

November 2023

This calendar is subject to change.

SRL Poplar Run Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:30 – 9:30 Breakfast Buffet (Vistas) 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:00 Walmart 11:15 Meditation/Relaxation (Wellness Ctr) 9:00-11:00 Billiards/Pool Club 2:00 Hobbies Unlimited (Hobby Hut) 6:30 Entertainment: "Forte Piano Students (T)"*	2 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 11:15 Tai Chi (Theatre) 6:30 Card & Game Night (Players' Lounge)	3 8:00 Walking Club 9:30 Wii Bowling (3rd Floor-Puzzle Room) 1:30-3:30 Ladies Billiards/Pool	4 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – "Signs"
5 4:30 Vespers (Theatre)	6 9:00 Quilting (Threads) 9:00 Fitness Fusion 9:30 Exec. Committee Mtg (Players' Lounge) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation 2:00 Bingo (Theatre) 5:00–6:00 Bell Choir Practice (PL)	7 ELECTION Day 8:00 – 5:00 Voting (Theatre) 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 10:30 Anything Pumpkin Contest (Garage) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players' Lounge) 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) 1:00-4:00 Miracle Ear (Clinic Room) 2:00 Food Committee Meeting (Meier Rm) 2:00 Hobbies Unlimited (Hobby Hut) 6:30 Glenn Miller (Theatre)*	9 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 10:30 Table Shuffleboard (IL Living Rm) 11:15 Yoga Stretch (Wellness Ctr) 2:00 It's "Smore" Fun with Friends (IL Living Room) 6:30 Card & Game Night (PL)	10 8:00 Walking Club 9:30 Wii Bowling (3rd Floor Puzzle Room) 9:00 - 10:30 Veteran's Breakfast (T) 9:30 Program & Entertainment 10:00 Library Committee Meeting 1:30-3:30 Ladies Billiards/Pool	11 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – "Living"
12 4:30 Vespers (Theatre)	13 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 10:30 Meet & Mingle & Informational Meeting (Theatre) 11:15 Meditation/Relaxation 5:00–6:00 Bell Choir Practice (PL) 6:30 Entertainment: Michael Kropp (T)*	14 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 10:00 – 11:00 Blood Pressure Check (Clinic Room) 1:30 Yoga Stretch Classes (Wellness Ctr) NO Bible Study 2:00 Movie Matinee (Theatre) – "Places in the Heart" * 6:30 Prayer Group (Players' Lounge)	15 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 Horse & Carriage Rides (East Main St. Entrance) * 2:00 Hobbies Unlimited (Hobby Hut)	16 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 11:15 Yoga Stretch (Wellness Ctr) 2:00 "Therapy Thursday w/Tom" (Players' Lounge) 6:30 Card & Game Night (PL)	17 8:00 Walking Club 9:30 Wii Bowling (3rd Floor Puzzle Room) 10:30 Golf Simulator Practice 1:00 Boscov's Shopping Trip 1:30-3:30 Ladies Billiards/Pool	18 9:00-11:00 Billiards/Pool Club 2:00 Bingo (Theatre) 6:30 Cinema Movie – "Fairy Tale-A True Story"
19 4:30 Vespers (Theatre)	20 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 10:30 Trip to Giant or Aldies Supermarket 11:15 Meditation/Relaxation 2:00 Bingo (Theatre) 5:00–6:00 Bell Choir Practice (PL) 6:30 Entertainment: Haylofters (T)*	21 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 10:30 Craft Day (Hobby Hut) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players' Lounge) 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) NO Retired Nurses Meeting (Theatre) 2:00 Hobbies Unlimited (Hobby Hut) 2:00 Oodles of Noodles (Wellness)	23 ONE MEAL DAY Happy Thanksgiving!	24 8:00 Walking Club 9:30 Wii Bowling (3rd Floor Puzzle Room) 10:00 Library Committee Meeting 1:30-3:30 Ladies Billiards/Pool 2:30 Book Club (Theatre) "The Little Paris Book Shop" by Nina George–Contact Carolyn Robinson x3360 for a book	25 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – "Cocoon"
26 4:30 Vespers (Theatre)	27 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation 2:00 Bingo (Theatre) 5:00–6:00 Bell Choir Practice (PL)	28 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players' Lounge) 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) 9:00-11:00 Billiards/Pool Club 2:00 Hobbies Unlimited (Hobby Hut) 2:30 Conversation Corner (IL Living Room) 6:30 Entertainment: Tamar & Katrina Pedersen (T)*	30 9:00 Senior Aquatic Exercise 9:00-1:00 IU Christmas Craft Bazaar (T) 10:00 Water Walking (Pool) 10:30 Table Shuffleboard (IL Living Rm) 11:15 Yoga Stretch (Wellness Ctr) 2:00 Bean Bag Baseball 6:30 Card & Game Night (PL)	PL=Players' Lounge T=Theatre	

November 2023 DETAILS Independent Living - Poplar Run

SHOPPING:

11/1 10:00 Walmart 11/17 1:00 Boscovs 11/20 Giant or Aldies 10:30

*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.

