



## FEBRUARY COMMUNITY EVENTS

*COME JOIN US!*



# *New in February!*



## Resident-Led Programs & Speakers

**Moravian Village Singers** - *Do You Like to Sing? You are invited to join the Moravian Village Singers – no audition is necessary. The first gathering of the Chorus will be held on Monday, February 6<sup>th</sup> at 2PM in the Atrium.*



## Special Guest Speakers

**Dr. Theodore Schick** – *Join Dr. Schick on Wednesday, February 8<sup>th</sup> at 2PM in the Main Dining Room as he explores the topic “Religion and the Big Bang: Has Science found God”. Dr. Schick received his B.A in philosophy from Harvard University, and his Ph.D from Brown University. He is emeritus professor of philosophy at Muhlenberg College and has published articles in several fields of philosophy.*



## Bus Trips

**Wu Fei: Hello Gold Mountain-** *This original composition is performed by members of the Lehigh University Philharmonic, and features Wu Fei on the guzheng, and Shanir Ezra Blumenkranz on oud, traditional Chinese and Jewish string instruments on Saturday, February 11<sup>th</sup>. Meet in the Atrium at 6:45PM.*

**Bach at Noon** –*Join us in visiting the Central Moravian Church for the Bach at Noon program in which the works of Johann Sebastian*

*Bach are performed to encourage appreciation of the aesthetic and spiritual value of Bach's music on Tuesday, February 14<sup>th</sup>. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729. Meet in the Atrium at 11:30AM.*

**Broughal Middle School Theatre** – *Join Broughal for a dress rehearsal of their musical "Once on This Island, Jr." on Wednesday, February 15<sup>th</sup>. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729. Meet in the Atrium at 3:30PM.*



### Community Socials and Events

**Welcome to the Village** – *Please join us in welcoming our newest residents. Enjoy appetizers, drinks, and great conversation on Thursday, February 2<sup>nd</sup> at 3PM in the Atrium.*

**Moravian Academy Middle School Visit!** –*Moravian Academy Middle School has a Senior Citizens Activities service group that enjoys meeting and talking with seniors. The students will bring a variety of puzzles, trivia, and activities as well as card games. Please stop by the Atrium on Friday, February 10<sup>th</sup> at 10:30AM to join in and enjoy the activities!*

**Super Bowl Sunday-** *Join Life Enrichment for a tailgate party prior to the start of the game from 3-4:30PM in the Atrium. Enjoy games, appetizers, drinks, and fun before the watch-party begins at 6:30PM in the Main Dining Room on February 12<sup>th</sup>.*

**Great Backyard Bird Count-** *Join Event Coordinator Rachel at 1PM on Thursday, February 16<sup>th</sup> in the Activity Center for a presentation on the annual, global Backyard Bird Count which is taking place from February 17<sup>th</sup>-20<sup>th</sup> by the Audubon Society.*

**National Random Acts of Kindness Day –** *Join Life Enrichment in spreading kindness throughout Moravian Village with a variety of uplifting activities. Stop by the Atrium at 12PM on Friday, February 17<sup>th</sup>.*

**Visit from Moravian Academy Girl Scout Troop–** *Join the young ladies of Troop 8142 for an afternoon of tea, cookies, cards, games, and fun. Visit them in the Atrium from 1-3PM on Saturday, February 18<sup>th</sup>.*

**Trivia with DJ Don!** – *Join Don for a fun-filled evening of music and trivia relating to Presidents Day on Monday, February 20<sup>th</sup> from 7-8PM in the Atrium.*



### Creative Expression Classes

**DIY Flower Vase–** *Join our new Event Coordinator Rachel in creating painted milk bottle vases and assembling an artificial bouquet for Valentine’s Day on Tuesday, February 7<sup>th</sup> at 1PM in the Activity Center. 12 spots available. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 by Thursday, February 2<sup>nd</sup>.*

**Cooking Creations with Kara-** *Join Kara in creating chocolate covered strawberries on Tuesday, February 14<sup>th</sup> at 1PM in the Activity Center. 12 spots available, please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729.*

