

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|---|--|---|--|---|---|--|
| 1 Transportation available for Myerstown Churches 4:30 Vespers (Theatre) | 2 9:00 Quilting (Quilt Room) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:00 Exec. Committee Mtg (Players' Lounge) 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) 3:00 Entertainment: Glenn Miller (Theatre)* | 3 8:00-10:00 Dutchway, Bank 10:00 Senior Aquatic Exercise 10:30 Walmart 10:45 Water Walking (Pool) 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Prayer Group | 4 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 Hobbies Unlimited (Hobby Hut) 2:30 Sharing Circle (Players' Lounge) | 5 7:30 Departure ELCO Breakfast 8:30 Departure ELCO Play 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 2:00 Bocce' Ball (Theatre) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night 6:30 Conversations w/Chaplain Dana (Players' Lounge) | 6 8:00 Walking Club 10:30 Wii Bowling (3rd Floor) Contact Beth Ann x3202 if you are a first time participant. 1:00-3:00 Ladies Billiards/Pool | 7 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema) | |
| 8 Time Change Transportation available for Myerstown Churches 2:30 Sacred Music Ensemble (Living Room) 4:30 Vespers (Theatre) | 9 9:00 Quilting (Quilt Room) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:30 Library Meeting (Library) 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) 3:00 Entertainment: Craig Caltagirone (Theatre)* | 10 8:00-10:00 Dutchway, Bank 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:30 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 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 1:15 Hobbies Unlimited (Hobby Hut) 2:00 Movie Matinee (Theatre) "Leap Year"* | 12 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 "Therapy Thursday w/Tom"- (Players' Lounge) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night 6:30 Conversations w/Chaplain Dana (Players' Lounge) | 13 8:00 Walking Club 10:00 Art with MJ McFalls – "Encaustics" @ MJ's Art Barn See details on back for explanation 10:30 Wii Bowling (3rd Floor) 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 Wear Red 9:00 Quilting (Quilt Room) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) 2:30 Informational Meeting/Meet & Mingle (Theatre) 6:00 Alzheimer's Support Grp (Players' Lounge) 7:00 Entertainment: Rebel Hearts Irish Dancers (Theatre)* | 17 St. Patrick's Day - Wear Green 8:00-10:00 Dutchway, Bank 10:00 Senior Aquatic Exercise 10:30-11:30 Blood Pressure (Clinic Room)* 10:45 Water Walking (Pool) 1:30 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 | 18 Wear Orange 8:30 Breakfast @ Esther's Diner Restaurant 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 1:00 Veteran's Meeting, Speaker: Nicholas Schapper LTC, Army War College (Theatre) 1:15 Hobbies Unlimited (Hobby Hut) 4:30 Birthday Dinner – Music: B Koons (Meier Rm) | 19 Wear Yellow 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.) 6:00 Community Water Aerobics \$3 6:30 Card & Game Night 6:30 Conversations w/Chaplain Dana (Players' Lounge) | 20 Wear Blue 8:00 Walking Club 9:00–2:30 AARP Taxes (Players' Lounge) 10:30 Wii Bowling (3rd Floor) 1:00-3:00 Ladies Billiards/Pool | 21 Wear Purple 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven Coloring (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 (Quilt Room) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) | 24 8:00-10:00 Dutchway, Bank 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Prayer Group | 25 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 Hobbies Unlimited (Hobby Hut) 2:00 Retired Nurses Gathering (Players' Lounge) 7:00 Steven Barth & Neversink Band (Theatre)* | 26 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:00 Bean Bag Baseball 6:00 Community Water Aerobics \$3 6:30 Card & Game Night 6:30 Conversations w/Chaplain Dana (Players' Lounge) | 27 8:00 Walking Club 9:00–2:30 AARP Taxes (Players' Lounge) 10:30 Wii Bowling (3rd Floor) 1:00-3:00 Ladies Billiards/Pool 1:30 Book Review: "Ragtime" by E. L. Doctorow (Players' Lounge) | 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 (Quilt Room) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bingo (Theatre) 6:30 Entertainment: Chuck Cahoe (Theatre)* | 31 8:00-10:00 Dutchway, Bank 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 6:00 Community Water Aerobics \$3 6:30 Prayer Group | REVISED March 2020 REVISED Independent Living – Poplar Run | | | Calendar subject to change. | |

Colors of the rainbow week



March 2020 DETAILS Independent Living - Poplar Run

SHOPPING:

3/3 10:30 Walmart

3/19 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.

3/2 **Entertainment: Glenn Miller 3:00 (Theatre)** – He's fun, he's entertaining, you loved him on New Year's Eve and he wanted to come back.... He's the BIG one man band. Glenn plays the accordion and tells jokes and he always shows us a good time.

3/4, 3/11, 3/18 and 3/25

Hobbies Unlimited 1:15 (Hobby Hut) – This was previously called Yarn Unlimited but it now has a slight change. Any hobby can be done ...not just with yarn. If you have a hobby bring it and we'll all get together and mingle as you work on your project.

