

What's Happening
in
Independent Living

FEBRUARY

Friday, February 1

- 8:00-10:30—Schedule Free Personal Training with Crystal —610-682-1553
- 9:00—Zumba Gold—Auditorium
- 10:00—Shopping at Renninger's Market—610-682-1430
- 10:00—Community Life Meeting—RESCHEDULED for 2/8!**
- 12:00—Swim Club/ Aquatic Aerobics with Crystal Pick-Up—610-682-1430
- 1:00—Card Club—Trexler Game Room
- 2:30—Catholic Mass—Deibert Hall
- **Last Day to Order Lunch for line Dancing Social- 610-682-1553**

Saturday, February 2

- 9:00—Hike the Trail with Bob—Meet in Front of Library Entrance
- 2:00—TouchTown Movie: Love Happens—Channel 97
- 7:00 pm—Game Night—TC 2nd Floor Lounge

Sunday, February 3

- 10:30—Grace Congregation Worship Service (Rev. Carl Schmoyer and Preacher, Rev. David Werley)—Auditorium
- 10:30—Sunday Worship Service—Deibert Hall
- 2:00 —TouchTown Movie: Love Happens—Channel 97

Monday, February 4

- 8:30 —Blast—Fitness Center
- 9:00—Shuffleboard—TC 2nd Floor Lounge
- 9:30—Shopping at Walmart/Bechtelsville—Pick Up—610-682-1430 (**New Location!**)

10:30 —Classic—Trexler Social Hall
1:00 — Wii Bowling—Trexler Game Room
1:30— Yoga Stretch—TC 2nd Floor Lounge

Tuesday, February 5

7:45-9:00—Schedule Free Personal Training with Crystal —610-682-1553
9:00—Zumba Gold—Auditorium
10:00—Culinary Committee Meeting-TC Tavern
2:30—Games in the Tavern—TC Tavern
3:00—Pizza Party at the Clubhouse—IL Clubhouse

**Games begin at 3pm, pizza at 5pm. Bring your drinks
and some cash for pizza, and it's a great time!**

Wednesday, February 6

9:30—Shopping at Radcliffe's—Pick Up—610-682-1430
10:00—Bible Study—Buehrle Library Lounge
**10:00-11:45—Winter Line Dancing Social (Lunch to follow)—Auditorium
(See back page for invite and information!)**
10:30—Brain Fitness- Jeopardy- TC 2nd Floor Lounge
12:30—Shopping at Giant Food Store—Pick Up—610-682-1430
1:00—Bridge in the Tavern—TC Tavern
1:30—Crafter's Workshop WILL RETURN IN MARCH!
Stay tuned!
**2:00-3:00 Meet & Greet with Kelly- LHT's IL Activities Coordinator- TC
2nd Floor Lounge- Drop in anytime between 2 and 3!**
2:30—Midweek Worship—Deibert Hall or TouchTown Channel 97

Thursday, February 7

9:00—Cardio Circuit—Trexler Social Hall
9:30—Topton Bank Run—Pick-Up—610-682-1430
10:00— See the World Movies/**Touring Italy** — TC 2nd Floor Lounge
10:30—Classic—Trexler Social Hall
12:30—Wells Fargo Bank Run—Pick -up—610-682-1430
1:30-3:30—Players Practice—Auditorium
1:00—Pinochle in the Lounge—TC 2nd Floor Lounge
1:30—Yoga Stretch—TC 2nd Floor Lounge
2:30—Two Truths and One Lie—TC 2nd floor Lounge

Friday, February 8

8:00-10:30—Schedule Free Personal Training with Crystal —610-682-1553

9:00—Zumba Gold—Auditorium

9:30—Shopping at Kutztown Plaza—610-682-1430

10:00—Community Life Meeting—Trexler Game Room (Note date change!)

10:00-12:00—Free Blood Pressure Clinic—Care Navigator's Office

12:00—Swim Club/Aquatic Aerobics with Crystal - Pick-Up—610-682-1430

1:00—Card Club—Trexler Game Room

2:30—Trash Card- TC Tavern

*****Today is the VERY LAST day to register for Teaching Kitchen and/or Paisley Company Event scheduled for Friday, February 15th! Call 610-682-1422 to reserve your spot!**

Saturday, February 9

9:00—Hike the Trail with Bob—Meet in Front of Library Entrance

2:00—TC Bingo—TC Tavern

2:00—TouchTown Movie: Love Comes Softly—Channel 97

7:00 pm—Movie Night—TC 2nd Floor Lounge

Sunday, February 10

10:30—Grace Congregation Worship Ser. (Rev. James Henderschedt)—Aud.

