

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

November 2019

Independent Living – Poplar Run

Calendar subject to change.

<p>3 Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p>4 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:00 Exec. Committee Mtg (Players' Lounge) 10:00 Bingo (Theatre) 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda 1:45 Entertainment: The Wesley Singers (Theatre)*</p>	<p>5 Election Day 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:00 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.) 2:30 Sharing Circle (Players' Lounge) 6:00 Community Water Aerobics \$3 6:30 Prayer Group (Players' Lounge)</p>	<p>6 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:00 Expediting Committee (Players' Lounge) 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Dance Class (Wellness Center) 6:30 Entertainment-Rich DeSimone (Theatre)*</p>	<p>7 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Lifetree Café (Players' Lounge) 6:30 Card & Game Night (Corner Pocket Lounge)</p>	<p>1 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool</p> <p>2 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)</p>	<p>9 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)</p>
<p>10 Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p>11 Veteran's Day 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:30 Library Meeting 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda Bingo moved to Friday 2:30 Veteran's Day Program, Speaker: Lt. Col. Vincent Amerena, Carlisle War College; Soloist: Maria Damore' (Theatre)*</p>	<p>12 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:00 Bible Study (Players' Lounge) 1:30 Food Committee Meeting 1:30 Yoga Stretch Classes (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Prayer Group (Players' Lounge)</p>	<p>13 7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest 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 2:00 Movie Matinee (Theatre) "Let There Be Light"* 6:30 Surviving the Holidays (Players' Lounge)</p>	<p>14 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 "Therapy Thursday w/Tom" (Players' Lounge) 3:00 Entertainment: Carol Kline & Love Bucket (Theatre)* 6:00 Community Water Aerobics \$3 6:30 Lifetree Café (Players' Lounge) 6:30 Card & Game Night (Corner Pocket Lounge)</p>	<p>15 8:00 Walking Club 10:00 Dance Class (Wellness Center) 1:00-3:00 Ladies Billiards/Pool 1:30 Bingo (Theatre)</p> <p>16 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven Coloring (Players' Lounge) 6:30 Saturday Night Movie (Cinema)</p>	<p>23 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)</p>
<p>17 Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre)</p>	<p>18 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 1:30 Bingo(Theatre) 2:30 Informational Gathering and Meet & Mingle (Theatre) 6:00 Alzheimer's Support Grp (Players' Lounge) 6:30 Entertainment: One AChord (Theatre)*</p>	<p>19 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Senior Aquatic Exercise 10:30 Walmart 10:45 Water Walking (Pool) 1:00 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:30 Wellness Talk (Theatre) 6:00 Community Water Aerobics \$3 6:30 Prayer Group (Players' Lounge)</p>	<p>20 8:30 Breakfast @ Schwalm's Restaurant, Cleona 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 NO Veteran's Meeting 1:30 Bean Bag Baseball (Wellness Ctr) 1:30 Yarn Unlimited Club (Hobby Hut) 2:30-3:30 Blood Pressure (Clinic Room)* 4:30 Birthday Dinner - Music-B Koons (Meier Rm)</p>	<p>21 10:00 Senior Aquatic Exercise 1:00 Depart to Reading Museum "CUT" & Highlights Tour 11:00 Yoga Stretch (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Lifetree Café (Players' Lounge) 6:30 Entertainment: Faith Baptist Sing-A-Long (IL Living Room) 6:30 Card & Game Night (Corner Pocket Lounge)</p>	<p>22 8:00 Walking Club 10:00 Blanket Assembly (Players' Lounge) 1:00-3:00 Ladies Billiards/Pool 1:30 Book Review: "The Baker's Secret" by Stephen P. Kiernan (Players' Lounge)</p>	<p>30 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)</p>
<p>24 Transportation available for Myerstown Churches</p> <p>4:30 Vespers (Theatre) 7:00 Community Thanksgiving Service (Theatre)</p>	<p>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 1:30 Bingo (Theatre) 6:30 Entertainment: Hamlin Choir (Theatre)*</p>	<p>26 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Senior Aquatic Exercise 10:30 Walmart 10:45 Water Walking (Pool) 1:00 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Prayer Group (Players' Lounge)</p>	<p>27 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) NO Retired Nurses Gathering</p>	<p>28 Happy Thanksgiving Day!</p> <p>One Meal Day 11 - 2 No Fitness Classes No Lifetree Café</p>	<p>29 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool</p>	<p>30 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)</p>

