

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>1</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit &amp; Be Fit <b>10:00 Exec. Committee Mtg (Players' Lounge)</b> 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b></p>	<p><b>2</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> <b>1:30 Food Committee Meeting</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>2:30 Sharing Circle (Players' Lounge)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group</p>	<p><b>3</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) <b>2:00 Expediting Committee (Players' Lounge)</b> <b>6:30 Grief Share (Players' Lounge)</b></p>	<p><b>4</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>1:30 Paint Day "On the Lake" (Theatre)</b> <b>6:30 Lifetree Café (Players' Lounge)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>5</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool</p>	<p><b>6</b> <b>9:00-11:00 Billiards/Pool Club</b>  6:30 Saturday Night Movie (Cinema)</p>		
<p><b>7</b> Transportation available for Myerstown Churches <b>1:15 Christian Life Assembly Departure-"The Last Word"</b>  4:30 Vespers (Theatre)</p>	<p><b>8</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b></p>	<p><b>9</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> <b>1:30 Food Committee Meeting</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group</p>	<p><b>10</b> <b>7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit <b>10:00 Exec. Committee Mtg (Players' Lounge)</b> 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) <b>2:00 Movie Matinee (Theatre) "Do You Believe"*</b> <b>6:30 Grief Share (Players' Lounge)</b> <b>6:30 Entertainment: Sheila Milz &amp; Jean Barsum (Theatre)</b></p>	<p><b>11</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>1:30 "Therapy Thursday w/Tom" (Players' Lounge)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge) <b>6:30 Lifetree Café (Players' Lounge)</b></p>	<p><b>12</b> 8:00 Walking Club <b>11:00 Hornings, Goods &amp; Smith's Candies</b> 1:00-3:00 Ladies Billiards/Pool</p>	<p><b>13</b> <b>9:00-11:00 Billiards/Pool Club</b>  6:30 Saturday Night Movie (Cinema)</p>	
<p><b>14 Palm Sunday</b> Transportation available for Myerstown Churches  4:30 Vespers (Theatre)</p>	<p><b>15</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit &amp; Be Fit <b>10:30 Library Meeting</b> 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>6:00 Alzheimer's Support Grp (Players' Lounge)</b> <b>6:30 Tamar &amp; Katrina Pedersen (Theatre)*</b></p>	<p><b>16</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>1:30 Resident Quarterly Meeting (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group</p>	<p><b>17</b> <b>8:30 Breakfast @ Schwalms Restaurant (Cleona)</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 <b>1:00 Veteran's Meeting, Speaker: Roger Heim (Theatre)</b> <b>2:30-3:30 Blood Pressure (Clinic Room)*</b> <b>4:30 Birthday Dinner - Music-B Koons (Meier Rm)</b> <b>6:30 Grief Share (Players' Lounge)</b></p>	<p><b>18 Maundy Thursday</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge) <b>7:00 Holly Communion Service (Theatre)</b></p>	<p><b>19 Good Friday</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool <b>2:00 Community Good Friday Service (Theatre)</b></p>	<p><b>20</b> <b>9:00-11:00 Billiards/Pool Club</b>  <b>2:30 Creative Haven Coloring Session (Players' Lounge)</b>  6:30 Saturday Night Movie (Cinema)</p>	
<p><b>21 Easter 11-2 One Meal Day 7:00 a.m. Easter Dawn Service w/Continental Breakfast</b> Transp. available for Myerstown Churches 4:30 Vespers (Theatre)</p> 	<p><b>22</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 <b>1:30 Bingo (Theatre)</b> <b>2:30 Informational Session/Meet &amp; Mingle w/New Residents (Theatre)</b></p>	<p><b>23</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>2:30 Wellness Talk (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group</p>	<p><b>24</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) <b>2:00 Retired Nurses Gathering (Players' Lounge)</b> <b>6:30 Grief Share (Players' Lounge)</b></p>	<p><b>25</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise <b>10:00 Christine Ferreira-Channel 8 News Meteorologist (Theatre)*</b> 11:00 Yoga Stretch (Wellness Ctr) <b>1:30 Bean Bag Baseball</b> <b>6:00 Community Water Aerobics \$3</b> <b>6:30 Lifetree Café (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>26</b> 8:00 Walking Club <b>11:00 Pick out your Derby Stall (Hobby Hut Hallway)</b> 1:00-3:00 Ladies Billiards/Pool <b>1:30 Book Review: "Varina" (Players' Lounge)</b></p>	<p><b>27</b> <b>9:00-11:00 Billiards/Pool Club</b>  <b>6:15 Depart for "The Great Mini Golf Massacre" @ The Franklin House</b> 6:30 Saturday Night Movie (Cinema)</p>	
<p><b>28</b> Transportation available for Myerstown Churches  4:30 Vespers (Theatre)</p>	<p><b>29</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 <b>1:30 Bingo (Theatre)</b> <b>2:30 Decorate Kentucky Derby Hat (Hobby Hut)</b></p>	<p><b>30</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:00 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group</p>				<h1>April 2019</h1>	

## April 2019 DETAILS Independent Living - Poplar Run

### SHOPPING:

4/12 11:00 Hornings, Good & Smith's Candies                      4/18 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.)

