

December 2023

These activities are subject to change.

StoneRidge Poplar Run - Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Walking Club 9:30 Wii Bowling (3 rd Floor-Puzzle Room) 10:00 Men's Fellowship (Cinema) 1:30-3:30 Ladies Billiards/Pool	2 9:00-11:00 Billiards/Pool Club 9:00-1:00 Breakfast w/Santa (T) 6:30 Cinema Movie - "The National Tree"
3 4:30 Vespers (Theatre)	4 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 9:30 Exec. Committee Mtg (Players' Lounge) 11:00 Five Minutes to Balance (Wellness Ctr) 11:15 Meditation/Relaxation 1:00 Gym Time w/Brenda 2:00 Bingo (Theatre) 6:30 Entertainment: Perfect Harmony (T)	5 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Reindeer Walk (Wellness Ctr) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players' Lounge) 3:00 Elf on the Shelf Scavenger Hunt Explanation (Theatre) 6:30 Prayer Group (Players' Lounge)	6 7:30-9:30 Buffet Breakfast (Vistas) 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Five Minutes to Balance (WC) 11:15 Meditation/Relaxation (Wellness Ctr) 1:00 Gym Time w/Brenda 2:00 Hobbies Unlimited (Hobby Hut) 2:00 12 Days of Christmas Stretch (WC) 4:30 Hershey Sweet Lights Trip	7 9:00 Senior Aquatic Exercise 10:00 Reindeer Walk 11:15 Tai Chi (Theatre) 11:15 Yoga Stretch (Wellness Ctr) 1:30 Holiday Craft (Hobby Hut) 6:30 Card & Game Night (PL) 6:30 Tree Lighting (IL Living Room)	8 8:00 Walking Club 9:30 Wii Bowling (3 rd Floor Puzzle Room) 9:45 Technology Class w/ELCO (Theatre) 10:00 Library Committee Meeting 10:00 Men's Fellowship (Cinema) 10:30 Walmart 1:30-3:30 Ladies Billiards/Pool	9 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie - "ELF"
10 12:45 Depart for Christian Life Assembly 4:30 Vespers (Theatre)	11 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:30 Information Mtg & Meet & Mingle (Theatre) 11:15 Meditation/Relaxation 1:00 Gym Time w/Brenda 2:00 Bingo (Theatre) 6:30 Bell Choir Performance & Christmas Sing-A-Long (T)	12 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 -11:00 Blood Pressure Check (Clinic Room) 10:00 Reindeer Walk (Wellness Ctr) 10:30 Gingerbread House Decorating (Hobby Hut) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players' Lounge) 6:30 Prayer Group (Players' Lounge)	13 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Five Minutes to Balance (Wellness Ctr) 1:00 Gym Time w/Brenda 2:00 Hobbies Unlimited (Hobby Hut) 2:00 Cookie/Gift Exchange and Games (Meier Room)	14 9:00 Senior Aquatic Exercise 10:00 Reindeer Walk 11:15 Yoga Stretch (Wellness Ctr) 10:30 Boscovs 2:00 Bean Bag Baseball (Wellness Ctr) 6:30 Card & Game Night (PL)	15 8:00 Walking Club 9:30 Wii Bowling (3 rd Floor Puzzle Room) 10:00 Men's Fellowship (Cinema) 10:30 Entertainment: Myerstown Mennonite School Grades 1 thru 10 (T) 1:30-3:30 Ladies Billiards/Pool 3:00 Christmas Music by Doris Thompson (Pre-Dining Room)	16 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie - "The Christmas Chronicles"
17 4:30 Vespers (Theatre)	18 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 10:30 Hornings / Goods / Smith's 11:00 Five Minutes to Balance (Wellness Ctr) 11:15 Meditation/Relaxation 1:00 Gym Time w/Brenda 1:30 Peppermint Twist Dance Party (WC) 2:00 Bingo (Theatre) NO Bell Choir Practice	19 ONE MEAL DAY 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 12:30-1:45 IL Christmas Party (Theatre) 1:45 Entertainment-Tony Farina 1:30 Yoga Stretch Classes (Wellness Ctr) 3:00 Bible Study (Players' Lounge) 6:30 Prayer Group (Players' Lounge)	20 8:45 Depart for American Music Theatre NO Fitness Classes 9:00-11:00 Billiards/Pool Club 2:00 Hobbies Unlimited (Hobby Hut) NO Veterans Meeting	21 9:00 Senior Aquatic Exercise 10:00 Reindeer Walk 10:00 Giant/Aldies/CVS 11:15 Yoga Stretch (Wellness Ctr) 11:00 Elf on Shelf Party for Participants (Players Lounge) 2:00 Conversation Corner (Pre MR) 4:00-5:00 Parade of Cottages/GHs 5:00- 6:30 Parade of Holiday Homes 6:30 Card & Game Night (PL)	22 8:00 Walking Club 9:30 Wii Bowling (3 rd Floor Puzzle Room) 10:00 Library Committee Meeting 10:00 Men's Fellowship (Cinema) 1:30-3:30 Ladies Billiards/Pool 2:30 Book Club (T) "Skipping Christmas" Contact Carolyn Robinson x3360 for a book	23 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie - "White Christmas"
24 4:30 Vespers (Theatre)	25 Merry Christmas! NO Fitness Classes NO Bell Choir Practice	26 NO Fitness Classes NO Bible Study (Players' Lounge) 2:00 Bingo (Theatre) 6:30 Prayer Group (Players' Lounge)	27 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 1:00 Gym Time w/Brenda 2:00 Hobbies Unlimited (Hobby Hut) 2:00 Oodles of Noodles (Pool) NO Nurses Meeting	28 9:00 Dutchway NO Fitness Classes 10:30 Table Shuffleboard (IL Living Rm) 6:30 Card & Game Night (PL)	29 8:00 Walking Club 9:30 Wii Bowling (3 rd Floor Puzzle Room) 10:00 Men's Fellowship (Cinema) 1:30-3:30 Ladies Billiards/Pool	30 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie - "Angel in the Family"
31 Happy New Year! 4:30 Vespers 6:30 Entertainment: (2 B Announced)						