11/2 **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.

11/1 **Entertainment: Forte Piano Students 6:30 (Theatre)** – With over 100 students, Forte Piano Music Studio is in our backyard, located at 101 S. Railroad Street. They teach a lot of piano students and will bring a sampling of their students and the joy of music.

11/7 **Recipes Made with Pumpkin Contest 2:30 (Garage)** – Attention bakers. Make your favorite pumpkin roll, pumpkin bread or pumpkin bars (anything pumpkin) for tasting and judging. Also available a warm delicious drink for tasting. Please contact Beth Ann x3202 to enter.

11/8 **Entertainment: Glenn Miller 6:30 (Theatre)** – This BIG one-man band is very enthusiastic! He's an entertainer, musician and joke teller. You will hear a variety of styles of music as he mingles and interacts with people. Always fun and entertaining!

11/9 **It's "Smore" Fun with Friends 2:00 (IL Living Room)** – Friends, let's gather in the living room, be thankful for what we have and celebrate with chocolate, marshmallows, graham, nuts, and smore! There's nothing like fellowship amongst your friends!

11/10 **Veteran's Breakfast 9:00-10:30 and Veteran's Program (Theatre)** – A free breakfast will be provided to Veterans and their spouses. Guest cost is \$4. Afterwards a Veteran's program will begin with the Lebanon HS JROTC, Speaker Scott Hentz, and the Keystone Capital Chorus. Come out and give thanks to our Veterans.

11/13 **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 and grab a little pumpkin pie dip and homemade warm cider.

11/13 **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 an assortment of great music that I think you will certainly enjoy. Always a plus to our stage.

11/14 **Movie Matinee 2:00 (Theatre)** – "Places in the Heart". PG Drama. Sally Field, Ed Harris, John Malkovich, Danny Glover, Gennie James, Terry O'Quinn, Amy Madigan Edna Spalding finds herself alone and broke on a small farm in the midst of the Great Depression when her husband, is no longer with her. Moses, a wandering Black man, helps her plant cotton to try to keep her farm and family together. She also takes in a blind boarder, Mr. Will, who lost his sight in the Great War. She must endure storms and harsh labor to try to make her mortgage payment on time. A woman fighting for her children, for her land, for the greatest dream there is...the future.

11/15 **Horse & Carriage Rides 2:00 (East Main Street Entrance)** - Bee Tree Trail will provide our ride around the neighborhood. Dave Rohrbach will bring in his beautiful grey Percheron draft horses and wagon, which are part of the horse family as the Clydesdales. Seating will be available outside at the East Main Street entrance as you wait your turn to get your surrey ride. Cookies and hot chocolate will be provided. This experience is always very enjoyable!

11/16 **Therapy Thursday 2:00 (Theatre)** – Meet up with Tom Kosmoski for this month's topic: Get out of your comfort zone to improve your health.

11/17 **Golf Simulator Training Room 10:30 (Wellness Center)** – You may have wanted to know how the golf simulator works or you just may want to see it in motion. Come to the room behind the wellness center and check it out.

11/20 **Entertainment: Haylofters 6:30 (Theatre)** – Country, Blue Grass, Oldies. This band will play a little bit of everything! New to our stage. Come out and check them out.

11/21 **Craft Day 10:30 (Hobby Hut)** – We will be doing a craft that will be given out to the children at the "Meet Santa" event. Marketing will provide us with the instructions and the materials.

11/29 **Conversation Corner 2:30 (IL Living Room)** - Join Brenda for casual, enjoyable conversation in the IL pre-dining room.

11/29 **Entertainment: Tamar & Katrina Pedersen 6:30 (Theatre)** – They're back by popular demand! This husband-and-wife duo have a beautiful talent. Tamar sings as Katrina plays the piano. They bring such wonderful music to our theatre and they never disappoint us!

Upcoming Events & Save the Date:

Christmas at StoneRidge: 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.

12/10 Christian Life Assembly: Christmas Play – 3:00 Show: "The Not So Perfect Christmas". It's Christmas at the Mistletoe Lodge! What could be more perfect than a Hollywood film production company coming to shoot a Christmas Special right there in the little town of Mistletoe?! Well, let's just say, things don't go quite as planned but once again, the most significant moments can come from the most unexpected places. Dinner at Cracker Barrel on the way home. \$15.00 Tickets, \$7 Transportation and Dinner on your own.

12/20 American Music Theatre – 10:30 Show. "The First Noel". AMT presents incredible singers, astonishing dancers, wondrous costumes, breathtaking sets, and all the endearment of a perfect fireside family moment! Bask in the beauty of the season, and cherish the stories of spirit and love as we bring all your favorite sights and sounds to the stage. This year's show features your favorite seasonal and sacred Christmas songs – songs brought to life by marvelous vocal talent, accompanied by the AMT Orchestra. Beautiful snowscapes, child-like joy, cherished stories, the spirit of love, and all your favorite things about the holiday season are cast onstage in this glorious celebration of timeless holiday classics. Lunch TBD. Sign up x3200. \$43 + \$7 transportation.