

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><b>Poplar Run – Independent Living</b></p> <p align="center"><b>Due to Covid 19 this Calendar is subject to change.</b></p> <p align="center"><i>In order to go on any trips you must be vaccinated for CoVid 19.</i></p>		<p><b>1</b> 8:00-10:00 Dutchway 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>2</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) 1:15 Hobbies Unlimited (Hobby Hut)</p>	<p><b>3</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise <b>10:30 Table Shuffleboard (Corner Pocket)</b> 11:15 Yoga Stretch (Wellness Ctr) 6:30 Card &amp; Game Night (Corner Pocket)</p>	<p><b>4</b> 8:00 Walking Club <b>10:30 Wii Bowling (3<sup>rd</sup> Floor Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool <b>6:30 Sing-A-Long (Courtyard)</b></p>	<p><b>5</b> <b>9:00-11:00 Billiards/Pool Club</b></p>
<p><b>6</b> 4:30 Vespers (Theatre)</p>	<p><b>7</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) <b>9:30 Exec. Committee Mtg (Players' Lounge)</b> 10:00 Senior Sit &amp; Be Fit <b>11:00 Fire Captains Meeting (Theatre)</b> 11:15 Meditation/Relaxation (Wellness Ctr) <b>1:30 Bingo (Theatre)</b> <b>3:00 Entertainment: Mike Hertzog (Theatre)</b></p>	<p><b>8</b> 8:00-10:00 Dutchway 9:00 Fitness Fusion 9:00 Quilting (Threads) 9:00 Open Swim 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 12:45-1:45 Gym Time w/Brenda 1:30 Bible Study (Players' Lounge) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>9</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit <b>10:30 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.)</b> 11:15 Meditation/Relaxation (Wellness Ctr) 1:15 Hobbies Unlimited (Hobby Hut) <b>2:00 Movie Matinee- (Theatre) - "The Case for Christ" (True Story)</b></p>	<p><b>10</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:15 Yoga Stretch (Wellness Ctr) <b>1:30 "Therapy Thursday" with Tom (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket)</p>	<p><b>11</b> 8:00 Walking Club <b>10:30 Wii Bowling (3<sup>rd</sup> Floor Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool</p>	<p><b>12</b> <b>9:00-11:00 Billiards/Pool Club</b></p>
<p><b>13</b> 4:30 Vespers (Theatre)</p>	<p><b>14 Flag Day</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) <b>10:30 Library Meeting</b> <b>1:30 Bingo (Theatre)</b> <b>2:00 "Sundae - Fun Day" – (Courtyard)</b></p>	<p><b>15</b> 8:00-10:00 Dutchway 10:00 Senior Aquatic Exercise 9:00 Open Swim 10:45 Water Walking (Pool) 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>16</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) 1:15 Hobbies Unlimited (Hobby Hut)</p>	<p><b>17</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:15 Yoga Stretch (Wellness Ctr) <b>1:30 Technology Corner (Players' Lounge)</b> 6:30 Card &amp; Game Night (Corner Pocket)</p>	<p><b>18</b> 8:00 Walking Club <b>10:30 Wii Bowling (3<sup>rd</sup> Floor Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool</p>	<p><b>19</b> <b>9:00-11:00 Billiards/Pool Club</b>  <b>2:30 Creative Haven Coloring Session (Players' Lounge)</b></p>
<p><b>20 Father's Day</b> 4:30 Vespers (Theatre)</p>	<p><b>21 First Day of Summer</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) <b>1:30 Bingo (Theatre)</b> <b>2:30 Informational Meeting (Theatre)</b></p>	<p><b>22</b> 8:00-10:00 Dutchway 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:30 Yoga Stretch (Wellness Ctr) 1:30 Bible Study (Players' Lounge) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>23</b> <b>8:30 Breakfast @ Schwalm's Restaurant</b> 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit &amp; Be Fit <b>11:00 Pendant Meeting (Theatre)</b> 11:15 Meditation/Relaxation (Wellness Ctr) 1:15 Hobbies Unlimited (Hobby Hut) <b>2:30 Conversation Corner (IL Living Room)</b></p>	<p><b>24</b> 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:15 Yoga Stretch (Wellness Ctr) <b>1:30 Bean Bag Baseball</b> 6:30 Card &amp; Game Night (Corner Pocket)</p>	<p><b>25</b> 8:00 Walking Club <b>10:30 Wii Bowling (3<sup>rd</sup> Floor Puzzle Room)</b> 1:00-3:00 Ladies Billiards/Pool <b>6:30 Sing-A-Long (Courtyard)</b></p>	<p><b>26</b> <b>9:00-11:00 Billiards/Pool Club</b></p>
<p><b>27</b> 4:30 Vespers (Theatre)</p>	<p><b>28</b> 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit &amp; Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) <b>1:30 Bingo (Theatre)</b></p>	<p><b>29</b> 8:00-10:00 Dutchway 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) <b>11:00 Croquet (Front Lawn)</b> 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)</p>	<p><b>30</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) 1:15 Hobbies Unlimited (Hobby Hut) <b>1:30 Ice Cream Trip – Plum Creek Farm Market &amp; Creamery (Bernville)</b> 6:30 Prayer Group</p>	<p align="center"><b>June 2021</b></p>		

