






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Transportation available for Myerstown Churches 4:30 Vespers-Holy Communion 	2 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) 6:30 Entertainment-Rehrig Brothers (Theatre)* 	3 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda 1:00 Bible Study (Players' Lounge) 2:30 Pumpkin Decorating/Carving (Hobby Hut)  6:30 Prayer	4 8:00 Walking Club 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 10:00 Exec. Com. Mtg (Players' Lounge) 11:00 Water Walking (Pool) 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Expediting Committee (Players' Lounge)	5 9:00 Departure: Yuengling Brewery 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 6:30 Card & Game Night (Players' Lounge) 	6 8:00 Walking Club 1:00 – 3:00 Ladies Billiards/Pool 2:30 Creative Haven (Players' Lounge)	7 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)	
8 Transportation available for Myerstown Churches 2:00 Lebanon Cty Community Concert (Sign-up for Transp. x3200) 4:30 Vespers	9 8:00 Walking Club 9:00 Quilting (Threads) 9:00 Fitness Fusion 10:00 Senior Sit & Be Fit 10:30 Library Mtg 1:30 Bingo (Theatre) 7:00 Entertainment-Harmony of Praise (Theatre)* 	10 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda 1:00 Bible Study (Players' Lounge) 1:30 Food Comm. Mtg 2:15 Movie Matinee (Theatre) "The Shack"*  6:30 Prayer	11 7:30-9:30 Breakfast Buffet in Vistas. \$5-Resident, \$6 Guest 8:00 Walking Club  9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Wagon Rides (East Main St. Entrance)* 11:00 Water Walking (Pool) 1:30 Yarn Unlimited Club (Hobby Hut)	12 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Fall Fashion Show (Theatre) 12:30-1:30 Gym Time w/Brenda 6:30 Card & Game Night (Players' Lounge) 	13 8:00 Walking Club 1:00 Walmart OR Lebanon Plaza (Kohls, Dollar Tree, etc.) 1:00-3:00 Ladies Billiards/Pool	14 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)	
15 Transportation available for Myerstown Churches 4:30 Vespers	16 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 2:30 Meet & Mingle (Theatre) 1:30 Bingo (Theatre) 6:00 Alzheimer's Caregivers Support Grp (Player's Lounge) 6:30 Entertainment-Tom Kriczky (Theatre)* 	17 8:00-10:00 Dutchway, Bank, Dry Cleaners 9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 1:30 Gym Time w/Brenda 1:30 Resident Quarterly Mtg (Theatre) 2:30 Wellness Talk (Theatre) 6:30 Prayer	18 8:00 Walking Club 8:30 Breakfast @ Red Plate Diner (on your own) 9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club 10:00 Senior Sit & Be Fit 11:00 Water Walking (Pool) 1:00 Veteran's Meeting-(Cancelled) 2:30-3:30 Blood Pressure (Clinic Room)* 2:30 Sharing Circle (Player's Lounge) 4:30 Birthday Dinner (Music-B Koons)	19 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 6:30 Card & Game Night (Players' Lounge) 6:30 – 8:30 Hillbilly Country Hoe-Down, Ken Saul & the Blue Marsh Ramblers (Theatre) 	20 8:00 Walking Club 1:00 – 3:00 Ladies Billiards/Pool	21 9:00-11:00 Billiards/Pool Club 6:30 Saturday Night Movie (Cinema)	
22 Transportation available for Myerstown Churches 4:30 Vespers	23 8:00 Walking Club 9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre)	24 One Day Meal 12:30-2:00 8:00-10:00 Dutchway, Bank, Dry Cleaners  9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 12:30 – 2:00 "Down on the Farm" Meal (Theatre) 12:30 – 1:30 Gym Time w/Brenda 1:00 Bible Study (Players' Lounge)  6:30 Prayer	25 8:00 Walking Club /  9:00 Fitness Fusion 9:00-11:00 Billiards/Pool Club  10:00 Senior Sit & Be Fit 11:00 Water Walking (Pool) 1:30 Yarn Unlimited Club (Hobby Hut) 2:00 Retired Nurses Gathering (Players' Lounge) 7:00 Entertainment-James Roland, Emma Richwine & Sarah Beth Wagner (Theatre)*	26 9:00 Senior Aquatic Exercise 10:00 Open Swim 12:30-1:30 Gym Time w/Brenda 2:00 Bean Bag Baseball 5:00-7:00 Meier Rm (Reservations: Only) 6:30 Card & Game Night (Players' Lounge)	27 8:00 Walking Club 1:00 – 3:00 Ladies Billiards/Pool 1:30 Book Review: "Most Dangerous: Daniel Ellsberg and the Secret History of the Vietnam War" by Steve Sheinkin (Hobby Hut) 5:00-7:00 Meier Rm (Reservations Only)	28 9:00-11:00 Billiards/Pool Club 2:30 Creative Haven (Players' Lounge) 6:30 Saturday Night Movie (Cinema)	
29 Transportation available for Myerstown Churches 4:30 Vespers	30 8:00 Walking Club  9:00 Fitness Fusion 9:00 Quilting (Threads) 10:00 Senior Sit & Be Fit 1:30 Bingo (Theatre) 6:30 – 8:00 Monster Mash-Trick or Treat Night (Theatre)	31 HALLOWEEN 8:00-10:00 Dutchway, Bank, Dry Cleaners  9:00 Senior Aquatic Exercise 10:00 Open Swim 11:00 Yoga Stretch Classes (Wellness Ctr) 1:00 Bible Study (Players' Lounge) 12:30 – 1:30 Gym Time w/Brenda 6:30 Prayer	 	<h1>October / 2017</h1>   <p>*Please See Reverse Side For Important Details* Country Bumpkins-Join Us Down on the Farm!</p>			

