



## JANUARY COMMUNITY EVENTS

*COME JOIN US!*

2024

H A P P Y   N E W   Y E A R

## *New in January*

Bus shuttle is provided for the following events in January:

- Wellness Workshop with Angie: Saturday, January 13<sup>th</sup> 10AM-2PM (CEC)
- Moravian Village Panel Discussion: Wednesday, January 24<sup>th</sup> 2:30PM (MDR)

*Please call Life Enrichment at 610.984.4729 to reserve transportation to the above-mentioned events.*



### Wellness

**Location Changes-** On Mondays at 10AM Chair Zumba with Danny will be held in the Lower Level of the Community Event Center, and on Wednesdays at 9AM Chair Zumba with Danny will be held in the Activity Center.

**New Classes-** We have the following added classes to expand our wellness offerings to meet the needs of residents. As a reminder RSVPs continue to be required for **ALL** wellness classes.

- Weight Training & Demo with Angie- Take advantage of this introductory tour and demo of our fitness room in the Suites building, and learn the proper way to use the equipment, the areas of the body that the equipment is used for, and tips on weight training. At the end of the session, Angie will be available to book a future private wellness assessment and private training session appointment, should you be interested. This class is designed as a one-time instruction for each resident, similar to the tour and instruction you would get when you first join a gym. **Capacity is 5 Residents.**
- Total Conditioning with Angie – Formerly Building Better Balance, this class incorporates balance, strength, and cardio. **Capacity is 10 Residents.**
- Fit and Strong “Bodybuilding” – Combines flexibility, strength, and aerobic conditioning. **Capacity is 10 Residents.**

- Circuit Training- Circuit training is a style of workout where participants go through a series of exercises to target different muscle groups. **Capacity is 10 Residents.**
- Yoga Tone- Focuses on Strength, Balance & Flexibility and is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretching, and working to improve overall balance, posture, muscle tone and mobility. **Capacity is 15 Residents.**

**Wellness Workshop with Angie-** Join Angie Fenstermaker for a New Year Wellness Retreat! Attend the whole workshop from 10AM-2PM or stop by for different wellness activities on Saturday, January 13<sup>th</sup> at the Community Event Center. Attend all 3 and be entered to win a Wellness Basket! *To sign up for transportation please call Life Enrichment at 610.984.4729.*

- 10-10:30AM Morning Mindfulness & Movement
- 11-11:30AM Heart Health Exercise Class
- 1-2PM Afternoon Social & Wellness Discussion

**Mindfulness and Meditation Retreat-** The Bethlehem Present Heart Sangha presents a retreat open to residents on Saturday, January 20<sup>th</sup> focusing on mindfulness and meditation from 9AM-12PM in the Activity Center. Please RSVP on the Connected Living App, or to Life Enrichment at 610.984.4729.



### Speakers, Discussions, Orientations

**TED Talk with Kate Ranieri-** Moravian Village resident Kate Ranieri will present two TED Talk videos and lead a post-talk discussion among residents at the Community Event Center. Please RSVP on the Connected Living App, or to Life Enrichment at 610.984.4729.

- Monday, January 8<sup>th</sup> 3-4PM: "What is Courage"
- Monday, January 22<sup>nd</sup> 3-4PM "The Gift and Power of Emotional Courage"

**Andria Zaia-** Join Andria Zaia, from the National Museum of Industrial History in Bethlehem for a discussion on "Forging Community" at 2:30PM in the Main Dining Room on Wednesday, January 17<sup>th</sup>. Andria is the Interim Executive Director, and the Curator of Collections and Archives. Join us as she brings this special discussion about the ever-changing landscape of South Bethlehem while sharing stories of families whose relatives immigrated to the area for work.

**Moravian Village Panel Discussion-** Get to know staff from Functional Pathways, Wellness and Personal Care, and learn the services offered and how to access them. Wednesday, January 24<sup>th</sup> at 2:30PM in the Main Dining Room. *To sign up for transportation please call Life Enrichment at 610.984.4729.*

**Read to Me Program Orientation-** For any new, returning, or interested volunteers please attend the required Read to Me Orientation on Friday, January 26<sup>th</sup> at 10AM in the Main Dining Room. Read to Me is a volunteer program that provides a life enrichment experience for Healthcare residents. The program was initiated based on research that supports the benefits of reading to the elderly. Read to Me has been designed to partner active residents with Healthcare residents to improve their quality of life and mental wellbeing through social interaction and enjoyment of a good story.