**Greeting Cards with Eileen –** *Join Eileen in an artful expressions workshop as she shares techniques to create greeting cards through stamping, scrapbooking, and more on Wednesday, February 15<sup>th</sup> at 1PM in the Activity Center. 10 spots available. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 by Wednesday, February 8<sup>th</sup>.*

**Beading with Cheryl -** *Join Cheryl in creating beaded jewelry pieces on Wednesday, February 22<sup>nd</sup> at 2:30PM the Activity Center. 10 spots available. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 by Wednesday, February 15<sup>th</sup>.*



### Wellness

**Wear Red Day Pop-Up Event–** *Join Life Enrichment in learning about heart health through a series of activities including making your own trail mix, yogurt parfait, and learning about heart-healthy nutrition and activities on Friday, February 3<sup>rd</sup> at 3PM in the Activity Center.*

**Heart Rhythm Meditation –** *Join Jen Sinclair from the Cancer Support Community of the Greater Lehigh Valley via Zoom in the*

*Activity Center for a mind, heartbeat, and breath meditation class to have a calmer, mind, and body on Wednesday, February 15<sup>th</sup> at 10AM in the Activity Center.*

**Argentine Tango Lesson!** – *Join Urzsula and Barnaby Ruhe to learn how to dance the Argentine Tango at 10AM in the Activity Center on Friday, February 24<sup>th</sup>. Bring a partner and dance your way into the weekend!*



### Entertainment

**Sunday Brunch Entertainment** – *Come to Sunday Brunch on February 5<sup>th</sup> and enjoy the sounds of the flute, performed by cottage resident Pat Eisenhart. Brunch is served from 11AM-2PM, and entertainment is from 11:30AM-1PM.*

**Poetry with Jim Smith!** – *Join Jim from Housekeeping as he recites his original poetry from his newly published book “As I Gather My Belongings, I Remember Where I’ve Been” on Monday, February 13<sup>th</sup> at 12:30PM in the Atrium.*

**Paul Elwood Trio!** – *Enjoy the sounds of romantic jazz music as the Paul Elwood Trio plays an eclectic mix of classic blues on Tuesday, February 14<sup>th</sup> at 7:30PM in the Atrium.*

**Big Valley Bluegrass!** – *Join the five-piece band as they help celebrate Mardi Gras by playing a blend of original and traditional bluegrass music on Tuesday, February 21<sup>st</sup> at 7:30PM in the Atrium.*

**Kate & Those Guys-** *Enjoy music from this acoustic trio as they play radio hits, and sing-a-longs from the '50s to present day. Friday, February 24<sup>th</sup> from 7-8:30PM in the Atrium.*



Spiritual Life

**The Parables of Jesus-** *Join Rev. Dr. Mark Summer in his new bible study class now held on Fridays at 11AM in the chapel or via Zoom starting Friday, February 3<sup>rd</sup>. Each week different parables will be examined such as the Good Samaritan, or the Prodigal Son, each holding truths that speak to our lives today.*

**Ash Wednesday Service-** *Join Chaplain Molly for an Ash Wednesday Service on Wednesday, February 22<sup>nd</sup> at 2PM in the Chapel.*

**Lenten Vespers-** *Vespers is a quiet service of candlelight, song, scripture, Rev. Dr. Mark Summer will be leading the worship. A service of evening prayer will be held Monday evenings starting February 27<sup>th</sup> at 7:30 p.m. during the season of Lenten.*



From Dining Services

**Super Bowl Sunday Brunch –** *Sunday, February 12<sup>th</sup> 11:30-1:30PM. Please call Dining Services for theme dinner reservations at Ext. 335.*

**Valentine's Day Theme Dinner –** *Tuesday, February 14<sup>th</sup> 4:30-6PM. Please call Dining Services for theme dinner reservations at*

*Ext. 335. Followed by music by the Paul Elwood Trio in the Atrium from 7:30-8:30PM.*

