



MARCH COMMUNITY EVENTS

COME JOIN US!





BONJOUR!

*A Night in
Paris!*



SAVE THE DATE!
OUR ANNUAL SOIREE
IN CELEBRATION
OF ALL RESIDENTS

THURSDAY, MAY 9, 2024

5:30PM

MORAVIAN VILLAGE OF BETHLEHEM
526 WOOD STREET, BETHLEHEM

RSVP TO TERI BENNER

EXT. 331

OR TBENNER@MORAVIANVILLAGE.COM

New in March



Wellness

Wellness Reservations- All wellness classes and events will continue to require RSVPs. RSVPs will open for the following week every Monday at 12:30PM. Residents can RSVP on the Connected Living App, or by calling Life Enrichment at 610-984-4729. **Please be mindful of cancelling reservations with at least 24-hour notice so a resident on the waitlist can be notified.**

Weight Training & Demo- For residents interested in an introductory tour and demo of the fitness room in the Suites Building, Angie Fenstermaker will be available to book a private training demo. To book an appointment please call Life Enrichment at 610-984-4729 or email her at afenstermaker@moravianvillage.com.

Full Body Stretch- Start your Monday mornings with a class led by Angie Fenstermaker focusing on deep stretching and flexibility exercises to improve range of motion and promote mobility. This class is limited to 15 residents.

Mindfulness and Meditation Retreat- The Bethlehem Present Heart Sangha presents a retreat open to residents on Saturday, March 16th 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 by Friday, March 8th.

Fitness Testing- Functional Pathways will be conducting their Senior Fit Tests on Wednesday, March 20th from 11AM-2PM in the Fitness Center in the Point 26 Suites Building. Residents can begin signing up after Wednesday, February 28th by reaching out directly to Functional Pathways at 610-625-4885 Ext. 236.

Wellness Workshop with Angie- Join Angie Fenstermaker on Saturday, March 23rd at the Community Event Center focusing on Digestive Health & Nutrition from 10AM-12:30PM. Please RSVP on the Connected Living App, or to Life Enrichment at 610-984.4729.



Community Socials & Events

Resident Ambassador Interest Meeting- Would you like to welcome and meet new residents? The Resident Ambassadors welcome new residents and help them meet others and adjust to their new home. If you are a current ambassador or want to become one, join us for this event on Tuesday, March 5th at 1PM in the Activity Center.

Moravian Academy Visit- Join students from Moravian Academy's Senior Citizens Service Group in their monthly visit with games, puzzles, and enjoy camaraderie on Thursday, March 7th at 10:20AM in the Atrium.

Welcome to the Village- Join us in welcoming our newest Moravian Village residents in a specialty happy hour on Friday, March 8th from 3-4:30PM in the Atrium.

Pi Day Happy Hour- Celebrate National Pi Day with pieces of pie, and a specialty cocktail on Thursday, March 14th from 4-5:30PM at the Community Event Center.

Service Dog Visit- The Tails of Valor Paws of Honor program will visit with service dogs on Tuesday, March 26th at 2PM in the Atrium.

Phillies Home Opener Happy Hour- Join us in celebrating the Phillies Home Opener prior to Happy Hour on Thursday, March 28th at 3PM in the Community Event Center. Enjoy ballpark snacks and beverages!

March Madness Watch Party- Watch teams battle it out in the Regional Finals on Saturday, March 30th at the Community Event Center from 1-3PM.

Tentative Based on Game Schedule



Speakers, Discussions, Meetings

Alisa Baratta– Join Alisa Baratta, Executive Director of the Third Street Alliance in the Main Dining Room on Saturday, March 2nd at 10AM in the Main Dining Room for a presentation on the importance of educational stability for children experiencing and at risk for homelessness. The Third Street Alliance for Women and Children inspires and equips women, children, and families to live, learn, and thrive.

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 610-98404729.

- Tuesday, March 5th from 3-4PM: *"Research on Aging"*
- Tuesday, March 19th from 3-4PM: *"What You can Do to Prevent Alzheimer's."*

Renee Roberts- Moravian Village resident Renee Roberts will present on Antibiotic Resistance and Viral Phage Therapy on Wednesday, March 6th at 2:30PM. The talk will discuss what viruses, bacteria, and phages are and how antibiotics function to control disease and how antibiotic resistance and phage therapy may become an alternate treatment when the antibiotics fail to control the disease.

