Homeland at Home Hospice. Topic: "Nutrition and Alzheimer's". Open to the public. Refreshments will be served.

3/19 **Wellness Talk 2:30 (Theatre)** – Presented by Encompass. Topic: "Dining as We Age", as part of the National Nutrition Month. How to get the most out of what to eat. Open to the public.

3/20 **Breakfast @ Esther's Diner 8:30** – Go out for a full breakfast or simply enjoy a cup of coffee and a piece of pie. Sign-up x3200

3/20 **Veteran's Meeting 1:00 (Theatre)** – Speaker Barry Kauffman will present "The Four Heroines of World War I". Open to the public.

3/21 **Lebanon Alumni Band 6:30 (Theatre)** – First time at StoneRidge and I understand that it will be FANTASTIC! This band will play contemporary, marches, show tunes and just a mixture of wonderful music. Let's welcome them to our stage!

3/22 **Book Review 1:30 (Players' Lounge)** – The March book will be, "The Woman in the Window" by A. J. Finn. For free loaner book contact Dan Nace ext 3378. Advance notice April book "Varina" by Charles Frazier.

3/25 **Entertainment: Erwin Chandler Trio 6:30 (Theatre)** – Erwin will tickle the ivories along with two accompaniments. Always a delight!

NEW! Thursday, April 4 – Paint Class - 1:30 (Theatre) – Whether you are a beginner or experienced, join me as "Brushstrokes on Canvas" will guide you with step by step instructions to paint "On the Lake" (picture will be in the Information Room). Paints, brushes, aprons, easels, and canvas will be provided. It's not as hard as you think! Bring a friend. Resident -\$10, Guests \$15. Sign-up at x3200. The value is \$27. Sign-up x3200.

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 complete with a cast of over 100 actors, singers & dancers, live animals on stage, beautiful music, lavish sets & authentic costuming. 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. A 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 jazz legend Duke Ellington. His musical expression captivates audiences with a 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 "Sophisticated Ladies." This lavish musical extravaganza features spectacular dancing, vocals, and an onstage big band that will transport you back to the big band era. 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! Classic tributes to a myriad of music legends like Rosemary Clooney, Tony Bennett, Frank Sinatra coupled with greats such as Michael Bubl , Adele, Josh Groban and more. *Ovation* promises a joy-filled experience for every generation! Get to know our world-class orchestra 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! This *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.