

Happy Fall Y'All

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 9:30 Exec. Committee Mtg (Players' Lounge) 11:15 Meditation/Relaxation (Wellness Ctr) 1:30 Bingo (Theatre)	2 ELECTION DAY 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)	3 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)	4 9:00 Open Swim 10:00 Senior Aquatic Exercise 10:30 Table Shuffleboard (Corner Pocket) 11:00 Yoga Stretch (Wellness Ctr) 11:10 Depart for Fox Country Tea House 6:30 Card & Game Night (Corner Pocket) 3:00 Entertainment: Nick DiSanto-One Man Band (Theatre)*	5 10:30 Wii Bowling (3rd Floor) 1:00-3:00 Ladies Billiards/Pool	6 9:00-11:00 Billiards/Pool Club
7 4:30 Vespers (Theatre)	8 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:30 Library Meeting 11:15 Meditation/Relaxation (Wellness Ctr) 1:30 Bingo (Theatre)	9 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) 2:00-3:00 Blood Pressure Check (Clinic Room)* 6:30 Prayer Group (Players' Lounge)	10 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:30 Walmart, Kohls or Michaels 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Movie Matinee: "Queen Bees" (Theatre) * 2:00 Hobbies Unlimited (Hobby Hut)	11 9:00 Open Swim 9:00 Trip to Goods, Hornings & Smith's Candy 10:00 Senior Aquatic Exercise 11:00 Yoga Stretch (Wellness Ctr) 2:00 Veteran's Day Program (Theatre) 6:30 Card & Game Night (Corner Pocket) *Therapy with Tom has been cancelled due to Veteran's Program.	12 10:30 Wii Bowling (3rd Floor) 1:00-3:00 Ladies Billiards/Pool	13 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven Coloring (Players' Lounge)
14 4:30 Vespers (Theatre)	15 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 1:30 Bingo (Theatre) 2:30 Informational Meeting (Theatre)	16 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) 2:30 Conversation Corner (IL Living Room) 6:30 Prayer Group (Players' Lounge)	17 8:30 Breakfast @ The Railroad Diner (Richland) 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) 3:00 Entertainment: Patty Carver -This Old Hat "American Heroines" (Theatre)*	18 9:00 Open Swim 10:00 Senior Aquatic Exercise 9:15 Depart for David Balddacci Event 10:30 Table Shuffleboard (Corner Pocket) 11:00 Yoga Stretch (Wellness Ctr) 1:30 Bean Bag Baseball (Wellness Ctr) 6:30 Card & Game Night (Corner Pocket)	19 10:30 Wii Bowling (3rd Floor) 1:00-3:00 Ladies Billiards/Pool 2:30 Book Club-"America's First Daughter" (Theatre)	20 9:00-11:00 Billiards/Pool Club
21 4:30 Vespers (Theatre)	22 9:00 Fitness Fusion 9:00 Quilting (Threads) 9:00 Shopping Trip to High Point Commons Mall & The Christmas Tree Shops 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 1:30 Bingo (Theatre) 2:30 Decorate a Birdhouse Using Birdseed (Hobby Hut)	23 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 Entertainment: Phyllis Sands(Theatre)* 6:30 Prayer Group (Players' Lounge)	24 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) No Retired Nurses Gathering 2:00 Hobbies Unlimited (Hobby Hut)	25 Happy Thanksgiving! No Fitness Classes 6:30 Card & Game Night (Corner Pocket)	26 10:30 Wii Bowling (3rd Floor) 1:00-3:00 Ladies Billiards/Pool	27 9:00-11:00 Billiards/Pool Club
28 4:30 Vespers (Theatre)	29 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 1:30 Bingo (Theatre)	30 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 Entertainment: Millhouse Trio (Theatre) 6:30 Prayer Group (Players' Lounge)	<h1>November 2021</h1> <p>Calendar is subject to change.</p>			

November 2021 DETAILS Independent Living - Poplar Run

SHOPPING:

10/10 10:30 Walmart OR Lebanon Plaza (Kohls, TJ Maxx, Dollar Tree, etc.)

10/11 9:00 Goods, Hornings & Smith's Candy

*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 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 – Come out and join us! First time participants contact Beth Ann @3200

11/4 & 11/18

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!