December 2023 DETAILS Independent Living - Poplar Run

SHOPPING:

12/8 10:30 Walmart 12/14 1:00 Boscovs 12/18 10:30 Hornings, Goods or Smith 12/21 10:00 Giant, Aldies or CVS

*If you wish to go shopping at other locations, contact transportation 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; Tuesday-Lebanon; Wednesday-Hershey.

Hobbies Unlimited Wednesdays at 2:00 (Hobby Hut)- Any hobby can be done ...cross stitch, latch hook, knitting, etc. If you have a hobby, bring it and as everyone gets together, we will "chit chat" as we work.

Every Friday @ 10:00 Men's Fellowship (Cinema) – A ministry video by Pastor Jay Carty will be played regarding, "Counter Attack". Jay has been described as an unusual communicator maybe a little "nuts" would be more accurate. He is certainly "off the wall". Not a preacher, not a teacher...more a story teller with a very important message. Funny and provocative. Traditional, he is not. Challenging he is. Jay is generally regarded as an unusual blending of humor and content. Join Chip on Friday as he guides this fellowship.

12/4 **Entertainment: Perfect Harmony 6:30 (Theatre)** – An original concert experience that is sure to be an unforgettable part of your holiday season! Half-part musical theater nostalgia, half-part take it to church worship concert, Perfect Harmony sings stunning original arrangements of favorite holiday classics in (of course) three-part PERFECT HARMONY. Featuring the Perfect Harmony Band: Katrina King on piano, Mark Butzer on bass/sax, Jim Martin on percussion and Micah King on acoustic guitar.

12/5 & 12/12 & 12/21 **Reindeer Walk 10:00 (Wellness Center)** – Meet Brenda in the Wellness Center.

12/5 **Elf on the Shelf Scavenger Hunt 3:00 (Theatre)** – Elf on the Shelf is a scout elf for Santa that will be hidden throughout Independent Living and reports back to Santa. Come and find out what you will have to do to participate.

12/6 **12 Days of Christmas Stretch 2:00 (Wellness Center)** – Wear your jingle bells and come and stretch with Brenda.