**Weather Disasters with David-** Our newest Event Coordinator David Seaman will present on the Tuscaloosa tornado and the everlasting impact it left on the community. David joins us with a background as a Broadcast Meteorologist, previously working at Blue Ridge Communications for over 18 years. Join him in the Main Dining Room on Wednesday, January 31<sup>st</sup> at 2:30PM for an engaging discussion.



## Community Socials & Events

**Welcome to the Village-** Welcome our newest residents with a specialty happy hour on Friday, January 12<sup>th</sup> at 3PM in the Atrium.

**Hot Chocolate Social-** Enjoy the sights and sounds of winter with your neighbors and enjoy a hot chocolate bar and other treats at the Community Event Center on Saturday, January 6<sup>th</sup> from 1-3PM.

**Moravian Academy Middle School Visit-** Join local students from Moravian Academy's Senior Citizens Activities Service group as they bring a variety of games, puzzles, and more on Tuesday, January 9<sup>th</sup> at 10:25AM in the Atrium.

**NFL Watch Party-** Watch the NFL Divisional Round Playoffs and root for your favorite teams in the Community Event Center from 1-4:30PM on Saturday, January 20<sup>th</sup>.

**Bingo Bonanza-** Warm up this winter with our monthly Bingo Bonanza! Have your chance at winning great prizes on Saturday, January 27<sup>th</sup> from 1-3PM in the Activity Center.



## Creative Expressions

**Beading with Cheryl-** Ring in the New Year with new jewelry! Join Cheryl for a bead stringing jewelry class with the opportunity to create one-of-a-kind jewelry on Friday, January 5<sup>th</sup> at 9:30AM in the Activity Center. RSVP on the Connected Living App or to Life Enrichment 610.984.4729.

**Greeting Card Creation with Liz-** Join instructor Liz Kuhns as she makes her debut at Moravian Village for a Greeting Cards Creation Class on Monday, January 15<sup>th</sup> at 2PM in the Activity Center! Residents will be able to make three different cards in the class. RSVP on the Connected Living App or to Life Enrichment 610.984.4729.



## Entertainment

**Ginger and the Schnappes Trio-** Come to the Atrium at 7PM on Friday, January 12<sup>th</sup> for the return of the soulful sounds of artisan trio "Art 3 with G", a mix and match of Ginger and the Schnappes members who have performed at Moravian Village many times before.

**Violin and String Students-** Students from across the Lehigh Valley will join us at Moravian Village for an afternoon of music on Sunday, January 21<sup>st</sup> at 3PM in the Atrium.

**John Bauer-** John Bauer is back for an evening of music featuring classics you know and love. Join him on Friday, January 26<sup>th</sup> at 7PM in the Atrium.



## Spiritual Life

**Jessica Cooperman-** Jessica Cooperman, Associate Professor of Religion Studies and Director of the Jewish Studies Program at Muhlenberg College will present on Passover and the Story of Jewish History. Join her on Wednesday, January 10<sup>th</sup> at 2:30PM in the Main Dining Room. Passover is the holiday at which Jews all over the world tell the story of their own history and identity. This talk will focus on the Passover seder as a means of introducing some of the central ideas of Jewish history, identity, and religious practice.



## Dining Services

**New Year's Day Luncheon-** Seating times are 11:30AM, 12PM, 12:30PM, 1PM, 1:30PM. Suite and Cottage deliveries will leave the kitchen at 11:15AM. Pickup is 11:30AM, 12PM, 1PM and 2PM. Please call Dining Services at Ext. 335 for reservations

**Wine Cocktail Tasting-** Join us in celebrating one year of wine tasting featuring various cocktails made with wine on Monday, January 29<sup>th</sup> at 7:30PM in the Main Dining Room.