3/4**Sharing Circle 2:30 (Players' Lounge)** – Join Brenda and share your "Favorite Songs, Games and Dances from your younger years".

3/5**Bocce Ball 2:00 (Theatre)** – Well, let's try this again...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.

3/5, 3/12, 3/19 and 3/26

Conservation with Chaplain Dana 6:30 (Players' Lounge)

This is a group setting discussing our beliefs and how it relates to our daily lives. The topic for the month of March is "Who is Jesus?" Is he a liar, a lunatic or the Lord?

3/6, 3/13, 3/20 and 3/27

Wii Bowling 10:30 (3rd Floor) – Try your skills at Wii bowling. You can sit or stand to do this friendly competitive game. Contact Beth Ann x3202 in advance if you are a first time participant so that she can design your player. This will run every Friday in March.

3/9 **Entertainment: Craig Caltagirone 3:00 (Theatre)** – Craig is a one man song and dance act. His vocal selections and tap dance routines include classic Broadway musicals such as Oklahoma, The Music Man, Guys & Dolls, and many more. This is Craig's first time to our stage.

3/11 **Movie Matinee 2:00 (Theatre)** – "Leap Year" PG-13; Comedy, Romance. Starring: Amy Adams, Matthew Goode, Adam Scott, John Lithgow. Anna Brady plans to travel to Dublin, Ireland to propose marriage to her boyfriend Jeremy on Leap Day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

3/12**Therapy Thursday with Tom 1:30 (Players' Lounge)** – Therapy Tom's topic will be "Dementia and Forgetfulness in the Aging Brain. Can it be reversed?" Refreshment will be provided.

3/13**Art with MJ McFalls 10:00 (MJ's Art Barn)** - "Encaustic Painting" involves using heated wax with color pigments. The liquid or paste is then applied to a surface. Metal tools and special brushes can be used to shape the paint before it cools, or a heated metal tool can be used to manipulate the wax once it has cooled onto the surface. We will be traveling to MJ's studio to do this. Sign-up x3200.

Week of 3/15 – Colors of the Rainbow Week – Wear the designated color of the day. Prizes will be awarded to the individual that represented that color the best. Voting ballots will be available at the Vista Dining Room Desk. One vote per person – per day!

3/16**Alzheimer's Support Group 6:00 (Players' Lounge)** – Speaker: Dana Logan, Chaplain StoneRidge Retirement Living, will present on "Spiritual Care and Health for Caregivers". Open to the public. Refreshments will be served.

3/16**Entertainment: Rebel Hearts Irish Dancers 7:00 (Theatre)** – Rebel Heart Irish Dancers operate under the direction of Miss Stephanie, and her talented sister Miss Teresa. Dancers from age from 5-30 years old train at our Camp Hill studio, and will be showcasing traditional steps with a modern flare and original choreography. We hope you enjoy the show!"

3/17 **Wellness Talk 2:30 (Theatre)** – Topic: Bone Health. Tips on how to keep your bones healthy and prevent osteoporosis.

3/18 **Breakfast Trip 8:30 Departure** – This month we are off to Esther's Diner. One of the reviews has it as "One of the old time spots still around". It takes you back to the good old days when the food is homestyle and very tasty. Great food – Great Prices! Sign-up x3200.

3/18 **Veteran's Meeting 1:00 (Theatre)** – Speaker – Nicholas Schapper LTC, from the Carlisle War College will speak on Artificial Intelligence. He will define AI and what is its impact on the military and society as a whole, and lastly what are the ethical implications of its usage.

3/20 & 3/27 **AARP Taxes 9:00 – 2:30 (Players' Lounge)** – Sign up at the Receptionist Desk for an appointment. Bring your taxes from last year along with paperwork for this year and the Lebanon Country Area of Aging will complete your taxes "FREE of CHARGE". x3200

3/25**Steven Barth and The Neversink Band 7:00 (Theatre)** – A four piece band that plays such as country, Hank Williams, Johnny Cash, the Everly Brothers, the Beatles and all with a good three part harmony. They are new to our stage.

3/27**Book Club 1:30 (Players' Lounge)** – The March book will be "Ragtime". Ragtime is a novel by E. L. Doctorow, published in 1975. It is a work of historical fiction mainly set in the New York City area from 1902 until 1912. Published in 1975, Ragtime changed our very concept of what a novel could be. An extraordinary tapestry, Ragtime captures the spirit of America in the era between the turn of the century and the First World War. For a FREE loaner book, please contact Frank Seifert at extension 3369.

3/30**Entertainment: Chuck Cahoe 6:30 (Theatre)** – Listen to Chuck sing and play his guitar as he performs a variety of music. He will make you want to dance, tap your toes and sing along as he performs and creates a welcoming atmosphere. He's always smiling and he makes sure everyone enjoys his music. Come out and have some fun!

Upcoming Events:

Friday, May 29, 2020 – Sight & Sound Theatre – "Queen Esther" - 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.