

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# August 2020

**Due to the Corona Virus this calendar is subject to change.**

<p><b>2</b> Transportation available for Myerstown Churches <b>2:30 Zion UM Church Band (Theatre)</b> 4:30 Vespers (Theatre)</p>	<p><b>3</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 (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>2:00 – 3:00 Dog Days of Summer (Courtyard)</b></p>	<p><b>4</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) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>5</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 1:15 Hobbies Unlimited (Hobby Hut) <b>2:30 Sharing Circle (Players' Lounge)</b> <b>6:30 Entertainment: Maria Damore Duo (Theatre)*</b></p>	<p><b>6</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise <b>10:30 Table Shuffleboard (Corner Pocket)</b> 11:00 Yoga Stretch (Wellness Ctr) <b>2:00 Trip to Jigger Shop, Mt. Gretna</b> <b>6:30 Conversations with Chaplain Dana (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>7</b> 8:00 Walking Club <b>10:00 Art with MJ McFalls (MJ's Studio)</b> <b>10:30 Wii Bowling (3rd Floor-Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool</p>	<p><b>8</b> <b>9:00-11:00 Billiards/Pool Club</b> 6:30 Saturday Night Movie (Cinema)</p>
<p><b>9</b> Transportation available for Myerstown Churches 4:30 Vespers Service of Holy Communion (Theatre)</p>	<p><b>10</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 (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>6:30 Entertainment: Michael Kropp (Theatre)*</b></p>	<p><b>11</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> 1:30 Yoga Stretch Classes (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>12</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 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:15 Hobbies Unlimited (Hobby Hut)</p>	<p><b>13 One Meal Day 12:30-1:45</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>12:30-1:45 "Let's Mingle &amp; Flamingle" Luau (IL Resident Meal)-(Theatre)</b> <b>1:45-2:45 Entertainment: Jazz Me Band (Theatre)*</b> <b>6:30 Conversations with Chaplain Dana (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>14</b> 8:00 Walking Club <b>10:30 Wii Bowling (3rd Floor-Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool</p>	<p><b>15</b> <b>9:00-11:00 Billiards/Pool Club</b> <b>2:30 Creative Haven Coloring (Players' Lounge)</b> 6:30 Saturday Night Movie (Cinema)</p>
<p><b>16</b> Transportation available for Myerstown Churches 4:30 Vespers (Theatre)</p>	<p><b>17</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>2:30 Informational Meeting (Theatre)</b> <b>6:00 Alzheimer's Support Grp (Players' Lounge)</b> <b>6:30 Entertainment: Just Friends (Theatre)</b></p>	<p><b>18</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>1:30 Bible Study (Players' Lounge)</b> 1:30 Yoga Stretch Classes (Wellness Ctr) <b>2:30 Wellness Talk (Theatre)</b> 6:30 Prayer Group (Players' Lounge)</p>	<p><b>19</b> <b>8:30 Breakfast @ Wyomissing Family Restaurant</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 1:15 Hobbies Unlimited (Hobby Hut) <b>2:00 Movie Matinee (Theatre) – Wild Hogs*</b> <b>NO Veteran's Meeting</b> <b>4:30 Birthday Dinner-Music B Koons (Meier Rm)</b></p>	<p><b>20</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>1:30 "Therapy Thursday w/Tom"</b> <b>6:30 Conversations with Chaplain Dana (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>21</b> 8:00 Walking Club <b>10:30 Wii Bowling (3rd Floor-Puzzle Room)</b> <b>11:00 Croquet (Front Lawn)</b> 1:0-3:00 Ladies Billiards/Pool</p>	<p><b>22</b> <b>9:00-11:00 Billiards/Pool Club</b> 6:30 Saturday Night Movie (Cinema)</p>
<p><b>23/30</b> Transportation available for Myerstown Churches 4:30 Vespers (Theatre)</p>	<p><b>24/31</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda <b>1:30 Bingo (Theatre)</b> <b>24th - 6:30 Summer Concert Series – Lebanon Community Band (Theatre)*</b></p>	<p><b>25</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> 1:30 Yoga Stretch Classes (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>26</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 1:15 Hobbies Unlimited (Hobby Hut) <b>NO Retired Nurses Gathering</b></p>	<p><b>27</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) <b>1:00 Bean Bag Baseball (Wellness Ctr)</b> 5:00-7:00 Meier Rm (Reservations Only) <b>6:30 Conversations with Chaplain Dana (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket Lounge)</p>	<p><b>28</b> 8:00 Walking Club <b>10:30 Wii Bowling (3rd Floor-Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool <b>1:30 Book Review (Players' Lounge)</b></p>	<p><b>29</b> <b>9:00-11:00 Billiards/Pool Club</b> 6:30 Saturday Night Movie (Cinema)</p>

# August 2020 DETAILS Independent Living - Poplar Run

## SHOPPING:

**8/4 10:30** Walmart      **8/20 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.

**8/7, 8/14, 8/21, and 8/28**

**Wii Bowling 10:30 (3<sup>rd</sup> 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.

**8/5, 8/12, 8/19, and 8/26**

**Hobbies Unlimited 1:15 (Hobby Hut)** – This was previously called Yarn Unlimited but it now has a slight change. Any hobby can be done cross stitch, latch hook...anything...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.