Channel 100 Lineup – Moravian Village TV

**Wellness Classes:**

8AM **New Video!** Exercise with Tonya

9AM **New Video!** Tai Chi with Joanne

10AM **New Video!** Chair Zumba with Danny

11AM **New Video!** Chair Yoga with Deanna

12PM **New Video!** Qigong with Kevin

**Spiritual Programming:**

2PM Worship with Chaplain Molly – Every Sunday

1PM Episcopal Service – Sunday, January 21<sup>st</sup>

3PM Catholic Mass – Sunday, January 21<sup>st</sup>

## January Community Events –*Join Us!*

### KEY:

**ACT** = Activity Center

**ATR** = Atrium

**CHP** = Chapel

**MDR** = Main Dining Room

**CEC** = Community Event Center

ZOOM links are in the Connected Living Calendar

All Bus Trips, Creative Expressions, and Wellness Classes Require  
RSVPS on the Connected Living App, or by calling Life Enrichment at

610-984-4729.



### Monday, 1<sup>st</sup>

**10-10:45AM Cancelled: New Location! Chair Zumba with Danny (Lower Level of CEC)**

**11AM Cancelled: Weight Training & Demo with Angie (Fitness Room in Suites)**

**11:30AM-12:15PM Exercise with Tonya (ACT)**

**11:30AM-1:30PM New Year's Day Lunch!** 11:30AM, 12PM, 12:30PM, 1PM, 1:30PM. Suite and Cottage deliveries will leave the kitchen at 11:15AM. Pickup is 11:30AM, 12PM, 1PM and 2PM. **(MDR)**

**1-2PM Cancelled: A Bible Study with Rev. Dr. Mark Summer- Genesis: How It All Began (CHP OR ZOOM)**

**1-2PM Cancelled: Circuit Training with Angie (ACT)**

**1:15-2:30PM Intermediate Bridge (CEC)**

**3-4PM Ping Pong (CEC)**

**7-9PM Mahjong (CEC)**

**7PM Miniseries – Madam Secretary (ACT)**

### Tuesday, 2<sup>nd</sup>

**9:30-10:15AM Tai Chi Easy™ with Joanne (Lower Level of CEC)**

**10AM Grocery Shopping: Wegmans. Please RSVP to Teri at Ext. 331 (ATR)**

**11:30AM-12:30PM Cancelled: Yoga Tone with Angie (ACT)**

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

1PM Grocery Shopping: Wegmans. *Please RSVP to Teri at Ext. 331 (ATR)*

1-2PM **Cancelled: New Name!** Total Conditioning with Angie (**Wellness Room at CEC**)

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

2-4PM Mahjong (**CEC**)

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

7-8PM Great Courses with Martin Richter – *Understanding the World's Greatest Structures: Science and Innovation from Antiquity to Modernity.* (**Lower Level of CEC**)

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

### Wednesday, 3<sup>rd</sup>

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

9-10AM Circuit Training with Angie (**Wellness Room at CEC**)

10AM Qigong with Kevin (**ACT**)

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

11:30AM-12:15PM Exercise with Tonya (**ACT**)

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

7PM Movie Night – The Secret: Dare to Dream (**ACT**)

### Thursday, 4<sup>th</sup>

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

11AM-12PM Fit and Strong Bodybuilding with Angie (**CEC**)

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

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

1-2PM **New Name!** Total Conditioning with Angie (**Wellness Room at CEC**)

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

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

4-5:30PM Community Happy Hour! Nonalcoholic beverages available (**CEC**)

7-8PM Great Courses with Bob Burcaw – *The World's Greatest Paintings.* (**ACT**)

7-9PM Mahjong (**CEC**)

### Friday, 5<sup>th</sup>

**9-9:45AM Cancelled:** Chair Zumba with Danny (**Lower Level of CEC**)

**9:30-11AM Beading with Cheryl!** *Ring in the New Year with new jewelry!* Spots are limited, please RSVP on the Connected Living App or to Life Enrichment at 610.984.4729 (**ACT**)

**10-11:30AM** Coffee & Cornhole (**CEC**)

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

**11AM-12PM** Cornhole (**ATR**)

**11:30AM-12:15PM** Exercise with Tonya (**ACT**)

**1:30PM** Bingo (**ACT**)

**7PM** Miniseries – Madam Secretary (**ACT**)

### Saturday, 6<sup>th</sup>

**9-10:30AM** Community Coffee (**ATR**)

**1-3PM** Hot Chocolate Social! *Enjoy the sights and sounds of winter with your neighbors and enjoy a hot chocolate bar and other treats!* (**CEC**)

