

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4:30 Vespers (Theatre) Holly Communion	2 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 (Players’ Lounge)	3 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) 2:30 Golf Simulator 6:30 Prayer Group (Players’ Lounge)	4 7:30-9:30 Buffet Breakfast (Vistas) 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 9:00-11:00 Billiards/Pool Club 2:00 Hobbies Unlimited (Hobby Hut) 3:00 Entertainment: “Steven Barth” (Theatre)*	5 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 10:30 Table Shuffleboard (IL Living Rm) 11:15 Tai Chi (Theatre) 2:30 Conversation Corner (IL Living Room) 6:30 Card & Game Night (Players’ Lounge)	6 8:00 Walking Club 9:30 Wii Bowling (3rd Floor-Puzzle Room) 10:00 Men’s Fellowship (Cinema) 1:30-3:30 Ladies Billiards/Pool	7 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – “90 Minutes in Heaven”
8 4:30 Vespers (Theatre)	9 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation 2:00 Bingo (Theatre) 5:00–6:00 Bell Choir Practice (Players’ Lounge) 6:30 Entertainment: “Dean-O” (Theatre)*	10 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Golf Simulator 10:00 – 11:00 Blood Pressure Check (Clinic Room) 10:00 Water Walking (Pool) 1:30 Yoga Stretch Classes (Wellness Ctr) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players’ Lounge) 6:30 Prayer Group (Players’ Lounge)	11 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 9:00-12:00 Miracle Ear (Clinic Room) 9:30 Pumpkin Decorating (Hobby Hut) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Hobbies Unlimited (Hobby Hut) 2:00 Movie Matinee (Theatre) – “I am Gabrielle” *	12 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 10:00 Boscovs Shopping Trip 11:15 Yoga Stretch (Wellness Ctr) 2:00 “Therapy Thursday w/Tom” (Theatre) 6:30 Card & Game Night (Players’ Lounge)	13 8:00 Walking Club 9:30 Wii Bowling (3rd Floor Puzzle Room) NO Library Committee Meeting 10:00 Men’s Fellowship (Cinema) 1:30-3:30 Ladies Billiards/Pool	14 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – “House of D”
15 4:30 Vespers (Theatre)	16 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation 1:30 Trip to: Hornings/Goods/Smiths Candy 2:00 Bingo (Theatre) 5:00–6:00 Bell Choir Practice (Players’ Lounge) 6:30 Entertainment: “JCM Band” (Theatre)*	17 9:00 Dutchway 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Resident Quarterly Meeting (Theatre) NO Bible Study 6:30 Prayer Group (Players’ Lounge)	18 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:00 Informational Meeting & Meet & Mingle “Let’s Stick Together” (Theatre) 11:15 Meditation/Relaxation (Wellness Ctr) 2:00 Hobbies Unlimited (Hobby Hut) 2:00 Bean Bag Baseball NO Veterans Meeting	19 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 Halloween Match Game (Theatre) 6:30 Card & Game Night (Players’ Lounge)	20 8:00 Walking Club 9:30 Wii Bowling (3rd Floor Puzzle Room) 10:00 Men’s Fellowship (Cinema) 1:30-3:30 Ladies Billiards/Pool	21 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – “Mermaid”
22 4:30 Vespers (Theatre)	23 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 (Players’ Lounge) 6:30 Entertainment: “Jim Munster” (Theatre)*	24 9:00 Dutchway 9:00 Senior Aquatic Exercise 9:00 Trip to Giant or Aldies Supermarket 10:00 Water Walking (Pool) 1:30 Yoga Stretch Classes (Wellness Ctr) 2:00 Bible Study (Players’ Lounge) 6:30 Prayer Group (Players’ Lounge)	25 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:15 Meditation/Relaxation (Wellness Ctr) 1:30 Walmart 2:00 Retired Nurses Meeting (Players’ Lounge) 2:00 Oodles of Noodles 2:00 Hobbies Unlimited (Hobby Hut) Collection Begins Lebanon Rescue Mission	26 ONE MEAL DAY 9:00 Senior Aquatic Exercise 10:00 Water Walking (Pool) 11:15 Yoga Stretch (Wellness Ctr) 12:30 – 1:45 Oktoberfest (Theatre) 1:50 Entertainment 6:30 Card & Game Night (Players’ Lounge)	27 8:00 Walking Club 9:30 Wii Bowling (3rd 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 (Theatre) “The Personal Librarian” by Marie Benedict & Victoria C. Murray – Contact Carolyn Robinson x3360 for a book	28 9:00-11:00 Billiards/Pool Club 6:30 Cinema Movie – “Fred & Elsa”
29 4:30 Vespers (Theatre)	30 SRL Trick or Treat Night – 6:30 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 (Players’ Lounge) 6:30 Trick or Treat Night (Theatre)*	31 HALLOWEEN 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)	<div>October 2023</div> <div><div>SRL Poplar Run - Independent Living</div><div>This calendar is subject to change.</div></div>			

October 2023 DETAILS Independent Living - Poplar Run

SHOPPING:

10/25 1:30 Walmart 10/12 10:00 Boscovs 10/16 Hornings/Goods/Smith Candy 10/26 Giant or Aldies 9:00

*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 being a mild statement. 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. Fun, funny and provocative. Traditional, he is not. Challenging-he is. Where some “deep” preachers are too snoozy for the rank and file and where some humorists don’t have much to say, Jay’s “stuff” is generally regarded as an unusual blending of humor and content. Join Chip Kulp every Friday as he guides this fellowship.