10:30—Sunday Worship Service—Deibert Hall

11:30-1:00—Sunday Brunch—Countryside Inn and Tavern - RSVP by 2/6

2:00 —TouchTown Movie: Love Comes Softly—Channel 97

Monday, February 11

8:30 —Blast—Fitness Center

9:00—Shuffleboard—TC 2nd Floor Lounge

10:00—Shopping at Dollar General—Pick Up—610-682-1430

10:30 —Classic—Trexler Social Hall

10:30—News Currents—TC 2nd Floor Lounge

12:00—Faith Talks—TC Tavern

1:00 —Wii Bowling—Trexler Game Room

1:30—Yoga Stretch—TC 2nd Floor Lounge

2:30—No Bake— Samoa Pie (Just like a girl scout cookie!)—TC Tavern

Tuesday, February 12

- 7:45-9:00—Schedule Free Personal Training with Crystal —610-682-1553
9:00—Zumba Gold—Auditorium
**10:00-12:00—Art Instruction with Ruth—Watercolors—Team
Conference Room**
10:30—Coffee and Conversation—TC Tavern
2:30—All Things '70's- Remembering the Decade—TC 2nd Floor Lounge
3:00—Games at the Clubhouse—IL Clubhouse
Homestyle Family Dinner Night—Countryside Inn and Tavern

Wednesday, February 13

- 9:00—Movin' and Groovin'/Line Dancing (Note Time Change!)—
Auditorium**
9:30—Shopping at Radcliffe's—Pick Up—610-682-1430
9:45—Blood Pressure Clinic—Deibert Hall
10:00—Resident Association Meeting—Deibert Hall
12:30—Shopping at Weis Market—Pick Up—610-682-1430
1:00—Bridge in the Tavern—TC Tavern
2:00—Stitchers—TC 2nd Floor Lounge
2:30—Valentine's Day Celebration with Lou Dottoli—Auditorium
2:30- No mid-week worship today!

Thursday, February 14

HAPPY VALENTINE'S DAY!

- 9:00—Cardio Circuit—Trexler Social Hall
10:00— See the World Movies/**Touring France** —TC 2nd Floor Lounge
10:30—Classic—Trexler Social Hall
1:30-3:30—Players Practice—Auditorium
1:00—Pinochle in the Lounge—TC 2nd Floor Lounge
1:30—Yoga Stretch—TC 2nd Floor Lounge
3:00—Happy Hour—TC Tavern

Friday, February 15

- 8:00-10:30—Schedule Free Personal Training with Crystal —610-682-1553
9:00—Zumba Gold—Auditorium
10:00—Shopping at Renninger's Market—Pick Up—610-682-1430
**10:30—Create your own Lotion with Paisley and Company—Trexler
Game Room-RSVP by 2/8 to 610-682-1422 to reserve a spot.**
12:00— Swim Club/Aquatic Aerobics with Crystal - Pick-Up—610-682-1430

1:00—Card Club—Trexler Game Room

1:00—Teaching Kitchen/Dark Chocolate—Trexler Social Hall (NOTE TIME CHANGE!)

Come to the Teaching Kitchen where our Chef will work with you to make healthy meals/snacks & learn to improve your kitchen skills. Call 682-1422 by 2/8 to reserve your spot!

Saturday, February 16

9:00—Hike the Trail with Bob—Meet in Front of Library Entrance

1:00—Gadgets Class with Joseph (Need assistance with your devices-phone, i-pad, laptop? Joseph will be here to help!)—TC near mailboxes

2:00—TouchTown Movie: Ever After—Channel 97

7:00 pm—Game Night—TC 2nd Floor Lounge

Sunday, February 17

10:30—Grace Congregation Worship Service (Rev. Laura Stonebeck)—Auditorium

10:30—Sunday Worship Service—Deibert Hall

2:00 —TouchTown Movie: Ever After—Channel 97

Monday, February 18

8:30 —Blast—Fitness Center

9:00—Shuffleboard—TC 2nd Floor Lounge

9:30—Shopping at the Lehigh Valley Mall—Pick Up—610-682-1430

9:30 —Avid Reader’s— “Same Kind of Different As Me” by Ron Hall and Denver Moore—Trexler Game Room

10:30—NewsCurrents—TC 2nd Floor Lounge

10:30 —Classic—Trexler Social Hall

1:00 — Wii Bowling—Trexler Game Room

1:30— Yoga Stretch—TC 2nd Floor Lounge

2:30—Fun Facts and Trivia/Presidents—TC 2nd Floor Lounge

Tuesday, February 19

9:00—Boyertown Museum of Historic Vehicles and Lunch at Iezzi’s on 3rd—Pick Up—610-682-1422

9:30—Zumba Gold—Auditorium

2:00—Plant Ops—Team Conference Room

2:30-4:00—Schedule Free Personal Training with Crystal —610-682-1553

3:00—Games at the Clubhouse—IL Clubhouse

Wednesday, February 20

- 9:30—Movin' and Groovin'/Line Dancing—Auditorium
- 9:30—Shopping at Radcliffe's—Pick Up—610-682-1430
- 10:00—Bible Study – Buehrle Library Lounge
- 10:30—Kelly's Culinary Creation—TC Tavern
- 12:30—Shopping at Giant Food Store—Pick Up—610-682-1430
- 1:00—Bridge in the Tavern—TC Tavern
- 2:00-3:30— Schedule Free Personal Training with Crystal —610-682-1553
- 2:30—Mid-Week Worship—Deibert Hall