November 2019 DETAILS Independent Living - Poplar Run

SHOPPING:

11/5 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.) **11/19 10:30** Walmart

*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; Tuesday-Lebanon 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.

11/4 **The Wesley Singers 1:45**. Rescheduled from October. The Wesley Singers are a group of men who sing regularly at retirement communities throughout Lancaster County. This group has existed since 1987. Today's chorus represents twelve different church denominations with support and rehearsals still continuing at First United Methodist Church. Sponsored by the retired pastors group.

11/5 **Sharing Circle 2:30 (Players' Lounge)** –“Blessings”. Join the circle for a discussion on life's blessings and the abundance we share.

11/6 **Dance Class 2:00 (Wellness Center)** – Chuck Myers, Instructor from the Louise Lamar Dance Studio, will teach you dance steps to smooth, uncomplicated dance music. Come as a single or with a male or female partner. You looking good and in-step for the next Senior Prom. Sign-up for classes @ x3200.

11/6 **Rich DeSimone 6:30 (Theatre)** – Rich makes the music of Frank Sinatra come to life while putting his stamp on dozens of tunes familiar to the music lover's ear including classics such as New York/New York, Night and Day, Witchcraft, Love and Marriage, Strangers in the Night, The Lady is a Tramp and My Way. Rich includes those favorites along with countless others.

11/8 & 11/22 **Blanket Assembly 10:00 (Players' Lounge)** –Can you use a scissors or tie a knot? A total of 36 warm, fleece blankets will be assembled and distributed to the Bethany Children's Home. Bring scissors if you have them. No sewing required...just pinning, cutting and knotting. Come out and join us in this act of giving. Also a great time for fellowship! Activity directed by Mary Nace.

11/11 **Veterans Day Program 2:30 (Theatre)** – Honoring all Veterans. Speaker: Lt. Colonel Vincent Amerena from the Carlisle War College; music provided by Maria Damore'; posting of the colors by the Pine Grove JROTC; taps by Harry Fisher and a special gift will be given to the StoneRidge Veterans. Family and friends are all welcome to attend this event, as we salute those that served our country.

11/13 **Movie Matinee 2:00 (Theatre)** – “Let There Be Light” PG-13; Drama. Starring: Kevin Sorbo, Sam Sorbo, Sean Hannity, Dionne Warwick, Travis Tritt. An American, Christian drama film. For all his far-reaching fame, Sol Harkens, the world's most famous atheist, is a lonely soul and a lousy part-time dad. After a near death experience challenges his simplest assumptions about this world, he finds his purpose and re-imagines his life in a film that will make you laugh and cry and want to stand up and cheer. Refreshments provided.

11/13 **“Surviving the Holidays” 6:30 (Players' Lounge)** – In the coming days, you are going to be facing some tough emotions. Due to the nature of Thanksgiving and Christmas with its focus on family, traditions, expectations and social events – the emotions can blindsides you. You can lessen the impact by knowing what to expect and being prepared. Surviving the Holidays is here to help!

11/14 **Therapy Thursday with Tom 1:30 (Players' Lounge)** – Topic to be announced. Refreshments will be provided.

11/14 **Carol Kline & Love Bucket (George) 3:00 (Theatre)** – Come and enjoy their deep harmony and spirited humor as they present some of your Country, Pop and Gospel favorites, featuring the best of the 60s, 70s, 80s and more.

