

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	2 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:00 Exec. Committee Mtg (Players' Lounge) 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) 6:30 Entertainment: Winds of Worship (Theatre)*	3 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Assemble Gingerbread Structures (Players' Lounge) 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:00 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:30 Sharing Circle (Players' Lounge) 6:00 Community Water Aerobics \$3 6:30 Prayer Group TBD-Poinsettia Order Pick-Up (Hobby Hut)	4 8:30 Departure-Shopping Trip To Christmas Tree Shop, JC Penney, Target (High Pointe Commons-Harrisburg) 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 1:15 Yarn Unlimited Club (Hobby Hut)	5 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 Decorate Gingerbread Houses (Players' Lounge) 6:00 Community Water Aerobics \$3 6:30 Lifetree Café (Board Room) 6:30 Tree Lighting & Sing-A-Long, Entertainment: Steve Walker (Living Room)	6 8:00 Walking Club 9:00 – 1:00 IU Holiday Bazar (Theatre) 1:00-3:00 Ladies Billiards/Pool	7 9:00-11:00 Billiards/Pool Club 1:00-3:00 Compeer Event Juggler, Dinner, Holiday Shopping (Theatre) 6:30 Saturday Night Movie (Cinema)	
8 Transportation available for Myerstown Churches 3:00 Departure for Christian Life Assembly Program-Dinner at Cracker Barrel 4:30 Vespers (Theatre)	9 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:30 Hall Tree Decorating 11:15 Meditation/Relaxation (Wellnes Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) 6:30 Entertainment: Tulpy Jazz Band (Theatre)*	10 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Senior Aquatic Exercise 1:00 Walmart, Kohls, Lebanon Plaza 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	11 8:30 Breakfast @ The Railroad Diner 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 1:15 Yarn Unlimited Club (Hobby Hut) 2:00 Dance Class (Wellness Ctr)	12 One Meal Day 4:00 – 6:00 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 Cookie & Gift Exchange (Meier Room) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Corner Pocket) 6:30 Lifetree Café (Players' Lounge)	13 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	14 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)	
15 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	16 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 1:30 Bingo (Theatre) 3:00 Entertainment: Lebanon Sr. Singers (Theatre)* 6:00 Christmas Lights Trip at Expo Center 6:00 Alzheimer's Support Grp (Players' Lounge)	17 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) 1:30 Depart for American Music Theatre 6:00 Community Water Aerobics \$3 6:30 Prayer Group	18 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 1:15 Yarn Unlimited Club (Hobby Hut) 2:30-3:30 Blood Pressure (Clinic Room)* 4:30 Birthday Dinner - Music-B Koons (Meier Rm) 6:00 Christmas Lights Trip at Expo Center	19 Vistas Dining Room Closed Café Open 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 Bean Bag Baseball (Theatre) 4:30 IL Christmas Party – Seating (Theatre) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night (Corner Pocket) 6:30 Lifetree Café (Players' Lounge)	20 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool 3:00 Christmas Sing-A-Long with Bob Levin & Rodney Shearer (Theatre)*	21 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven Coloring Session (Players' Lounge) 6:30 Saturday Night Movie (Cinema)	
22 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	23 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: SRL Bell Choir (Theatre)*	24 One Meal Day 11 - 2 No Fitness Classes 8:00-10:00 Dutchway, Bank, Dry Cleaners NO Bible Study 6:00 Community Water Aerobics \$3 6:30 Prayer Group	25 Christmas Day One Meal Day 11 - 2 No Fitness Classes 	26 No Fitness Classes 6:00 Community Water Aerobics \$3 6:30 Lifetree Café (Players' Lounge) 6:30 Card & Game Night (Corner Pocket)	27 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool NO Book Review	28 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)	
29 Transportation available for Myerstown Churches 4:30 Vespers (Theatre)	30 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)	31 New Year's Eve 8:00-10:00 Dutchway, Bank, Dry Cleaners 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:00 Bible Study (Players' Lounge) NO Yoga Stretch Classes 6:00 Community Water Aerobics \$3 6:30 Prayer Group 6:30 New Year's Eve Party: Entertainment-Glenn Miller (Theatre)*	<h1>December 2019</h1> <p>Independent Living</p> <p>Calendar subject to change.</p>				

December 2019 DETAILS Independent Living - Poplar Run

SHOPPING:

12/4 8:30 Christmas Tree Shop, JC Penney, Target **12/10 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; 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.

12/2 **Winds of Worship 6:30 (Theatre)** – A four person ensemble that would like to share their music with others. Instruments include the flute, French horn, clarinet, buffoon and piano. This will be their first appearance at StoneRidge. Help welcome them to our stage.