**7PM** Miniseries – All the Light We Cannot See

### Sunday, 7<sup>th</sup>

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

**2:45PM** Community Fellowship – Tea, cookies, and camaraderie (**ATR**)

**7:15PM** Movie Night – Harriet (**ACT**)

### Monday, 8<sup>th</sup>

**10-10:45AM New Location!** Chair Zumba with Danny (**Lower Level of CEC**)

**11AM** Weight Training & Demo with Angie (Fitness Room in Suites)

**11:30AM-12:15PM** Exercise with Tonya (**ACT**)

**1-2PM** A Bible Study with Rev. Dr. Mark Summer- Genesis: How It All Began (**CHP OR ZOOM**)

**1-2PM** Circuit Training with Angie (**ACT**)

**1:15-2:30PM** Intermediate Bridge (**CEC**)

**3-4PM Ted Talk with Kate Ranieri!** *Join resident Kate Ranieri and watch the TED Talk “What is Courage” and engage in a post-talk discussion with fellow residents.* (**CEC**)

**3-4PM** Ping Pong (**CEC**)

**Monday, 8<sup>th</sup> (Cont'd.)**

**7-9PM Mahjong (CEC)**

**7PM Miniseries – Madam Secretary (ACT)**

**Tuesday, 9<sup>th</sup>**

**9:30-10:15AM Tai Chi Easy™ with Joanne (Lower Level of CEC)**

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

**10:25AM Moravian Academy Middle School Visit! *Join local students from their Senior Citizens Activities Service group as they bring a variety of games, puzzles, and more!* (ATR)**

**11:30AM-12:30PM Yoga Tone with Angie (ACT)**

**12-1PM Bus Trip! Bach at Noon at Central Moravian Church. *RSVP to Life Enrichment at 610.984.4729. Limited Spots Available.* (Meet in ATR at 11:30AM)**

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

**1-2PM New Name! Total Conditioning with Angie (Wellness Room at CEC)**

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

**2-4PM Mahjong (CEC)**

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

**7-8PM Great Courses with Martin Richter – *Understanding the World's Greatest Structures: Science and Innovation from Antiquity to Modernity.* (Lower Level of CEC)**

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

**Wednesday, 10<sup>th</sup>**

**9-9:45AM New Location! Chair Zumba with Danny (ACT)**

**9-10AM Circuit Training with Angie (Wellness Room at CEC)**

**10AM Qigong with Kevin (ACT)**

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

**11:30AM-12:15PM Exercise with Tonya (ACT)**

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

**2:30PM Spiritual Life Speaker: Jessica Cooperman, Associate Professor of Religion Studies and Director of the Jewish Studies Program at Muhlenberg College, *presenting on Judaism.* (MDR)**

Wednesday, 10<sup>th</sup> (Cont'd.)

7PM Movie Night – The Stand (ACT)

Thursday, 11<sup>th</sup>

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

10AM Support Group for Men Care Givers *hosted by Rev. Mark Summer* (CHP)

11AM-12PM Fit and Strong Bodybuilding with Angie (CEC)

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

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

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

1-2PM New Name! Total Conditioning with Angie (Wellness Room at CEC)

2-3PM Ping Pong (CEC)

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

7-8PM Great Courses with Bob Burcaw – *The World's Greatest Paintings*. (ACT)

7-9PM Mahjong (CEC)

Friday, 12<sup>th</sup>

9-9:45AM Chair Zumba with Danny (Lower Level of CEC)

10-11:30AM Coffee & Cornhole (CEC)

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

11AM-12PM Cornhole (ATR)

11AM-12PM Neighborhood Conversations (CEC)

11:30AM-12:15PM Exercise with Tonya (ACT)

1:30PM Bingo (ACT)

3-4:30PM Welcome to the Village! *Join us in welcoming our newest residents.*

Nonalcoholic beverages available (ATR)

