

September 2021

Calendar is subject to change.

UNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Hobbies Unlimited (Hobby Hut)	2 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:30 Table Shuffleboard (Corner Pocket) 11:00 Yoga Stretch (Wellness Ctr) 6:30 Card & Game Night (Players' Lounge)	3 8:00 Walking Club 10:30 Wii Bowling (3rd Floor-Puzzle Room) 1:00-3:00 Ladies Billiards/Pool	9:00-11:00 Billiards/Pool Club
5 4:30 Vespers (Theatre)	6 HOLIDAY – LABOR DAY 9:00 Quilting (Threads) 1:30 Bingo (Theatre)	7 9:00 Dutchway 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:00 Walmart or Lebanon Plaza (Kohls, Dollar Tree, etc.) 1:30 Bible Study (Players' Lounge) 1:30 Yoga Stretch Classes (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)	8 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Movie Matinee (Theatre)* "POMS" 2:00 Hobbies Unlimited (Hobby Hut)	9 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 "Therapy Thursday w/Tom" (Players' Lounge) 6:30 Card & Game Night (Players' Lounge) 6:30 Entertainment: Maria Damore and Roger Harris (Theatre)*	10 8:00 Walking Club 10:30 Wii Bowling (3rd Floor-Puzzle Room) 1:00-3:00 Ladies Billiards/Pool	11 9:00-11:00 Billiards/Pool Club
12 4:30 Vespers (Theatre)	13 9:00 Fitness Fusion 9:00 Quilting (Threads) 9:00 Fitness Fusion 9:30 Exec. Committee Mtg (Players' Lounge) 10:00 Senior Sit & Be Fit 10:30 Library Meeting (Library) 11:00 Technology Corner (Theatre) 11:15 Meditation/Relaxation (Wellnes Ctr) 1:30 Bingo (Theatre) 3:00 Entertainment: Chris Poje (Theatre)*	14 9:00 Dutchway 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:45 Water Walking (Pool) 1:30 Bible Study (Players' Lounge) 1:30 Food Committee Meeting (Meier Room) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00-3:00 Blood Pressure Check (Clinic Room) 6:30 Prayer Group (Players' Lounge)	15 8:30 Breakfast @ Heidelberg Restaurant 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Hobbies Unlimited (Hobby Hut) 2:30 Conversation Corner (IL Living Room)	16 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:30 Table Shuffleboard (Corner Pocket) 11:00 Yoga Stretch (Wellness Ctr) 1:30 Bean Bag Baseball (Wellness Ctr) 6:30 Card & Game Night (Players' Lounge)	17 8:00 Walking Club 10:30 Wii Bowling (3rd Floor-Puzzle Room) 1:00-3:00 Ladies Billiards/Pool	18 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven Coloring Session (Players' Lounge)
19 4:30 Vespers (Theatre)	20 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:00 Technology Corner (Theatre) 11:15 Meditation/Relaxation (Wellnes Ctr) 1:30 Bingo (Theatre) 2:30 Informational Meeting (Theatre)	21 9:00 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 Classes (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)	22 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Hobbies Unlimited (Hobby Hut)	23 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 1:30 Plum Creek Farm Market & Creamery (Bernville) 6:30 Card & Game Night (Players' Lounge) 6:30 Entertainment: Mick Cochran (Theatre)*	24 8:00 Walking Club 10:30 Wii Bowling (3rd Floor-Puzzle Room) 1:00-3:00 Ladies Billiards/Pool NO Book Club (Sept)	25 9:00-11:00 Billiards/Pool Club
26 4:30 Vespers (Theatre)	27 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:00 Technology Corner (Theatre) 11:15 Meditation/Relaxation (Wellnes Ctr) 1:30 Bingo (Theatre) 6:30 Entertainment: Tamar & Katrina Pedersen (Theatre)*	28 9:00 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 Classes (Wellness Ctr) 6:30 Prayer Group (Players' Lounge)	29 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Retired Nurses Gathering (Players' Lounge) 2:00 Hobbies Unlimited (Hobby Hut)	30 9:00 Open Swim 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 6:30 Card & Game Night (Players' Lounge)	31 8:00 Walking Club 10:30 Wii Bowling (3rd Floor-Puzzle Room) 1:00-3:00 Ladies Billiards/Pool	Calendar is subject to change.