**Fastnacht Day!** – *Come to the Atrium from 9:30AM – 12PM on Tuesday, February 21<sup>st</sup> and grab a complimentary, locally baked Fastnacht! Enjoy this delicious Pennsylvania Dutch tradition of celebrating Shrove Tuesday before the observation of Lent.*

**Mardi Gras Theme Dinner** – *Tuesday, February 21<sup>st</sup> 4:30-6PM*  
*Please call Dining Services for theme dinner reservations at Ext. 335. Followed by music by Big Valley Bluegrass band in the Atrium from 7:30-8:30PM.*





CHANNEL 100 LINEUP

**Moravian Village TV, Channel 100 Daily Programming –**

***Wellness Classes:***

*8AM Good Shepherd Exercise*

*9AM Pilates with Denise*

*10 AM Yoga with Deanna*

*11AM Chair Yoga with Denise*

***Spiritual Programming:***

*2PM Sundays-Worship Service with Chaplain Molly*

*1PM Episcopal Service – Sunday, February 19<sup>th</sup>*

*3PM Catholic Mass – Sunday, February 19<sup>th</sup>*

# FEBRUARY COMMUNITY EVENTS

## COME JOIN US!

<u>KEY</u>	
MDR = MAIN DINING ROOM	
ACT = ACTIVITY CENTER	CHP = CHAPEL
NP = NORTH PATIO	EST = ESTHER'S GARDEN
LG = LARRY'S GARDEN	ATR = ATRIUM

**\*RSVP to wellness classes marked with an asterisk**

### **Wednesday, 1<sup>st</sup>**

**\*9-9:45AM Chair Zumba with Danny** *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

**10:45-11:15AM** Meditation with Kristel Seagreaves, *Care Coordinator* (CHP)

**\*11:30AM-12:15PM Good Shepherd Exercise Class** *Limited to 15 attendees Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

**1-2PM** Yoga with Deanna (ACT)

**2-4PM** Duplicate Bridge: *Please RSVP to Charlie Eisenhart at 610.419.1776* (3<sup>rd</sup> Floor North Lounge)

**7PM** Movie Night (ACT)

### **Thursday, 2<sup>nd</sup>**

**9:30-10:15AM** **Cancelled:** Tai Chi with Joanne (ACT)

**10:30-11:30AM** Apartment Resident Association Meeting *(All Apartment residents welcome!)* (MDR)

**11:30AM-12:30PM** Strength & Stretch with Denise (ACT)

**1-1:30PM** Meditation with Kristel Seagreaves, *Care Coordinator* (CHP)

**1-2PM** Intermediate Bridge Lessons: *Please RSVP to Charlie Eisenhart at 610.419.1776* (3<sup>rd</sup> Floor North Lounge)

**2-3PM** Ping Pong (ACT)

## **Thursday, 2<sup>nd</sup> (Cont'd.)**

2:30-4PM Zentangle with Hilary (ZOOM)

3-4PM **Welcome to the Village!** Please join to welcome our newest residents, and enjoy appetizers, drinks, and camaraderie. Non-alcoholic beverages available.

(ATR)

7-8PM **Great Tours with Bob Burcaw-** World Heritage Sites: *Exploring the World's Greatest Places.* (ACT)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Friday, 3<sup>rd</sup> **Wear Red Day for Heart Health!****

\*9-9:45AM Chair Zumba with Danny *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

\*10-10:45AM Chair Zumba with Danny *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

10-11AM Meditation & Mindfulness with Susan Christman (CHP)

**New Day and Time! 11AM** A Bible Study with Rev. Dr. Mark Summer – *The Parables of Jesus: The Stories that Changed the World* (CHP or ZOOM)

11AM-12PM Cornhole (ATR)

\*11:30AM-12:15PM **Good Shepherd Exercise Class** *Limited to 15 attendees Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

1:30-2:30PM Bingo (ACT)

3-4PM **Wear Red Day Pop-Up Event!** (ACT)

## **Saturday, 4<sup>th</sup>**

9-11:30AM Community Coffee & Cornhole (ATR)

7PM Miniseries: Longmire (ACT)