11/15 **Dance Class 10:00 (Wellness Center)** – Come join us in the Wellness Center for some fun!

11/18 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Candy Yingling, Education Coordinator Alzheimer Assoc., Topic: “Information from the Alzheimer Association-Local, National and International”. Open to the public. Refreshments.

11/18 **One AChord 6:30 (Theatre)** – “Songs of Thanksgiving”, features many familiar songs about autumn and giving thanks. Also patriotic numbers to honor Veterans Day. One AChord is made up of volunteers from the Lebanon area who enjoy sharing their music with others. Donations accepted.

11/21 **Reading Museum 1:00 Departure** – CUT! Costume and the Cinema boasts 43 costumes that represent five centuries of fashion and dress. Even if you haven't seen any of these movies, you'll be able to see artfully recreated styles from the past 600 years of fashion and decadence. There will be an hour “Highlights Tour” with a guide and then a half hour free time to roam through the “Suits of Armour”, Treasures of the #RPM vault, and much more! You will be back to SRL for dinner. Sign-up x3200.

11/22 **Book Club 1:30 (Players' Lounge)** – Book Review: “The Baker's Secret” by Stephen P. Kiernan. January book to be determined.

11/25 **Hamlin Choir 6:30 (Theatre)** – This program is a collection of hymns and sacred choral works. It begins with Taize, moves into choral songs about trust and strength for the journey and ends with advent, longing for heaven, and the timeless Lord's Prayer. Nearer My God To Thee, I Need Thee Every Hour, Angel Band, and more.

Upcoming Events:

Sunday, December 8 – “A Christmas Legacy” – Christian Life Assembly – 1:15 Departure; 3:00 Show. \$15.00 + \$7.00 coach transportation. “A Christmas Legacy” is a Broadway-style dramatic musical. The story takes you inside the Billingsley Hotel where you will meet the hard-working staff, some very interesting guests, and Pamela, the current, reluctant owner of the hotel. See how Pamela and the staff balance current technology with the proven traditions of her ancestors. As you are transported through time, experience Christmas through a little bit of barbershop quartet or catch some doo-wop along the way. Enjoy music, dance, elaborate sets and costumes, and heart-warming stories that are woven through the generations with lots of laughter! Follow the folks at the Billingsley Hotel who remind us that the birth of Jesus demonstrated a true legacy of love. Dinner at Cracker Barrel on the way home. Sign-up x3200.

Tuesday, December 17 – “Joy to the World” – American Music Theatre – 1:30 Departure; 3:00 Show. \$40 + \$7 coach transportation. The ringing of church bells in a quaint town set the scene for Joy to the World. Evoking the revered holiday nostalgia of hometowns all across the US, the stage will transform into a small-town winter carnival brimming with family and friends. Featuring scenes filled with elves, dramatic dancing, sensational singing, and grand moments galore. Dinner on the way home at Applebee's. Sign-up x3200.

Friday, May 29, 2020 – Sight & Sound Theatre – “Queen Esther” - Set in the perilous Persian Empire, Queen Esther is a tale of beauty and bravery. Esther's ordinary life changed forever when she was taken through the palace doors, entering a world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust in God's plan and believe that she was made for such a time as this? Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand-new, original stage production! Departure 1:20. \$70.30 + \$7 transportation. Dinner at Hershey Farm Restaurant. Sign up x3200.

Saturday, July 11 – Fulton Theatre – “Jersey Boys” - Best musical winner at both the Tony Awards and Oliver Awards, “Jersey Boys” takes you up the charts and across the USA with four blue-collar kids working their way from the streets of New Jersey to the heights of stardom. Experience electrifying performances of the golden greats that took Frankie Valli and The Four Seasons all the way to the Rock & Roll Hall of Fame. Departure 12:26; Dinner at Hoss' Steak & Seafood; Tickets \$48 + \$7 Transportation. Sign-up x3200.