10/4 **Entertainment: Steven Barth 3:00 (Theatre)** – Enjoy the soft soothing music of classic songs (Blue Moon, Sentimental Journey, etc.). Come out, sing along and enjoy!

10/5 **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.

10/5 **Conversation Corner 2:30 (IL Living Room)** - Join Brenda for casual, enjoyable conversation in the IL pre-dining room.

10/9 **Entertainment: Dean-O 6:30 (Theatre)** – He’s a little bit country. Dean recently played at the Lebanon County Fair. New to our stage.

10/10 **Golf Simulator Training Room 10:00 (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.

10/11 **Pumpkin Decorating 9:30 (Hobby Hut)** - Let’s get spooky! Help us decorate pumpkins to accessorize the facility or keep for yourself. You may want to paint, carve, or decorate one. We will provide the pumpkins. Sign up x3200.

10/11 **Movie Matinee 2:00 (Theatre)** – “I am Gabrielle”. PG-13, For ten years Promise, Texas has known nothing but one curse after another. It's barren, broken, and dying, leaving a town full of despair. When a couple finds a boy walking along a dusty road, alone in the middle of nowhere, they pick him up in hopes of helping him. What they don't realize is that he has come to help them. Some think he's an answer to prayer. Others think he's a runaway or a false prophet. And the only thing this boy will say about himself is that he's here to help.

10/12 **Therapy Thursday 2:00 (Theatre)** – Meet up with Tom Kosmoski for this month’s topic: lower back health and keeping it pain free.

10/18 **Informational Meeting and Meet & Mingle 10:00 (Theatre)** – “Let’s Stick Together” Come out, get a breakfast treat, hear the latest from Kris and her team and meet and get to know the new residents.

10/19 **Halloween Match Game 2:00 (Theatre)** - A StoneRidge spin-off of the game show on TV. Two contestants will try to match their answers to the panel of SRL celebrities to humorous, fill-in-the-blank questions who are dressed in a costume for Halloween. Contact Beth Ann (x3202) if would be willing to play or just be a part of the audience to cheer on the contestants and have a few laughs.

10/16 **Entertainment: JCM Band 6:30 (Theatre)** – They are a 50’s band but they sure know how to play an assortment of music. Featuring Buddy Holly, the Everly Brothers, Elvis and many more. You’ll tap your toes and want to get up and dance! Come on out and join us.

10/23 **Entertainment: Jim Munster 6:30 (Theatre)** – Experience the musical magic of a talented one-man acoustic act specializing in the timeless hits from the 1960s to the 2000s. With a playlist featuring songs that are universally loved and easy to relax to, Jim’s performance is the perfect night of entertainment. Sit back, unwind, and let the soothing melodies transport you to a world of nostalgia and joy. From sing-along classics to heartwarming tunes, Jim promises an unforgettable experience that will leave you smiling and tapping your toes. Join us for an evening of delightful music and enjoyment for all.

10/26 **Oktoberfest 12:30 – 1:45; 1:50 Entertainment (Theatre)** – Oktoberfest is a world-famous festival that celebrates German culture, food, and beer in Munich, Germany, every year. Brats, Lederhosen and German talking, singing and dance. This is a one meal day from 12:30 – 1:45. Entertainment will begin at approximately 1:45.

10/30 **Trick or Treat Night 6:30 (Theatre)** – It’s that spooky time of year! We will meet witches, ghosts, vampires and princesses and they would all like a treat or you may get spooked! Residents, you may dress up in a costume or come as you are and hand out treats to the SRL team member’s children or invite your grandchildren and their friends to stop in. You can bring candy or treats of your own or some will be provided. Prizes will be awarded to the residents and refreshments will be served to the children.

Upcoming Events & Save the Date:

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. With the help of the staff and local friends of the Lodge, you will learn that things don’t go quite as planned. With the help of the staff and local friends of the Lodge, you will learn that things don’t have to be perfect to be meaningful. You will enjoy beautiful music and dance, lots and lots of laughter, and a telling of the actual Christmas story that shows us, once again, that 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.

StoneRidge Outreach Committee Projects (Contact Nancy Kulp cottage x3356):

October Project: Lebanon Rescue Missions Agape Christmas for seniors living in the community homes and Lebanon Housing Authority. Collection date begins October 25 – ends November 6th. Fliers will be distributed with details.

November Project: Knitters & Crocheters needed – 48 x 48 lap blankets, dishcloths, hats & gloves in adult sizes (Lebanon Rescue Mission)