## **Sunday, 5<sup>th</sup>**

11:30AM-1PM **Entertainment: Cottage Resident Pat Eisenhart on the Flute!** Please note: *Brunch is served 11AM-2PM. Entertainment is 11:30AM-1PM.* (MDR)

2-3PM Sunday Worship and Communion with Chaplain Molly (CHP)

## **Monday, 6<sup>th</sup>**

- 10-10:45AM Chair Zumba with Danny (MDR)
- 11:30AM-12:15PM Good Shepherd Exercise Class (MDR)
- 1:30-2:30PM Pilates with Denise – All Levels Welcome! (ACT)
- 2-3PM Moravian Village Singers Choir Rehearsal (ATR)
- 3-4PM Ping Pong (ACT)
- 7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Tuesday, 7<sup>th</sup>**

- 9:30-10:15AM Tai Chi with Joanne (ACT)
- 10AM Grocery Shopping: **Wegmans** *Please RSVP to Teri Ext. 331*
- 11:30AM-12:30PM Chair Yoga with Denise (ACT)
- 1PM Grocery Shopping: **Wegmans** *Please RSVP to Teri Ext. 331*
- 1-2PM Billiards & Pool Games! (Game Room)
- 1-2:30PM **Create a Flower Vase with Rachel!** *12 spots available.* Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 (ACT)
- 3-4:30PM Bell Choir Rehearsal (ACT)
- 7-8:30PM Bingo (ACT)

## **Wednesday, 8<sup>th</sup>**

- \*9-9:45AM Chair Zumba with Danny *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)
- 10:45-11:15AM Meditation with Kristel Seagreaves, *Care Coordinator* (CHP)
- \*11:30AM-12:15PM **Good Shepherd Exercise Class** *Limited to 15 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)
- 1-2PM Yoga with Deanna (ACT)
- 2PM **Spiritual Life Speaker:** Dr. Theodore Schick (MDR)
- 2-4PM Duplicate Bridge: *Please RSVP to Charlie Eisenhart at 610.419.1776* (3<sup>rd</sup> Floor North Lounge)
- 7PM Movie Night (ACT)

## **Thursday, 9<sup>th</sup>**

9:30-10:15AM Tai Chi with Joanne (ACT)

11:30AM-12:30PM Strength & Stretch with Denise (ACT)

1-1:30PM Meditation with Kristel Seagreaves, Care Coordinator (CHP)

1-2PM Intermediate Bridge Lessons: *Please RSVP to Charlie Eisenhart at 610.419.1776 (3<sup>rd</sup> Floor North Lounge)*

1:30-3PM Stitch & Chat (2nd Floor North Lounge)

2-3PM Ping Pong (ACT)

2:30-4PM Zentangle with Hilary (ZOOM)

7-8PM Great Tours with Bob Burcaw- World Heritage Sites: *Exploring the World's Greatest Places.* (ACT)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Friday, 10<sup>th</sup>**

9-9:45AM **Cancelled:** Chair Zumba with Danny (ACT)

10-10:45AM **Cancelled:** Chair Zumba with Danny (ACT)

10:30AM Joy Readers @ Thomas Jefferson Elementary School *RSVP to Jennifer Glose at Ext. 329 by Friday, February 3rd (Meet in Atrium at 10:15AM)*

10:30-11:15AM Visit from Moravian Academy Middle School Students! *Join the students for a variety of puzzles, trivia, and activities!* (ATR)

**New Day and Time!** 11AM A Bible Study with Rev. Dr. Mark Summer – *The Parables of Jesus: The Stories that Changed the World* (CHP or ZOOM)

11AM-12PM Cornhole (ATR)

11AM-12PM Neighborhood Connections (3<sup>rd</sup> Floor North Lounge)

**\*11:30AM-12:15PM Good Shepherd Exercise Class** *Limited to 15 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

1:30-2:30PM Bingo (ACT)

3-4:30PM Community Happy Hour! Non-alcoholic beverages available. (ATR)

## **Saturday, 11<sup>th</sup>**

9-11:30AM Community Coffee & Cornhole (ATR)

7PM Miniseries: Longmire (ACT)