11/4 **11:10 Depart Fox's Country Tea House – 11:30 Seating** – Everything is made fresh and the owner is your chef, hostess and your server-Theresa Fox. You may know Theresa as she was a former waitress in the Vistas Dining Room. There is not a dress code but feel free to take this opportunity to dress up like the English do to go to an "Afternoon Tea". Add a hat, gloves, scarf or necklace and have fun. After seating you will get a 24 ounce pot of tea of your choosing, which equates to approximately 3-5 cups. The Garden Tea menu consists of two scones, roasted butternut squash soup, tea sandwiches and sweets and treats. \$21.95. **Seating still available.** Sign up at x3200.

11/4 **Entertainment: Nick DiSanto – One Man Band 3:00 (Theatre)** – Nick DiSanto is a musician and sculptor from Lancaster, Pennsylvania. Traveling the world with his guitar and a multifunctional contrivance known as the DiSantomophone, Nick performs his one-man show wherever audiences might gather. He has brought his one-man parade to countless fairgrounds, retirement communities, street corners, Vaudeville theaters, wedding halls, and pubs throughout the United States, Canada, and Japan. Nick's enthusiasm for designing, building, and playing his musical contraptions is boundless, as is his love for the ageless American music that comprises his repertoire.

11/10 **Movie Matinee 2:00 (Theatre)** – "Queen Bees". PG-13 Comedy, Drama, Romance. Starring: Ann-Margret, James Caan, Ellen Burstyn, Jane Curtin, Loretta Devine, Christopher Lloyd and more. After reluctantly agreeing to move temporarily in to a senior home (named Pine Grove), a woman encounters a clique of mean-spirited women and an amorous widower. Fun, comedy movie.

11/11 **Veteran's Day Program 2:00 (Theatre)** – There will be a small scale program to celebrate SRL Veterans and Veteran Day.

11/16 **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).

11/17 **Breakfast Trip to The Railroad Diner (Richland) 8:30 Departure** – Small restaurant but good food. Sign-up x3200.

11/17 **Entertainment: Patty Carver 3:00 (Theatre)** – Patty tells the stories in an inventive and engaging event focusing on four noted American Women, "This Old Hat—"American Heroines". **Catherine Coffin** – Considered First Lady of the Underground Railroad who safely sheltered and sent to freedom over 3,000 escaping slaves. She also talks about using quilts and the secret signals in the designs to communicate with escaping slaves. **Mother Jones** – Is an Irish American known for organizing Unions and fighting for the rights of the working class. In 1903 she led "The March of the Mill Children" to illustrate the condition of the children that worked in the mines, mills and factories across the country. Her march resulted in the first Child Labor Laws. **Molly Pitcher** – During the Battle of Monmouth she gave water to the fallen soldiers. When her husband was wounded and could no longer fire the cannon, she joined the soldiers in battle. **Prudence Crandall** – In 1833, Prudence Crandall established the first academy for African-American women in Canterbury, CT. During its 18 months of operation, Crandall and her students faced hardships and violence. She was placed on trial and arrested for breaking the Black Law, specifically designed to close the school. Eventually, violence and vandalism by the citizens of Canterbury caused her to close her school.

11/19 **Book Club 2:30 (Theatre)** – "America's First Daughter", Author Stephanie Dray & Laura Kamoie. A fascinating, untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph, a woman who kept the secrets of our most enigmatic founding father and shaped an American legacy. Contact Carolyn Robinson x3360 for a book.

11/22 **Shopping Trip to High Point Commons Mall & Christmas Tree Shops, Harrisburg 9:00** – Stores include Target, JC Penny, Petco, Sally Beauty, GNC, Famous Footwear and my favorite – The Christmas Tree Shops. Don't let the name fool you ...the Christmas Tree Shops have everything – Door decorations, kitchen items, wall hangings, cushions, pillows, bedding, food, beauty products, stationary, cards and holiday items. Get out of your apartment for the day and enjoy a shopping trip with the girls!

11/22 **Make a Birdseed Birdhouse 2:30** – Birdhouses will be purchased and you will add a gelatin glue and then decorate with birdseed, cranberries and greens for the birds to eat this winter. Give this beautiful gift to your family at Christmas. Sign-up 3200.

11/23 **Entertainment Phyllis Sands 6:30 (Theatre)** – A singer, songwriter and pianist from the Myerstown area. New to our stage!



11/30 **Entertainment: Millhouse Trio 6:30 (Theatre)** – Three musicians from Berks County will bring the cool, relaxed sound to their audience. They've been here in the past and they will give you an assortment of music. Welcome them back to StoneRidge!

Upcoming Events –

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 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 costumes, gowns, and stunning sets will make you feel like you're really there. Winter Wonderland is AMT's newest 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 at Hershey Farms on the way home \$23.25 all you can eat. All costs will be billed on your statement. Sign up x3200.