October 2017 DETAILS Independent Living - Poplar Run

ENTERTAINMENT:

10/2 6:30 Rehrig Brothers 10/9 7:00 Harmony of Praise 10/16 6:30 Tom Kriczky
10/19 6:30 Ken Saul & The Blue Marsh Ramblers 10/25 7:00 James Roland, Emma Richwine & Sarah Wagner

SHOPPING:

10/13 1:00 Walmart OR Lebanon Plaza (Kohls, TJ Max, \$ Tree)

- 10/2 **Entertainment: Rehrig Brothers 6:30 (Theatre)** – The Rehrig Brothers will sing classic country music. Some of the song artists are Buck Owens, Ray Price, Conway Twitty and Elvis Presley.
- 10/3 **Pumpkin Decorating/Carving Contest 2:30 (Hobby Hut)** – Help us decorate pumpkins to accessorize the facility or you may want to choose to paint or carve one. There will be a contest for the best pumpkin! We will provide the pumpkins and carving tools. Sign up x3200.
- 10/5 **Departure: Yuengling Brewery 9:00 (East Main Street Entrance) - Completely closed/covered shoes or sneakers ARE REQUIRED to go on tour which lasts approximately 1 hour and 15 minutes.** You must be mobile as there are approximately 120 steps but there are many stops and breaks along the way. This is not handicapped accessible. Visit the Creamery & gift shop before the tour and the tavern for a taste test after the tour. This is a very informative, interesting tour! \$1.50 + \$2 Transportation. Sign-up x3200.
- 10/6 & 10/28 **Creative Haven 2:30 (Players' Lounge)** – “Color Me Calm”. Join us in the Player’s Lounge for this relaxation technique.
- 10/9 **Entertainment: Harmony of Praise 7:00 (Theatre)** – Approximately 45 to 50 men and women sing acapella Christian/Gospel music. They sang in October of last year and you asked for them to return back to us to perform again.
- 10/10 **Movie Matinee 2:15 (Theatre)** – “The Shack” Rated PG-13, Drama, Fantasy. Starring: Octavia Spencer, Tim McGraw, Sam Worthington. After the abduction and presumed death of Mackenzie Allen Phillips' youngest daughter, Missy, Mack receives a letter and suspects it is from God, asking him to return to The Shack where Missy may have been murdered. After contemplating it, he leaves his home to go to The Shack for the first time since Missy's abduction and an encounter that will change his life forever.
- 10/11 **Horse & Wagon Rides 11:00 – 12:00 (East Main Street Entrance)** – Ken and Karen Sandoe of Sunny Hills Farms will bring their wagon, pulled by their big, beautiful, competitive Belgian Draft Horses to our location. We will give you a boost onto the wagon, go for a ride around the block (as Karen gives you information regarding the horses) and then we'll help you down as well. Hot chocolate will be available as you wait for your ride. This is one of the events that many residents at SRL look forward to each year (just ask Ginny Hertzog)! Meet us at the East Main Street Entrance with your cowboy hats and bandanas and they will show you an enjoyable time.
- 10/12 **Fall Fashion Show 11:00 (Theatre)** – Get ready to feel fabulous this fall with a buffet luncheon and see the latest trends by Taylor Marie. Tickets \$5, must be reserved in advance. See Stacia Dial x 3553 for details and to purchase tickets.
