

# January 2020

**Poplar Run – Independent Living**

Calendar is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1 New Year's Day</b>  <b>NO Fitness Classes</b> 9:00-11:00 Billiards/Pool Club 1:30 Yarn Unlimited Club (Hobby Hut)	<b>2</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>2:00 Bocce Ball (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> <b>NO Lifetree Café (Players' Lounge)</b> 6:30 Card & Game Night (Corner Pocket Lounge)	<b>3</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	<b>4</b> <b>9:00-11:00 Billiards/Pool Club</b>  6:30 Saturday Night Movie (Cinema)
<b>5</b> Transportation available for Myerstown Churches  4:30 Vespers (Theatre)	<b>6</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & 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> <b>3:00 Entertainment: Bonnie Koons (Theatre)*</b>	<b>7</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise <b>10:30 Walmart</b> 10:45 Water Walking (Pool) <b>1:30 Bible Study (Players' Lounge)</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	<b>8</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 & 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 Movie Matinee (Theatre) "Grumpy Old Men"*</b>	<b>9</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 & Game Night (Corner Pocket Lounge) <b>6:30 Lifetree Café (Players' Lounge)</b>	<b>10</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	<b>11</b> <b>9:00-11:00 Billiards/Pool Club</b>  6:30 Saturday Night Movie (Cinema)
<b>12</b> Transportation available for Myerstown Churches  4:30 Vespers- <b>Special Music-Carol &amp; George Kline (Old Time Southern Gospel)</b> (Theatre)	<b>13</b> 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & 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>3:00 Penguin Pile Up (Hobby Hut)</b>	<b>14 Special Election Day</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>1:30 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	<b>15</b> <b>8:30 Breakfast @ Dutchway Restaurant</b> 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 <b>1:00 Veteran's Meeting (Theatre) – Movie*</b> <b>4:30 Birthday Dinner - Music-B Koons (Meier Rm)</b>	<b>16</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>3:00 Entertainment: Roger P. Mallon as Mark Twain (Theatre)</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Card & Game Night (Corner Pocket Lounge) <b>6:30 Lifetree Café (Players' Lounge)</b>	<b>17</b> 8:00 Walking Club <b>10:00 Art by MJ McFalls (Hobby Hut)</b> 1:00-3:00 Ladies Billiards/Pool <b>1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, TJ Max, etc.)</b>	<b>18</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)
<b>19</b> Transportation available for Myerstown Churches  4:30 Vespers (Theatre)	<b>20 Martin Luther King Day</b> 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 <b>1:30 Bingo (Theatre)</b> <b>2:30 Everybody's Birthday and a Year-In-Review (Theatre)</b> <b>6:00 Alzheimer's Support Grp (Players' Lounge)</b>	<b>21</b> 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Open Swim 10:00 Senior Aquatic Exercise <b>10:30 – 11:30 Blood Pressure (Clinic Room)*</b> 10:45 Water Walking (Pool) <b>NO Bible Study (Players' Lounge)</b> <b>1:30 Resident Quarterly Meeting (Theatre)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>NO Wellness Talk</b> <b>6:00 Community Water Aerobics \$3</b> 6:30 Prayer Group	<b>22</b> 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) <b>2:00 Retired Nurses Gathering (Players' Lounge)</b>	<b>23</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 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 & Game Night (Corner Pocket Lounge)	<b>24</b> 8:00 Walking Club <b>10:30 Tour of Jubilee Ministries Warehouse</b> 1:00-3:00 Ladies Billiards/Pool <b>1:30 Book Review: "Family Trust" by Kathy Wang (Players' Lounge)</b>	<b>25</b> <b>9:00-11:00 Billiards/Pool Club</b>  6:30 Saturday Night Movie (Cinema)
<b>26</b> Transportation available for Myerstown Churches  <b>4:30 Vespers-Holy Communion Served (Theatre)</b>	<b>27</b> 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 <b>1:30 Bingo (Theatre)</b> <b>6:30 Entertainment: Karl Hausman (Theatre)</b>	<b>28</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	<b>29</b> 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)	<b>30</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 5:00-7:00 Meier Rm (Reservations Only) <b>6:00 Community Water Aerobics \$3</b> <b>6:30 Lifetree Café (Players' Lounge)</b> 6:30 Card & Game Night (Corner Pocket Lounge)	<b>31</b> 8:00 Walking Club 1:00-3:00 Ladies Billiards/Pool	

# January 2020 DETAILS Independent Living - Poplar Run

## SHOPPING:

**1/7 10:30** Walmart **1/17 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-except January 2. 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.