12/3 **Assemble Gingerbread/Graham Structures 10:00 (Player's Lounge)** – This group will build the gingerbread/graham houses. i.e., put the frosting/glue on the graham crackers to make the buildings. Instead of gingerbread you will make houses out of graham crackers. The crackers will be walls and roofs, which you will assemble them together with icing (glue). Will they be one story or two? **NO DECORATING WILL BE DONE AT THIS TIME**, as we have learned from past experience that the structure needs to dry a day or two and take hold first. This is for the individual with a steady hand and has a lot of patience.

12/3 **Sharing Circle 2:30 (Players' Lounge)** – "Holiday Memories". Join the circle in reminiscing on your favorite holiday memories and traditions. Feel free to bring any special Christmas item you would like to share with the group.

12/4 **8:30 Christmas Shopping Trip** – High Pointe Commons. Shop at the Christmas Tree Shop and then on to JC Penney, Target or any others in that strip. Stop for lunch after shopping. Get your exchange gift or make your purchases for the holiday. Sign-up x3200.

12/5 **Decorate Gingerbread Houses 1:30 (Player's Lounge)** – It takes a village. Are you a designer or landscaper? Form a group of two or more to decorate the gingerbread houses and villages that have been made. Decorate the buildings and provide the landscaping using the materials furnished. Will you add shingles, or a thatched roof, brick or stone? Add shrubbery, trees, streams, bridges or ponds? The possibilities are endless! All entries will be judged and a winner will be selected.

12/5 **Christmas Tree Lighting & Entertainment 6:30 (Living Room)** – Dana Logan will tell the Christmas Story, the tree will be lit and warm drinks and cookies will be served afterward. Come and listen to entertainment as they sing Christmas Carols. You may want to sing along! Friends and family are welcome to join us.

12/6 **IU Holiday Bazar 9:00–1:00 (Theatre)** – Holiday bazar comes to StoneRidge and is open to the public! Come out and purchase your Christmas gifts and give the IU your support. There will be approximately 22 mini-businesses and two to three local bands: 9:30-Northern Lebanon Band; 11:45-ELCO Choral Group

12/7 **Compeer Event 1:00–3:00 (Theatre)** – Dinner, Entertainment & Holiday Shopping. \$25 per person. Call 717-272-8317 for tickets.

12/9 **Tulpy Jazz Band 6:30 (Theatre)** – Matthew Schrack and his band will entertain you with an assortment of holiday music that you will just love. Always a hit at SRL! Don't miss their performance.

12/11 **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. We will have you looking good and in-step for the next Senior Prom. Sign-up for classes @ x3200.

12/12 **Cookie & Gift Exchange 1:30 (Meier Room)** – These two events have been brought together! Make or buy your favorite cookies to share. Bring a container of cookies–take a cookie from everyone else which will give you an assortment to take home. Bring an empty container for the goodies. A hot cocoa bar will be provided for tasting. Plus, "Bring a gift – Receive a gift". Bring a new wrapped gift valued at \$10 to be exchanged with another individual. No name tag needed unless it is specific to a gender. Do both or just one! Now isn't that a sweet deal!

12/16 **Lebanon Sr. Singers 3:00 (Theatre)** – Senior Singers from the local area. Come out for a delightful afternoon of holiday music.

12/16 & 12/18 **Christmas Lights Trip 6:00** – Ride the bus and see Christmas lights at the Lebanon Expo Center. Only 12 are able to sign up on each day. Cost \$2. Sign-up x3200.

12/16 **Alzheimer's Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Jeremy Keiter, Executive Director, Traditions of Hershey and Charter Coleader of the Eastern Lebanon County Alzheimer's Support Group., Topic: "How to survive as a care-giver". Open to the public. Refreshments will be provided.

12/19 **IL Christmas Party 4:30 Seating (Theatre)** – Sign up through the dining room for fellowship and this wonderful Christmas meal.

12/20 **Christmas Sing-A-Long with Bob and Rodney 3:00 (Theatre)** – Join us as Bob Levin and Rodney Shearer lead our community in many favorite Christmas carols. Family and friends are welcomed to join us in the Theatre.

12/23 **SRL Bell Choir 6:30 (Theatre)** – Hear the bells ringing to favorite holiday songs performed by the StoneRidge Personal Care Bell Choir. This is such a delightful evening. Everyone should come out to see this performance.

12/31 **New Year's Eve Party 6:30 (Theatre)** – Bring in the new year with Glenn Miller. Glenn always shows us a good time and New Year's Eve will be no different. Come out and enjoy the merriment. Light refreshments will be provided.

Upcoming Events:

Book Club - Next meeting Thursday, Jan 24, 2020 - 1:30 PM Players' Lounge. We will be reading "Family Trust" by Kathy Wang. Distribution of January book the week of Dec 23. If interested in the new book please contact Dan Nace ext. 3378.

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.