7:30PM Bus Trip! Wu Fei: Hello Gold Mountain, featuring Lehigh University Philharmonic at Zoellner Arts Center *Tickets are \$25 per resident. 15 seats available. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 by Friday, February 3rd (Meet in Atrium at 6:45PM)*

## **Sunday, 12<sup>th</sup> Happy Super Bowl Sunday!**

11:30-1:30PM **Super Bowl Theme Brunch!** *Please call Dining Services at Ext. 335 to make reservations.* (MDR)

2-3PM Sunday Worship with Chaplain Molly (CHP)

4:30-6PM **Super Bowl Sunday Happy Hour and Tailgate!** *Come out and enjoy games, appetizers, drinks, and fun!* (ATR)

6:30PM **Super Bowl Watch Party!** (MDR)

## **Monday, 13<sup>th</sup>**

10-10:45AM **Cancelled:** Chair Zumba with Danny (MDR)

11:30AM-12:15PM Good Shepherd Exercise Class (MDR)

12:30PM: **Poetry Reading with Jim Smith!** *Join Jim from Housekeeping in reading his published poetry* (ATR)

1:30-2:30PM Pilates with Denise – All Levels Welcome! (ACT)

2-3PM Moravian Village Singers Choir Rehearsal (ATR)

3-4PM Ping Pong (ACT)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Tuesday, 14<sup>th</sup> Happy Valentine's Day!**

9:30-10:15AM **Cancelled:** Tai Chi with Joanne (ACT)

9:30AM Grocery Shopping: **Valley Farm Market** *Please RSVP to Teri Ext. 331*

11:30AM-12:30PM Chair Yoga with Denise (ACT)

## **Tuesday, 14<sup>th</sup> (Cont'd.)**

**12-1PM Bus Trip!** Bach at Noon at Central Moravian Church. *Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729.* 15 Spots Available.

**(Meet in ATR at 11:30AM)**

**1:30PM Grocery Shopping: Valley Farm Market** *Please RSVP to Teri Ext. 331*

**1-2PM Billiards & Pool Games! (Game Room)**

**1-2PM Cooking Creations with Kara!** 15 spots available. *Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 (ACT)*

**3-4:30PM Bell Choir Rehearsal (ACT)**

**4:30-6PM Valentine's Day Theme Dinner!** *Please call Dining Services at Ext. 335 to make reservations. (MDR)*

**7-8:30PM Bingo (ACT)**

**7:30-8:30PM Music Performance by Paul Elwood Trio!** *Transportation sign ups at the front desk. (ATR)*

## **Wednesday, 15<sup>th</sup>**

**\*9-9:45AM Chair Zumba with Danny** *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 (ACT)*

**10AM Heart Rhythm Meditation!** *Join a Zoom Watch Party in the Activity Center for a meditation program broadcasted by the Cancer Support Community of the Greater Lehigh Valley (ACT)*

**10:45-11:15AM Meditation with Kristel Seagreaves, Care Coordinator (CHP)**

**\*11:30AM-12:15PM Good Shepherd Exercise Class** *Limited to 15 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 (ACT)*

**1-2PM Church of the Nativity Episcopal Service with Communion (CHP)**

**1-2PM Yoga with Deanna (ACT)**

**1:30-2:30PM Cottage Resident Association Meeting** *(All Cottage residents welcome!)* (MDR)

**2-4PM Duplicate Bridge:** *Please RSVP to Charlie Eisenhart at 610.419.1776 (3rd Floor North Lounge)*

**2:30-4PM Greeting Cards with Eileen!** *10 spots available. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729. (ACT)*

## **Wednesday, 15<sup>th</sup> (Cont'd.)**

4PM Bus Trip! Broughal Middle School Theatre Department Presents: "Once on this Island JR." (Meet in Atrium at 3:30PM)

7PM Movie Night (ACT)

## **Thursday, 16<sup>th</sup>**

9:30-10:15AM Tai Chi with Joanne (ACT)

11:30AM-12:30PM Strength & Stretch with Denise (ACT)

1-1:30PM Meditation with Kristel Seagreaves, Care Coordinator (CHP)