If you wish to go shopping at other locations, call transportation x3205 and sign up for the day that they will be taking runs to the doctor in that particular area. In doing so there will be no charge. i.e., Monday-Reading Malls; Wednesday-Hershey Outlets, 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.

- 4/2 **Sharing Circle 2:30 (Players' Lounge)** – Join us on a topic of "Listening", Join in on the circle's discussion on paying attention. Are we really listening and being present during daily interactions?
- 4/4 **Paint Day 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 is 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. Sign-up x3200.
- 4/7 **"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. A very dramatic play of Jesus' life. Dinner at Cracker Barrel on the way home. **This is open to friends & family.** \$15 + \$7 Transp. Sign-up x3200.
- 4/10 **Movie Matinee 2:00 (Theatre)\*** – "Do You Believe" PG-13, Starring Mira Sorvino, Sean Astin, Alexa PenaVega, Cybill Shepherd, Brian Bosworth, Liam Matthews, Lee Majors For reasons they are not yet able to comprehend, a dozen strangers cross paths, converging on the importance of Christ -- all triggered by one pastor's life-changing encounter with a street-corner preacher.
- 4/10 **Entertainment: Sheila Milz & Jean Barsum 6:30 (Theatre) \*** - New Entertainer. A combination of old-time classic songs, show tunes, and light-hearted, fun-filled musical presentation.
- 4/11 **Therapy Thursday with Tom 1:30 (Players' Lounge)** - "Aqua Therapy". Learn how the pools water resistance and buoyancy can help improve fitness levels, reduces stress on the body and help patients exercise easier with less pain. Refreshments provided.
- 4/15 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Informational session. Speaker: Amy Tillinger, Director of Activities of the Lebanon Valley Home. Topic: "Understanding Alzheimer's Impact on the Brain". Open to the public. Refreshments will be served.
- 4/15 **Entertainment – Tamar & Katrina Pedersen 6:30 (Theatre)\*** – Tamar and Katrina are husband and wife team. You loved them the first time, I just had to bring them back! With Easter approaching, they will be adding some songs from their religious repertoire. An evening of music which 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. They received a standing ovation the last time at SRL.
- 4/17 **Breakfast @ Schwalm's Restaurant 8:30** –Come for breakfast or just for the fellowship with friends. Sign-up x3200.
- 4/17 **Veteran's Meeting 1:00 (Theatre)\*** – Speaker: Roger Heim, as Lt. Peter Weiser and the First PA Regiment of the Continental Army.
- 4/23 **Wellness Talk 2:30 (Theatre)** – Brenda will lead guided exercises that can be done in your home to improve your balance. Participants will receive a take home booklet containing the exercises with instructions on proper execution. No registration needed.
- 4/25 **Informational Session – Christine Ferreira, News 8 Meteorologist 10:00 (Theatre) \*** - Learn how the News 8 Storm Team forecast is created & presented each day. She will also explain her duties with WGAL-TV and give a behind the scenes look at the TV station.
- 4/26 **Book Review 1:30 (Players' Lounge)** – The April book will be, "Varina" by Charles Frazier. For free loaner book contact Dan Nace ext 3378. Advance notice May book "Blue Heaven" by C. J. Box

**NEW – Saturday, April 27 - 7:00 Dinner & Murder Mystery, The Franklin House – Schaefferstown, PA** - Departure 6:15

Join us for "The Great Mini-Golf Massacre" dinner and murder mystery at The Franklin House. \$65 which entitles guests to a five course meal of appetizer, soup, salad, entrée and dessert. The price includes tax and gratuity, but alcoholic beverage are extra. In between each course the actors perform a scene. This is like a live version of the game "CLUE" where you will become a part of the interactive play. Can you solve the murder? You must be able to go up steps as it is located on the second floor. \$2 Transportation. Sign up x3200.

**NEW – Wednesday, May 1 – Reading Fightin Phils Game** – Fightin Phils vs Harrisburg Senators. Departure 10:00, Game Time 11:35 Tickets-Free; \$2 Transportation. Sign-up x3200.

**NEW – Thursday, May 2<sup>nd</sup> 2:00 Kentucky Derby** – Get ready to saddle up...and then... they're off! The best race isn't in Kentucky-it's in Myerstown, PA! Trot on over to the Theatre wearing your "SRL designer hats" and express your inner Southern Belle. Remember...it's all about the HATS! When the bugle is blown, cheer on your favorite jockey and the "Run for the Roses" will begin! Southern comfort refreshments will be provided. Get your team together! You will need a jockey, an owner to spin the wheel, and stable hands. Earlier in the week you may start decorating your horses' stall and don't forget to decorate your hat as well. Contact Beth Ann with your team x3202.

**NEW – Thursday, June 13 - 7:30 PM - Mount Gretna Theatre "I Love a Piano"** – Departure 6:30. The classic musical that will make you sing, laugh, dance, and shout with joy! Irving Berlin's I Love a Piano follows the journey of one piano from Tin Pan Alley to the present day, as it winds its way through the lives of Americans. The story comes to life through your favorite Irving Berlin classics including, "Blue Skies," "There's No Business Like Show Business," "Puttin' on the Ritz," "How Deep is the Ocean," and of course, "I Love a Piano". "An energetic, animated presentation of nearly 60 of Berlin's tunes!" Discount rate \$20.00 + \$7 transportation.

**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. 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.