12/6 **Hershey Sweet Lights Trip 4:30 Departure** – Board our buses as it takes you through two miles of wooded trails, enjoying nearly 600 illuminated animated displays and listen to a custom-made holiday radio station on your drive. Sign-up x3200

12/7 **Tai-Chi Class 11:15 (Theatre)** – Tai Chi is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, which is now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

12/7 **Holiday Craft 1:30 (Hobby Hut)** – Make a holiday craft with Beth Ann.

12/7 **Tree Lighting 6:30 (IL Living Room)** – Rod Shearer will tell the Christmas Story; the tree will be lit and warm drinks and cookies will be served afterward. Come and listen to entertainment provided by the Army War College as they sing Christmas Carols.

12/8 **Technology with ELCO 9:45 (Theatre)** – ELCO School District students will be conducting technology classes for your iphone, ipads, lap tops. The first class will be getting to know your device, setting up a contact and sending a text message. Sign up x3200.

12/11 **Informational Meeting and Meet & Mingle 10:30 (Theatre)** - Come out and hear the latest from Kris and her team, meet and get to know the new residents.

12/11 **Bell Choir Performance & Christmas Sing-A-Long 6:30 (Theatre)** – Hear the bells ringing to favorite holiday songs performed by our new StoneRidge Bell Choir. They have worked very hard so please come out and support their performance. A Christmas sing-a-long will take place afterward.

12/12 **Gingerbread House Decorating (Hobby Hut) 10:30** – It takes a village. Are you a designer or landscaper? Form a group of two or more or do it yourself to decorate the gingerbread houses. Decorate the buildings and provide the landscaping using the materials furnished. Will you add shingles, or a thatched roof, brick or stone? Add shrubbery, trees, streams, bridges or ponds? The possibilities are endless! Sign up x3200

12/13 **Cookie/Gift Exchange & Games Meier Room) 2:00** – These two events have been brought together! Make or buy your favorite cookies to share. Bring a container of cookies—take a cookie from everyone else which will give you an assortment to take home. Bring an empty container for the goodies. A hot cocoa bar will be provided for tasting, plus, "Bring a gift – Receive a gift". Bring a **new** wrapped gift valued at \$10 to be exchanged with another individual. No name tag needed unless it is specific to a gender. Do both or just one!

12/15 **Entertainment: Myerstown Mennonite School Grades 1 thru 10 6:30 (Theatre)** – Enjoy Christmas songs sung by students Grades 1st through 10th. Come out and join in.

12/18 **Peppermint Twist Dance Party 1:30 (WC)** – 30 minutes of chair dancing with Brenda. As always, she'll make it fun!

12/19 **IL Christmas Party 12:30-1:45 (Theatre)** – This is a one meal day. Dress in your beautiful holiday attire and enjoy a holiday meal with your friends in the theatre. Entertainment will follow with Tony Farina.

12/21 **Parade of Holiday Homes 5:00 – 6:30** – **Is anyone interested in opening and showing off their apartment that is decorated for Christmas? Please contact Beth Ann, x3202 to sign up for the Parade of Homes for Christmas. Residents will stop in at the participating apartments and see how they are transformed into Christmas. Oh What Fun!!!**

12/21 **Conversation Corner 2:30 (Pre-Meier Room)** - Join Brenda for casual, enjoyable conversation in the IL Pre-Dining room.

12/22 **Book Club 2:30 (Theatre)** – "Skipping Christmas" by John Grisham. Imagine a year without Christmas. No crowded malls, no corny office parties, no fruitcakes, no unwanted presents. That's just what Luther and Nora Krank have in mind when they decide that, just this once, they'll skip the holiday altogether and set sail on a Caribbean cruise. But as this weary couple is about to discover, skipping Christmas brings enormous consequences—and isn't half as easy as they'd imagined.

12/31 **New Years Eve 6:30 (Theatre)** – To be determined. Volunteers needed.

Upcoming Events & Save the Date:

6/10/24 Gretna Playhouse – Raleigh Ringers Handbell Concert – 7:00 PM. The Raleigh Ringers are an internationally acclaimed, Emmy-nominated, advanced community handbell choir that dazzles their audiences. Cost \$25.00 Transportation on your own. Sign-up x3200