1PM Great Backyard Bird Count! *Join Event Coordinator Rachel Roades for a presentation on this annual, global bird count taking place February 17-20<sup>th</sup>.* (ACT)

1-2PM Intermediate Bridge Lessons: *Please RSVP to Charlie Eisenhart at 610.419.1776* (3<sup>rd</sup> Floor North Lounge)

2-3PM Catholic Mass (CHP)

2-3PM Ping Pong (ACT)

2:30-4PM Zentangle with Hilary (ZOOM)

4-5:30PM Community Happy Hour! Non-alcoholic beverages available. (ATR)

7-8PM Great Tours with Bob Burcaw- World Heritage Sites: *Exploring the World's Greatest Places.* (ACT)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Friday, 17<sup>th</sup>**

\*9-9:45AM Chair Zumba with Danny *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

\*10-10:45AM Chair Zumba with Danny *Limited to 20 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

**New Day and Time! 11AM** A Bible Study with Rev. Dr. Mark Summer – *The Parables of Jesus: The Stories that Changed the World* (CHP or ZOOM)

11AM-12PM Cornhole (ATR)

\*11:30AM-12:15PM Good Shepherd Exercise Class *Limited to 15 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)



## **Friday, 17<sup>th</sup> (Cont'd.)**

12-1PM Random Act of Kindness Day Pop-Up Event! *Stop by and help Life Enrichment spread kindness throughout Moravian Village (ATR)*

1:30-2:30PM Bingo (ACT)

## **Saturday, 18<sup>th</sup>**

9-11:30AM Community Coffee & Cornhole (ATR)

1-3PM Visit from Moravian Academy Girl Scout Troop 8142! *Join the Moravian Academy Girl Scouts in having tea, cookies, and playing games (ATR)*

7PM Miniseries: Longmire (ACT)

## **Sunday, 19<sup>th</sup>**

2-3PM Sunday Worship with Chaplain Molly (CHP)

## **Monday, 20<sup>th</sup>**

10-10:45AM **Cancelled:** Chair Zumba with Danny (MDR)

11:30AM-12:15PM Good Shepherd Exercise Class (MDR)

1:30-2:30PM Pilates with Denise – All Levels Welcome! (ACT)

2-3PM Moravian Village Singers Choir Rehearsal (ATR)

3-4PM Ping Pong (ACT)

7-8PM New Time and Location! Trivia with DJ Don! (ATR)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Tuesday, 21<sup>st</sup> Happy Mardi Gras!**

9:30-10:15AM Tai Chi with Joanne (ACT)

9:30AM-12PM Fastnacht Day! Stop by the Hospitality Bar to grab your complimentary, locally baked Fastnacht – a Pennsylvania Dutch tradition! (ATR)

10AM Grocery Shopping: **Giant** *Please RSVP to Teri Ext. 331*

11:30AM-12:30PM Chair Yoga with Denise (ACT)

1PM Grocery Shopping: **Giant** *Please RSVP to Teri Ext. 331*

1-2PM Billiards & Pool Games! (Game Room)

## **Tuesday, 21<sup>st</sup> (Cont'd.)**

3-4:30PM Bell Choir Rehearsal (ACT)

4:30-6PM Mardi Gras Theme Dinner! *Please call Dining Services at Ext. 335 to make reservations.* (MDR)

7-8:30PM **Cancelled:** Bingo (ACT)

7:30PM Music Performance by Big Valley Bluegrass! *Transportation signups at the front desk* (ATR)

## **Wednesday, 22<sup>nd</sup>**

9-9:45AM **Cancelled:** Chair Zumba with Danny

10:45-11:15AM Meditation with Kristel Seagreaves, *Care Coordinator* (CHP)

\*11:30AM-12:15PM Good Shepherd Exercise Class *Limited to 15 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

1-2PM Yoga with Deanna (ACT)

2PM Ash Wednesday Service with Chaplain Molly (CHP)

2-4PM Duplicate Bridge: *Please RSVP to Charlie Eisenhart at 610.419.1776* (3<sup>rd</sup> Floor North Lounge)