## June 2021 DETAILS Independent Living - Poplar Run

### **SHOPPING:**

**6/9 10:30** 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.

**6/2, 6/9, 6/16, 6/23 and 6/30**

**Hobbies Unlimited 1:15 (Hobby Hut)** – 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 we work.

**6/3 Table Shuffleboard 10:30 (Corner Pocket)** - Table shuffleboard is a game in which players push weighted pucks down a long table into a scoring area at the opposite end of the table. The objective of the game is to slide all one's pucks so that they reach the highest scoring area without falling off the end of the board into the alley. Furthermore, a player's puck must be farther down the board than his opponent's in order to be in a scoring position. This may be achieved either by knocking off the opponent's puck(s), or by outdistancing them. The table has been in our Corner Pocket by the pool tables ...let's learn how to play it!

**6/4, 6/11, 6/18, and 6/25**

**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.

**6/4 & 6/25 Sing-A-Long 6:30 (Courtyard)** – Join your neighbors for some merriment singing an assortment of songs by the fire pit and pond.

**6/7 Fire Captains Meeting 11:00 (Theatre)** – Fire Captains meet with Kris for updates.

**6/7 Entertainment, Mike Hertzog 3:00** - They perform blue grass, gospel and old country music. Great entertainment!

**6/9 Movie Matinee 2:00 (Theatre)** – “The Case for Christ”. PG True Story based on the worldwide best-selling book. Biography, Drama, Faith & Spiritual. Starring: Faye Dunaway, Robert Forster, Erika Christensen, Frankie Faison, Mike Vogel. One man's journey to solve the biggest mystery of all time. Intent on convincing his wife that she's made a mistake in becoming a Christian, the investigative reporter Lee Strobel, a confirmed atheist, sets out to refute the claims of Christianity, but his findings lead to unexpected results.

**6/10 Therapy Thursday with Tom 1:30 (Players' Lounge)** – Topic – “Memory and Cognition”. Tom will give pointers on how to improve your memory, problem solving, decision making, etc. Memory is an important cognitive process that allows people to encode, store, and retrieve information.

**6/14 Sundae / Fun Day 2:00 – 3:00 (Courtyard)** – Enjoy an ice cream sundae made your way on the Courtyard Patio! Come out and mingle and enjoy the pond. Those that don't play bingo come at 2:00 – Those that play bingo arrive afterward. Weather permitting.

**6/17 Technology Corner 1:30 (Players' Lounge)** – Do you have a device that you do not know how to work or you want to learn how to use Facebook? Meet with Kris in the Players' Lounge.

**6/21 Informational Meeting 2:30 (Theatre)** – Hear the latest news and updates regarding Poplar Run.

**6/23 Breakfast Trip 8:30 Departure** – Yea! We are off to Schwalms Restaurant in Cleona. Limited seating. Sign up x3200.

**6/23 Pendant Meeting 11:00 (Theatre)** – Are you wearing an alert pendant or do you want information regarding the pendant? Meet with Kris in the theatre regarding updates.

**6/23 Conversation Corner 2:30 (Living Room)** – Join Brenda for casual conversation in the living room. (No politics or religion please).

**6/29 Croquet 11:00 (Front Lawn)** – Join us on the front lawn and bring back memories of playing this game as a child or at family picnics. Always a few laughs. Weather permitting.

**6/30 Ice Cream Trip – Plum Creek Farm Market & Creamery (Bernville)** – Treat yourself to a cone, a milkshake or maybe a sundae. You scream, I scream, we all scream for ICE CREAM! Limited seating. Sign up x3200.

### **Upcoming Events – You must be vaccinated to go on any trip**

**Thursday, August 19, 2021 - 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. \$60.80 + \$7 Transportation. Dinner at Hershey Farm Restaurant. Sign up x3200.

**Thursday, August 26, 2021, 2:00 show– Gretna Theatre – “Dino”** – When a severe blizzard blankets the East Coast, Dino's band gets stuck out of town. Rather than disappoint his fans, Dean Martin brings us an intimate evening filled with personal stories and classic songs including, “Ain't That a Kick in the Head”, “Everybody Loves Somebody”, “That's Amore” and more. For a short while, the man behind the legend reveals the humor, warmth and casual cool that marked his rise from his Italian-only speaking immigrant childhood to become one of the biggest legends in the entertainment field. \$20. Depart 1:15 Sign up x3200.

**Thursday, December 16, 2021 – American Music Theatre – “Winter Wonderland”** – It's the most wonderful time of the year! This highly anticipated and critically acclaimed live music production will ignite your spirit and set your heart aglow! Once you step through the doors, you'll gaze upon the magical sights and sounds of the season and be transported to a wonderland of music and enchantment – from a Bavarian mountain village to the festive, holiday excitement at the North Pole. The extraordinary costumes, gorgeous gowns, and stunning sets will make you feel like you're really there. And you might even catch a glimpse of Old Saint Nick himself! Winter Wonderland is AMT's newest Original Show, featuring the secular and sacred holiday songs you know and love, with all-live performances by our sensational cast of Singers and Dancers, as well as the remarkable AMT Orchestra. Bring the entire family and discover a new holiday tradition! \$40.00 + \$7 Transportation. We will stop for dinner on the way home. Sign up x3200.