7-8PM Entertainment: Ginger and The Schnappes Trio! (ATR)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 13<sup>th</sup>

9-10:30AM Community Coffee (ATR)

### Saturday, 13<sup>th</sup> (Cont'd.)

#### **Wellness Workshop with Angie:**

**10AM-11:30PM Morning Mindfulness Workshop with Angie Fenstermaker.** *Enjoy the morning in two classes focusing on mindfulness, and heart health. To sign up for transportation call Life Enrichment at 610.984.4729 (CEC)*

**1-2PM Afternoon Social and Lifelong Learning with Angie Fenstermaker.** *Engage in a wellness discussion and enjoy healthy offerings. To sign up for transportation call Life Enrichment at 610.984.4729 (CEC)*

**7PM Miniseries – All the Light We Cannot See**

### Sunday, 14<sup>th</sup>

**2PM Sunday Worship with Chaplain Molly (CHP)**

**2:45PM Community Fellowship – Tea, cookies, and camaraderie (ATR)**

**7:15PM Movie Night – A Fortunate Man (ACT)**

### Monday, 15<sup>th</sup>

**10-10:45AM New Location! Chair Zumba with Danny (Lower Level of CEC)**

**11AM Weight Training & Demo with Angie (Fitness Room in Suites)**

**11:30AM-12:15PM Exercise with Tonya (ACT)**

**1-2PM A Bible Study with Rev. Dr. Mark Summer- Genesis: How It All Began (CHP OR ZOOM)**

**1-2PM Circuit Training with Angie (ACT)**

**2PM Greeting Cards with Liz!** *Join instructor Liz Kuhns as she hosts a Greeting Cards Creation Class! Spots are limited, please RSVP on Connected Living or to Life Enrichment at 610.984.4729. (ACT)*

**1:15-2:30PM Intermediate Bridge (CEC)**

**3-4PM Ping Pong (CEC)**

**7PM Miniseries – Madam Secretary (ACT)**

**7-9PM Mahjong (CEC)**

### Tuesday, 16<sup>th</sup>

**9:30-10:15AM Tai Chi Easy™ with Joanne (Lower Level of CEC)**

**10AM Grocery Shopping: Giant. Please RSVP to Teri at Ext. 331 (ATR)**

**11:30AM-12:30PM Yoga Tone with Angie (ACT)**

### Tuesday, 16<sup>th</sup> (Cont'd.)

1PM Grocery Shopping: Giant. *Please RSVP to Teri at Ext. 331 (ATR)*

1-2PM **New Name!** Total Conditioning with Angie (**Wellness Room at CEC**)

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

2-4PM Mahjong (**CEC**)

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

7-8PM Great Courses with Martin Richter – *Understanding the World's Greatest Structures: Science and Innovation from Antiquity to Modernity.* (**Lower Level of CEC**)

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

### Wednesday, 17<sup>th</sup>

9-9:45AM **New Location!** Chair Zumba with Danny (**ACT**)

9-10AM Circuit Training with Angie (**Wellness Room at CEC**)

10AM Qigong with Kevin (**ACT**)

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

11:30AM-12:15PM Exercise with Tonya (**ACT**)

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

1-2PM Trinity Episcopal Church Service with Communion (**CHP**)

2:30PM **Guest Speaker:** Andria Zaia, Interim Executive Director for National Museum of Industrial History, *presenting on Forging Community- The National Museum of Industrial History's initiative focusing on how work at Bethlehem Steel attracted employees and changed the cultural landscape of the Southside.* (**MDR**)

7PM Movie Night – Greater (**ACT**)

### Thursday, 18<sup>th</sup>

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

11AM-12PM Fit and Strong Bodybuilding with Angie (**CEC**)

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

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

1-2PM **New Name!** Total Conditioning with Angie (**Wellness Room at CEC**)

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

2-3PM Catholic Mass (**CHP**)