8/3 **Dog Days of Summer 2:00 – 3:00 (Courtyard)** – Come out to the Courtyard and enjoy a root beer float! Who doesn't enjoy vanilla ice cream and root beer on a warm day? Come out and relax.

8/5 **Entertainment: Maria Damore Duo** – "The Music of Hollywood". Maria Damore has a beautiful voice and she will sing wonderful gems from Hollywood films, including "Breakfast at Tiffany's," "Beaches," "A Star is Born," and many more. Accompanied by Lars Potteiger.

8/6 **Table Shuffleboard 10:30 (Corner Pocket)** – Players push weighted pucks down a long, smooth wooden table into a scoring area at the opposite end of the table. The objective of the game is to slide all of your pucks alternately against those of an opponent so that they reach the highest scoring area without falling off the end of the board into the alley. A player's puck must also be farther down the board than his opponent's in order to score. This may be achieved either by knocking off the opponent's puck(s), or by outdistancing them. Learn how to play it so you can play it whenever you want.

8/6 **Trip to the Jigger Shoppe, Mt. Gretna 2:00** – One of our favorite summer trips. Enjoy an apple fritter flambe or a baked Alaska or what about a banana fudge royal or maybe just a cone with one or two scoops. Sooooo much to choose from. Inside or outside seating.

8/7 **Art with MJ McFalls 10:00 (MJ's Art Barn)** – "Pottery". Try your hands on the pottery wheel as MJ will help guide you to make a bowl or a mug. This will take two sessions in order to finish the project. Cost \$15. We will be traveling to MJ's studio to do this and you must be mobile to get into the studio. Walkers and wheelchairs are not allowed as the studio is very small. 2<sup>nd</sup> date TBD. Sign-up x3200

8/10 **Entertainment: Michael Kropp 6:30 (Theatre)** – Michael will play acoustic favorites from the 60's through the early 90's. Just a man and his guitar with no back ground music! Michael plays a great selection of music that I know you will enjoy. He is so very enjoyable.

8/12 **Breakfast Trip 8:30 Departure** – Come along to the Wyomissing Family Restaurant just to get away for a breakfast with friends in a family atmosphere. Sign-up x3200.

8/13 **"Let's Mingle and Flamingle" Luau 12:30 – 1:45 (Theatre)** – It's that time of the year again for our big summer party! The tropical buffet will be featured with a wonderful cuisine and an assortment of desserts and mocktails will also be available. The buffet will be available from 12:30 – 1:45 followed with entertainment by the Jazz Me Band. Wear your summer attire along with sunglasses, flip flops, flowered shirts or bright colors. Anything pink for flamingos is highly recommended. Invitations will be distributed with a reply section, which should be returned to the hostess station in the Vistas Dining Room so that dietary can get a count for the meal. **Please note: This is a one meal day for IL Residents only.**

8/17 **Alzheimer's Support Group 6:00 (Players' Lounge)** – Speaker Jim Bitner, Pastor-Myerstown Baptist Church. Topic: Spiritual Encouragement for Caregivers and Loved Ones. Open to the public. Refreshments will be served.

8/17 **Entertainment: Just Friends 6:30 (Theatre)** - This group is a trio and the programs consist of music, featuring background and highlights of composers such as Gershwin or Berlin. Requests will also be taken from the audience. This group was originally formed by Erwin Chandler.

8/19 **Movie Matinee 2:00 (Theatre)** – "Wild Hogs" PG-13; Action, Adventure, Comedy. Starring: Tim Allen, Martin Lawrence, John Travolta William Macy, Ray Liotta, Marisa Tomei, Kevin Durand. Four middle-aged men decide to take a road trip from Cincinnati to the Pacific in order to get away from their lives, which are leading them nowhere. Taking their motorcycles, these "Wild Hogs" tear up the road and eventually stop in New Mexico at a bar belonging to the "Del Fuegos", a mean biker gang. When the Del Fuegos steal a bike that belongs to the Wild Hogs, the four men form a plan to steal their bike back. A very funny movie!

8/20 **Therapy Thursday with Tom 1:30 (Players' Lounge)** – Please see SRL Resident TV for Therapy Tom's topic. Refreshments will be provided.

8/21 **Croquet 11:00 (Front Lawn)** – Relive your days of youth and join Beth Ann for a game of croquet on the front lawn. We have always had a good time whenever we have played it.

8/24 **Summer Concert Series: 6:30 Lebanon Community Band (Theatre)** - This was supposed to be the third band of the SRL Summer Concert Series but now it is the first! Always a hit and very enjoyable. Ice cream will be served as you enter the Theatre. Come out and enjoy this wonderful band!

## Upcoming Events:

**Thursday, December 17, 2020 – American Music Theatre- "Deck the Halls"** - \$40 per person+ \$7 Transportation. Deck the Halls will warm your heart and touch your soul with world-class entertainment and sentimental tributes to the true meaning of Christmas. Sign-up x3200.

**Thursday, March 11, 2021 – 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. Traditional family style dinner at Hershey Farm Restaurant \$23.25 includes 4 meats, vegetables, desserts, rolls, and beverage. Tax and gratuity included, which will be on your SRL monthly statement. Sign up x3200.