September 2021 DETAILS Independent Living - Poplar Run

SHOPPING:

9/7 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.

Wednesdays:

Hobbies Unlimited Moved to Wednesdays at 2:00 (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 "chit chat" as we work.

Fridays:

Wii Bowling 10:30 –We are up and running again. Please Come out and join us! First time participants contact Beth Ann @3200

9/2 & 9/16

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. 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. The table has been in our Corner Pocket by the pool tables ...let's learn how to play it! Join us as this has been going well!

9/8 **Movie Matinee 2:00 (Theatre)** – "POMS". PG-13, Comedy, Drama, Sport. Diane Keaton, Rhea Perlman, Phyllis Somerville, Alisha Boe, Pam GrierJacki Weaver, Celia Weston. In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad. It's never too late to chase a dream. This movie is based on a true story of the "Sun City Poms".

9/9 **Therapy Thursday with Tom 1:30 (Players' Lounge)** – Topic – Pain Science.

9/9 **Entertainment: Maria Damore and Roger Harris 6:30 (Theatre)** – Maria is a professional vocalist with a strong, clear voice and offers musical entertainment in pop, rock, jazz, and classical. Maria has also performed in dozens theatre musicals as well. We have heard Maria before but this time she brings Roger Harris with her as her accompanist. Welcome them both to our stage!

9/13 **Entertainment: Chris Poje 3:00 (Theatre)** – Chris, a retired Detective Sergeant in the New York Police Department, will bring you high energy, audience interactive hits from the 50's on up. You may remember Chris as the Family Feud Game Host at StoneRidge in August. He is also the winner of the PA State Senior Idol award in 2010. Come to the theatre and hear his wonderful voice! He gave us a sample at the game show and you won't want to miss him!

9/15 **Breakfast Trip to Heidelberg Restaurant (Robesonia) 8:30 Departure** – Grab your friends and go out for breakfast! How about an order of Eggs Benedict, a Meat Lovers Omelet, or just 2 eggs sunny side up with a side of Lyonnaise potatoes and bacon. Sign-up x3200.

9/15 **Conversation Corner 2:30 (Living Room)** – Join Brenda for casual, enjoyable conversation in the IL living room. You may want to tell everyone about your favorite trip, or something that happened to you or any other topic you can think of. (No politics or religion).

9/13 **Entertainment: Chris Poje 3:00 (Theatre)** – Chris, a retired Detective Sergeant in the New York Police Department, will bring you high energy, audience interactive hits from the 50's on up. You may remember Chris as the Family Feud Game Host at StoneRidge in August. He is also the winner of the PA State Senior Idol award in 2010. Come to the theatre and hear his wonderful voice! He gave us a sample at the game show and you won't want to miss him!

9/23 **Trip to Plum Creek Farm Market & Creamery 1:30 (Bernville)** – Go for a drive for ice cream and take in the Bernville scenery. We visited here back in June and I had numerous requests to go back. Limited seating. Sign-up x3200.

9/23 **Entertainment: Mick Cochran (Theatre)** – Mick is a talented keyboard and vocalist that sings an assortment of songs that you will enjoy. Come to the theatre, sit back and relax or sing along.

9/27 **Entertainment: Tamar & Katrina Pedersen (Theatre)** – After a very long 2020...they're back! This husband and wife duo is fascinating! Tamar sings as Katrina plays the piano. They bring such wonderful music to our theatre and they never disappoint! Ask anyone that has heard them...You won't want to miss them. We've given them standing ovations in the past!

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

Pen Pal with ELCO Students – Would you like to write short letters to an ELCO student? They will correspond with you four or five times throughout the schoolyear. This was well received in the past. Please sign up at the receptionist desk.

Thursday, December 16, 2021 – American Music Theatre – "Winter Wonderland" – 3:00 Show. 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.