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

**Thursday, 18<sup>th</sup> (Cont'd.)**

**4-5:30PM** Community Happy Hour! Nonalcoholic beverages available **(CEC)**

**7-8PM** Great Courses with Bob Burcaw – *The World's Greatest Paintings*. **(ACT)**

**7-9PM** Mahjong **(CEC)**

**Friday, 19<sup>th</sup>**

**9-9:45AM** Chair Zumba with Danny **(Lower Level of CEC)**

**10-11:30AM** Coffee & Cornhole **(CEC)**

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

**10:35AM** Joy Readers @ Thomas Jefferson Elementary School. *Registered residents, please RSVP by Monday, January 15th to Jennifer Glose at Ext. 329* **(Meet in ATR at 10:20AM)**

**11AM-12PM** Cornhole **(ATR)**

**11:30AM-12:15PM** Exercise with Tonya **(ACT)**

**1:30PM** Bingo **(ACT)**

**7PM** Miniseries – Madam Secretary **(ACT)**

**Saturday, 20<sup>th</sup>**

**9-10:30AM** Community Coffee **(ATR)**

**9AM-12PM** Mindfulness/Meditation Retreat! *Presented by Bethlehem Present Heart Sangha. Please RSVP on Connected Living, or to Life Enrichment at 610.984.4729.* **(ACT)**

**1-4:30PM** NFL Watch Party! *Watch the NFL Divisional Round Playoffs with your neighbors and enjoy snacks and refreshments.* **(CEC)**

**7PM** Miniseries – Suits

**Sunday, 21<sup>st</sup>**

**2PM** Sunday Worship with Chaplain Molly **(CHP)**

**2:45PM** Community Fellowship – Tea, cookies, and camaraderie **(ATR)**

**3PM** Performance: **Lehigh Valley Violin & String Students**. Students from across the Valley join for an afternoon of music. **(ATR)**

**7:15PM** Movie Night – The Wonder **(ACT)**

### Monday, 22<sup>nd</sup>

**10-10:45AM Cancelled: New Location! Chair Zumba with Danny (Lower Level of CEC)**

**11AM Weight Training & Demo with Angie (Fitness Room in Suites)**

**11:30AM-12:15PM Exercise with Tonya (ACT)**

**1-2PM Circuit Training with Angie (ACT)**

**1-2PM A Bible Study with Rev. Dr. Mark Summer- Genesis: How It All Began (CHP OR ZOOM)**

**1:15-2:30PM Intermediate Bridge (CEC)**

**3-4PM Ted Talk with Kate Ranieri! *Join resident Kate Ranieri and watch the TED Talk "The Gift and Power of Emotional Courage" and engage in a post-talk discussion with fellow residents.* (CEC)**

**3-4PM Ping Pong (CEC)**

**7-9PM Mahjong (CEC)**

**7PM Miniseries – (ACT)**

### Tuesday, 23<sup>rd</sup>

**9:30-10:15AM Tai Chi Easy™ with Joanne (Lower Level of CEC)**

**10AM Grocery Shopping: Wegmans. *Please RSVP to Teri at Ext. 331* (ATR)**

**11:30AM-12:30PM Yoga Tone with Angie (ACT)**

**1PM Grocery Shopping: Wegmans. *Please RSVP to Teri at Ext. 331* (ATR)**

**1-2PM New Name! Total Conditioning with Angie (Wellness Room at CEC)**

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

**2-4PM Mahjong (CEC)**

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

**7-8PM Great Courses with Martin Richter – *Understanding the World's Greatest Structures: Science and Innovation from Antiquity to Modernity.* (Lower Level of CEC)**

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

### Wednesday, 24<sup>th</sup>

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

**9-10AM Circuit Training with Angie (Wellness Room at CEC)**

**10AM Qigong with Kevin (ACT)**

### Wednesday, 24<sup>th</sup> (Cont'd.)

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

11:30AM-12:15PM Exercise with Tonya (ACT)

1-2PM Yoga with Deanna (ACT)

2:30PM **Moravian Village Panel Discussion.** Get to know staff from Functional Pathways, Wellness and Personal Care, and learn the services offered and how to access them. *To sign up for transportation call Life Enrichment at 610.984.4729.* (MDR)

7PM Movie Night – A Beautiful Day in the Neighborhood (ACT)

### Thursday, 25<sup>th</sup>

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

10AM Support Group for Men Care Givers *hosted by Rev. Mark Summer* (CHP)

11AM-12PM Fit and Strong Bodybuilding with Angie (CEC)