Thursday, February 21

- 9:00—Cardio Circuit—Trexler Social Hall
- 10:00— See the World Movies/**Touring Hawaii**—TC 2nd Floor Lounge
- 10:30—Classic—Trexler Social Hall
- 1:30-3:30—Players Practice—Auditorium**
- 1:00—Pinochle in the Lounge—TC 2nd Floor Lounge
- 1:30—Yoga Stretch—TC 2nd Floor Lounge
- 2:30—Prize BINGO—TC Tavern**

Friday, February 22

- 8:00-10:30—Schedule Free Personal Training with Crystal —610-682-1553
- 9:00—Zumba Gold—Auditorium
- 9:30—Shopping at Kutztown Plaza—Pick Up—610-682-1430
- 10-12:00pm—Free Blood Pressure Clinic—Care Navigator's Office**
- 10:30—Color and Chat—TC Tavern
- 12:00—Swim Club/Aquatic Aerobics with Crystal—Pick Up—610-682-1430
- 1:00—Card Club—Trexler Game Room
- 1:30—Wellness Talks-Heart Healthy Habits —Trexler Social Hall**

Saturday, February 23

- 9:00—Hike the Trail with Bob—Meet in Front of Library Entrance
- 2:00—TouchTown Movie: The Other End of the Line—Channel 97
- 7:00 pm—Movie Night—TC 2nd Floor Lounge

Sunday, Febuary 24

- 10:30—Grace Congregation Worship Ser. (Rev. Amanda Furbeck)—Auditorium
- 10:30—Sunday Worship Service—Deibert Hall
- 11:30-1:00—Sunday Brunch—Countryside Inn and Tavern- RSVP by 2/20**

2:00 —TouchTown Movie: Other End of the Line—Channel 97

Monday, February 25

8:30 —Blast—Fitness Center

9:00—Shuffleboard—TC 2nd Floor Lounge

10:30 —Classic—Trexler Social Hall

10:30—News Currents—TC 2nd Floor Lounge

12:00—Faith Talks—TC Tavern

1:00 — Wii Bowling—Trexler Game Room

1:30— Yoga Stretch—TC 2nd Floor Lounge

2:30—No Bake—Apple Cinnamon Overnight Oats—TC Tavern

Tuesday, February 26

9:00—Zumba Gold—Auditorium

10:00—TouchTown Movie—Hitch—Channel 97

10:30—Coffee and Conversation—TC Tavern

12:00—Diner's Club—Crab Barn-Call 610-682-1422- Pick-up begins at 10:45.

3:00—Games at the Clubhouse—IL Clubhouse

7:00—Mennonite Singers—Deibert Hall

Wednesday, February 27

9:30—Movin' and Groovin'/Line Dancing—Auditorium

9:30—Shopping at Radcliffe's—Pick Up—610-682-1430

10:00—Bible Study – Buehrle Library Lounge

10:30—Brain Fitness—Trivia—TC 2nd Floor Lounge

12:30—Shopping at Weis Food Store—Pick Up—610-682-1430

1:00—Bridge in the Tavern—TC Tavern

1:00-3:00— Schedule Free Personal Training with Crystal —610-682-1553

2:0—Stitchers—TC 2nd Floor Lounge

2:30—Mid-Week Worship—Deibert Hall

Thursday, February 28

9:00—Cardio Circuit—Trexler Social Hall

10:00— See the World Movies/**Touring Alaska** —TC 2nd Floor Lounge

10:30—Classic—Trexler Social Hall

1:00—Pinochle in the Lounge—TC 2nd Floor Lounge

1:30—Yoga Stretch—TC 2nd Floor Lounge

1:30-3:30—Players Practice—Auditorium

4:00—Pub Nite – Steak Sandwiches—Trexler Social Hall

February 2019 Specials

Tuesday, February 12th

Home Style Family Dinner \$14.95 per person

Please RSVP by 2/5/19, 610-682-1327

Menu: Chicken Fried Steak

Grilled Pork Chop

Macaroni & Cheese

Creamed Corn

Broccoli

Green Beans

Pecan Pie

Fruit of the Forest

Tuesday, February 26th

Surf and Turf Dinner \$32.95 per person

Please RSVP by 2/19/19, 610-682-1327

Menu: Lobster Tail

4 oz. filet

Dutchess Potatoes

Grilled Asparagus

Brunch February 10th 11:30-1:00pm

Please RSVP by 2/6/2019, 610-682-1327

Brunch February 24th 11:30-1:00pm

Please RSVP by 2/20/19, 610-682-1327