- 1/2 **Bocce Ball 2:00 (Theatre)** – Join Beth Ann and friends for an afternoon of competitive fun playing Bocce Ball. All you have to do is roll the ball closest to the pallino (small) ball to get a point. It's a lot of fun.
- 1/6 **Bonnie Koons 3:00 (Theatre)** – You love her sunny disposition and you love when she is playing birthday music. Bonnie will now entertain you with a “wintery mix” of songs on the piano in the Theatre on Main.
- 1/7 **Sharing Circle 2:30 (Players' Lounge)** –“Hobbies; the things we enjoy”. Join the circle as we share the hobbies that we love. Feel free to bring along any item to share regarding your hobby.
- 1/8 **Movie Matinee 2:00 (Theatre)** – “Grumpy Old Men” PG-13; Comedy, Drama, Romance; Starring: Jack Lemmon, Walter Matthau, Ann-Margret, Burgess Meredith, Daryl Hannah, Kevin Pollak, Ossie Davis, Buck Henry, Christopher McDonald, Joe Howard. John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years and a lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.
- 1/9 **Therapy Thursday with Tom 1:30 (Players' Lounge)** – Therapy Tom's topic will be “Fall Prevention”. Go on a real trip to the islands or the mountains instead of taking a trip over the rug and to the floor. Tom will help you navigate through your travels.
- 1/13 **Penguin Pile Up 3:00 (Hobby Hut)** – Join Gary and Beth Ann as they play Penguin Pile Up! Compete against your fellow neighbors. Place the penguins on the ice and see who can keep the most penguins balanced on the ice without falling off. Join us to play or just to watch but either way, we always have fun! Prizes will be awarded to the winners.
- 1/15 **Veteran's Meeting 1:00 (Theatre)** – Movie: The Korean War – The Big Picture. In this episode the Big Picture describes the Korean conflict in 1951/1952.
- 1/16 **Impersonator: Roger P. Mallon 3:00 (Theatre)** – Roger Mallon presents, “Here's Mark Twain” The life, adventures, stories and wit of Mark Twain in his own words. Mallon's lively, often humorous program, emphasizes Twain's life and his views of people, travel and tolerance. Roger Mallon is a seasoned radio and television performer and producer, host of Roger Mallon's Fishin' Kitchen TV program and co-host of A Great Day Outdoors radio and television shows. His acting career includes featured roles in Solid Gold Cadillac, Six Characters in Search of An Author, Cocktail Party, and Little Foxes. I understand this show is interesting and fantastic.
- 1/17 **Art with MJ McFalls 10:00 (Hobby Hut)** – MJ will show us how to weave material on her homemade looms to make an owl hanging. Perfect to hang on your door, wall or give as a gift. Come out of your comfort zone and join us. Whoooo...You! Cost: to you \$6. This class can only take the first 12 that sign up. See the project at the receptionist desk. It is sooo cute! Sign-up x3200.
- 1/20 **Everybody's Birthday Celebration and a Year-In-Review 2:30 (Theatre)** – Instead of celebrating everyone's birthday individually – we'll all get together to celebrate the whole year. Sign up to decorate **your** birthday table with Beth Ann at x3202. Dave's fabulous cupcakes will be served and while you are eating them, view the pictures of the events that were taken throughout the 2019 year. This is always a special time full of wonderful memories.
- 1/20 **Alzheimer's Support Group 6:00 (Players' Lounge)** – Group info and getting to know you. Open to the public. Refreshments will be provided.
- 1/24 **Tour of Jubilee Ministries Warehouse/Store 10:30** – Have you ever wondered...what happens at Jubilee? What goes on behind the scenes? Where does all of the 'stuff' come from? On this tour you will learn how it is processed (literally tons) of donations, find out how they get sorted, prices, and moved. Find out how your simple donation gets transformed into life-changing ministry to the incarcerated, addicted and homeless. Transportation provided for 12 if there is a wait list I will run this tour again in February. Sign-up x3200.
- 1/24 **Book Club 1:30 (Players' Lounge)** – Book Review: “Family Trust” by Kathy Wang. For a FREE loaner book, please contact Dan Nace at extension 3378.
- 1/27 **Entertainment: Karl Hausman 6:30 (Theatre)** – Karl began playing the piano when he was three years old and he hasn't stopped since. He has played with “The Kit Kats” and shared the stage with Neil Diamond, Johnny Cash, Conway Twitty, Bo Diddley, Doc Severinsen and more. He has also played at the Showboat Casino, Atlantic City; Hershey Park; Walt Disney World, Orlando; Disneyland Paris and the Disneyland Conference Center, California. The Philadelphia Inquirer said, “Karl is the greatest rock & roll pianist on the east coast!” Join us in the Theatre to hear him play all different types of music.

## Upcoming Events:

**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.

**Thursday, December 17, 2020 – American Music Theatre- “Deck the Halls”** - \$40 per person+ \$7 Transportation. Sign-up x3200. More info at a later date.