- 10/16 **Entertainment: Tom Kriczky 6:30 (Theatre)** – Tom plays keyboard and sings songs of Sinatra, Nat King Cole, Willie Nelson, Elvis Presley, 50s, 60s, big band and many others. Come out and join us!
- 10/16 **Alzheimer’s Caregivers Support Group 6:00 (Players' Lounge)** – Speaker: Lori Brandy, Albright Life Marketing Director. Topic “Support for the Caregiver: Early Implementation Before “Breaking Point”.
- 10/17 **Wellness Talk 2:30 (Theatre)** – “Taking Care of a Care Giver”. Presented by Reni Weixler M.A. L.P.C, C.P.C., of Wellspan Health Phil Haven. Join Reni Weixler as she provides helpful information on taking care of yourself, as you take care of another.
- 10/18 **Breakfast @ Red Plate Diner 8:30** – Go out for breakfast at a local diner with your SRL friends. \$ on your own. Sign-up X3200.
- 10/18 **Sharing Circle 2:30 (Players' Lounge)** – Topic-Balance. Share in a discussion with Brenda on how we can attain “Balance “ in our daily lives, and mixing responsibility with pleasure.
- 10/19 **A Hillbilly Hoe Down, Ken Saul & The Blue Marsh Ramblers 6:30 – 8:30 (Theatre)** –Howdy Partners! Kick up your heels and join us for a boot stomping good time! Wear your country duds, put on your boots and hat and join us for a good old fashioned hoe down. The Blue Marsh Rambler Band will entertain us with their music as Ken Saul instructs us to promenade, do-si-do, allemande left and swing your partner! Come on out and bow to your corner or sit and take a gander at everyone dancing. This event is open to the public so invite your friends! No bellyaching – just good ole’ fun! Yee Haw!
- 10/24 **“Down on the Farm” Meal 12:30-2:00 (Theatre)** –If you’ve got a “hankering” for a good country meal, you’ve come to the right place. We’re “fixin” to get together to eat a good old country meal where you’ll leave here “fatter than a tick on a dog”. We know this will make you “happier than a pig in mud” so don’t “piddle” around, just sign up at the Vistas hostess desk right quick! This will be a one meal day with entertainment to follow the meal.
- 10/25 **Entertainment: An Evening of Classical Music 7:00 (Theatre)** – James Roland (pianist), Emma Richwine (violinist) and Sarah Wagner (accompanist) will perform an evening of classical music.
- 10/27 **Book Club 1:30 (Hobby Hut)** – The book club will be reading "Most Dangerous: Daniel Ellsberg and the Secret History of the Vietnam War" by Steve Sheinkin. For FREE loaner book contact Dan Nace ext 3378.
- 10/30 **“Monster Mash” Trick or Treat Night 6:30 – 8:00 (Theatre)** – Trick or treat, smell my feet give me something good to eat! Little goblins, ghosts, vampires and fairies will be visiting StoneRidge to get treats. Residents can come as they are or get dressed up in Halloween costumes 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/treats of your own or some will be provided. Prizes will be awarded to the residents and refreshments will be served to all.

November Highlights:

11/9 Belle Tones 3:00 (Theatre)
11/10 Veteran’s Day Program 2:30 (Theatre)
11/16 Patty Carver 6:30 (Theatre)