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

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

1:25PM **Broughal Buddies** @ Broughal Middle School. Registered residents please RSVP by Monday, January 22<sup>nd</sup> to Jennifer Glose (**Meet in ATR 1:15PM**)

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

1-2PM **New Name!** Total Conditioning with Angie (**Wellness Room at CEC**)

2-3PM Ping Pong (CEC)

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

7-8PM Great Courses with Bob Burcaw – *The World's Greatest Paintings.* (ACT)

7-9PM Mahjong (CEC)

### Friday, 26<sup>th</sup>

9-9:45AM **Cancelled:** Chair Zumba with Danny (**Lower Level of CEC**)

10-11:30AM Coffee & Cornhole (CEC)

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

10AM **Read to Me Program Orientation!** *For returning, new, or interested volunteers. Attendance is required to be registered for the program.* (MDR)

11AM-12PM Cornhole (ATR)

11AM-12PM Neighborhood Conversations (CEC)

**Friday, 26<sup>th</sup> (Cont'd.)**

**11:30AM-12:15PM** Exercise with Tonya (ACT)

**1:30PM** Bingo (ACT)

**3-4:30PM** Community Happy Hour! Nonalcoholic beverages available (ATR)

**7PM Entertainment:** John Bauer! An evening of music featuring classics you know and love (ATR)

**7PM** Miniseries – Madam Secretary (ACT)

**Saturday, 27<sup>th</sup>**

**9-10:30AM** Community Coffee (ATR)

**1-3PM** Winter Bingo Bonanza! Play for your chance to win great prizes. (ACT)

**7PM** Miniseries – Suits

**Sunday, 28<sup>th</sup>**

**2PM** Sunday Worship with Chaplain Molly (CHP)

**2:45PM** Community Fellowship – Tea, cookies, and camaraderie (ATR)**7:15PM**

Movie Night – Come Sunday (ACT)

**Monday, 29<sup>th</sup>**

**10-10:45AM New Location!** Chair Zumba with Danny (Lower Level of CEC)

**11AM** Weight Training & Demo with Angie (Fitness Room in Suites)

**11:30AM-12:15PM** Exercise with Tonya (ACT)

**1-2PM** A Bible Study with Rev. Dr. Mark Summer- Genesis: How It All Began (CHP OR ZOOM)

**1-2PM** Circuit Training with Angie (ACT)

**1:15-2:30PM** Intermediate Bridge (CEC)

**3-4PM** Ping Pong (CEC)

**7PM** Miniseries – Madam Secretary (ACT)

**7-9PM** Mahjong (CEC)

**7:30-8:30PM** One Year of Wine Tasting with Kara and Rob! Join us for a fun night tasting a variety of cocktails made with wine! RSVP on Connected Living or to Life Enrichment at 610.984.4729 (MDR)

## Tuesday, 30<sup>th</sup>

**9:30-10:15AM** Tai Chi Easy™ with Joanne (**Lower Level of CEC**)

**10AM** Grocery Shopping: Valley Farm Market. *Please RSVP to Teri at Ext. 331* (**ATR**)

**11:30AM-12:30PM** Yoga Tone with Angie (**ACT**)

**1PM** Grocery Shopping: Valley Farm Market. *Please RSVP to Teri at Ext. 331* (**ATR**)

**1-2PM New Name!** Total Conditioning with Angie (**Wellness Room at CEC**)

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

**2-4PM** Mahjong (**CEC**)

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

**7-8PM** Great Courses with Martin Richter – *Understanding the World's Greatest Structures: Science and Innovation from Antiquity to Modernity.* (**Lower Level of CEC**)

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

## Wednesday, 31<sup>st</sup>

**9-9:45AM New Location!** Chair Zumba with Danny (**ACT**)

**9-10AM** Circuit Training with Angie (**Wellness Room at CEC**)

**10AM** Qigong with Kevin (**ACT**)

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

**11:30AM-12:15PM** Exercise with Tonya (**ACT**)

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

**2:30PM Weather Disasters with David!** *Join new event coordinator David Seaman as he discusses the Tuscaloosa tornado and the impact on the communities.* (**MDR**)

**7PM** Movie Night – State of Play (**ACT**)