2:30-3:30PM Beading with Cheryl! *Limited to 10 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

7PM Movie Night (ACT)

## **Thursday, 23<sup>rd</sup>**

9:30-10:15AM Tai Chi with Joanne (ACT)

11:30AM-12:30PM Strength & Stretch with Denise (ACT)

1-1:30PM Meditation with Kristel Seagreaves, *Care Coordinator* (CHP)

1-2PM Intermediate Bridge Lessons: *Please RSVP to Charlie Eisenhart at 610.419.1776* (3<sup>rd</sup> Floor North Lounge)

1:20PM Broughal Buddies @ Broughal Middle School *RSVP to Jennifer Glose at Ext. 329 by Friday, February 17th* (Meet in Atrium at 1PM)

1:30-3PM Stitch & Chat (2<sup>nd</sup> Floor North Lounge)

## **Thursday, 23<sup>rd</sup> (Cont'd.)**

2-3PM Ping Pong (ACT)

2:30-4PM Zentangle with Hilary (ZOOM)

7-8PM Great Tours with Bob Burcaw- World Heritage Sites: *Exploring the World's Greatest Places.* (ACT)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

## **Friday, 24<sup>th</sup>**

9-9:45AM **Cancelled:** Chair Zumba with Danny

10-10:45AM **Cancelled:** Chair Zumba with Danny

10AM Dance Lesson! Learn Argentine Tango with Ursula & Barnaby Ruhe. *Limited to 16 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

**New Day and Time!** 11AM A Bible Study with Rev. Dr. Mark Summer – *The Parables of Jesus: The Stories that Changed the World* (CHP or ZOOM)

11AM-12PM Cornhole (ATR)

11AM-12PM Neighborhood Connections (3<sup>rd</sup> Floor North Lounge)

\*11:30AM-12:15PM Good Shepherd Exercise Class *Limited to 15 attendees. Please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729* (ACT)

1:30-2:30PM Bingo (ACT)

3-4:30PM Community Happy Hour! Non-alcoholic beverages available. (ATR)

7-8:30PM Music Performance by Kate & Those Guys! *Transportation signups at the front desk* (ATR)

## **Saturday, 25<sup>th</sup>**

9-11:30AM Community Coffee & Cornhole (ATR)

1-3PM Bingo Bonanza!!! (ACT)

7PM Miniseries: Longmire (ACT)

## **Sunday, 26<sup>th</sup>**

2-3PM Sunday Worship with Chaplain Molly (CHP)

## **Monday, 27<sup>th</sup>**

10-10:45AM Chair Zumba with Danny (MDR)

11:30AM-12:15PM Good Shepherd Class (MDR)

1:30-2:30PM Pilates with Denise – All Levels Welcome! (ACT)

2-3PM Moravian Village Singers Choir Rehearsal (ATR)

2:30-3:30PM Alzheimer Support Group: Facilitated by Jennifer Granda on “*The 10 Warning Signs*” (2<sup>nd</sup> Floor South Lounge)

2:30-3:30PM Memory & Me with Music Therapy (CHP)

3-4PM Ping Pong (ACT)

7-8PM Wine Tasting with Brienna and Jennifer! Join Dining Room Manager Brienna and Communications Director Jennifer Glose for a fun night of wine

tasting/education and food pairing! *Transportation sign ups at front desk* (MDR)

7-9PM Mahjong (3<sup>rd</sup> Floor North Lounge)

7:30PM Lenten Vespers (CHP)

## **Tuesday, 28<sup>th</sup>**

9:30-10:15AM Tai Chi with Joanne (ACT)

10AM Grocery Shopping: **Wegmans** *Please RSVP to Teri Ext. 331*

11:30AM-12:30PM Chair Yoga with Denise (ACT)

1PM Grocery Shopping: **Wegmans** *Please RSVP to Teri Ext. 331*

1-2PM Billiards & Pool Games! (Game Room)

3-4:30PM Bell Choir Rehearsal (ACT)

7-8:30PM Bingo (ACT)