Community Floor Talks- We are here to listen! Please drop in and share a group discussion with Staff from Administration, Dining, Resident Relations, and Life Enrichment Staff. All sessions will be held in the Main Dining Room. In preparation for the Floor Talks if you have specific questions to be

addressed, please send them to Teri Benner at Ext. 331, or at tbenner@moravianvillage.com

- Monday, March 18th:
 - 10-11AM First Floor of Suites, Kenilworth, and 551-560 Morningstar
- Tuesday, March 19th:
 - 10-11AM 201-219 Suites, West Village, and Wilshire
 - 1-2PM 224-242 Suites, 562-603 Morningstar
 - 2-3PM 301-321 Suites, 514-572 Riverwoods
- Thursday, March 21st:
 - 10-11AM 322-342 Suites, 573-604 Riverwoods
 - 11AM-12PM 401-423 Suites, 605-614 Riverwoods, 457-507 Village
 - 1-2PM 424-442 Suites, 508-492 Village

Dr. David R. Brigham- The Historical Society of Pennsylvania (HSP) commemorates its 200th birthday throughout 2024! Librarian and CEO, David R. Brigham, will discuss the breadth and importance of HSP's collections and their relevance to researchers today, as well as the ways that HSP will mark that anniversary through partnerships, exhibits, and signature lectures. Join him on Wednesday, March 20th at 2:30PM in the Main Dining Room. Dr. David R. Brigham was appointed President and CEO of the Historical Society of Pennsylvania in November 2020.



Creative and Musical Expressions



All Creative and Musical Expression Events require RSVPs through the Connected Living App or by calling Life Enrichment at 610.984.4729.

Beginner Ukulele Lessons with David- Join David in learning the basics of a Ukelele in a three-part course. Learn the history, how to tune, basic chords and strumming patterns. Residents will sign out a Ukelele to practice with and will end the course in a sing-along. Residents will meet on Friday, March 1st, March 15th, and March 29th at 3PM in the Activity Center.

Creations with Stephanie- Join resident Stephanie Hilman in creating an Easter themed door decoration on Monday, March 4th at 9:30AM in the 2nd Floor North Lounge.

Beading with Cheryl- Join Cheryl in creating beaded jewelry such as necklaces, bracelets, or earrings on Monday, March 11th at 9:30AM in the 2nd Floor North Lounge.

Greeting Cards- Instructor Liz Kuhns will lead a greeting card creation class. Residents will use a variety of materials and techniques to create three different cards on Friday, March 22nd at 10AM in the 2nd Floor North Lounge.



Entertainment

Glenn Miller- He's back! Glenn Miller, The Big One-Man Band returns to Moravian Village on Wednesday, March 6th at 7PM in the Atrium.

Andrew Koontz- Enjoy Irish music on the fiddle following the St. Patrick's Day theme dinner on Monday, March 18th at 7:30PM in the Atrium.

Parkland Strolling Strings- Students from Parkland High School's Strolling Strings group will visit Moravian Village on Friday, March 22nd from 1-1:35PM in the Atrium.



Bus Trips

All Bus Trips require RSVPs which can be done on the Connected Living App or to Life Enrichment at 610.984.4729. Please note that cancelling your reservation after tickets have been purchased will still result in a charge on your monthly statement.

Lehigh Valley Flower & Garden Show- The Lehigh Valley Flower & Garden Show is an annual event that brings together the best of horticulture, floriculture, and landscape industry. Join us for a Bus Trip on Saturday, March 9th at 1PM. Tickets are \$7 and will be billed to your monthly statement. Please RSVP by Monday, March 4th.

Bach at Noon- Take a trip to Central Moravian Church for the oldest American Bach Choir on Tuesday, March 12th. Meet in the Atrium at 11:30AM.

Liberty High School Theatre presents The Music Man- Join Liberty High School Theatre for their rendition of Meredith Willson's classic 20th-century musical. The Music Man is about con artist Harold Hill, who poses as a music instructor, planning to swindle a small Iowa town's resident out of their money. However, he ends up winning their hearts and gets his own heart captured. Support Liberty students on Wednesday, March 20th. Residents will Meet in the Atrium at. 5:15PM.



Spiritual Life

Joie Barry- Reverend Joie Barry will share the 135-year history of the Unity Movement and will what the Unity Church is, its history, beliefs, and missions on Wednesday, March 13th at 2:30PM in the Main Dining Room. Reverend Joie Barry is an author, interfaith/inter-spiritual minister, Licensed Unity Teacher and has been involved in the Unity Movement for many years.

Good Friday Service- Chaplain Molly will be hosting a Service for Good Friday on Friday, March 29th at 2PM in the Chapel.

Easter Sunday Service- Chaplain Molly will be hosting an Easter Worship with Communion Service on Sunday, March 31st at 2PM in the Chapel.



Dining Services

St. Patrick's Day Theme Dinner- Celebrate St. Patrick's Day from 4:30-6PM in the Main Dining Room. Following the dinner, enjoy Irish fiddle music by Andrew Koontz at 7:30PM in the Atrium. Please call Dining Services at Ext. 335 for reservations. *Please call the Front Desk at Ext. 201 for transportation.*

Saké Tasting- Saké, also referred to as Japanese rice wine is an alcoholic beverage of Japanese origin made by fermenting rice that has been polished to remove the bran. Join Rob and Brienna for a tasting on Monday, March 25th at 7:30PM in the Main Dining Room.

Easter Sunday Lunch- Sunday, March 31st from 11:30-1:30PM. Please call Dining Services at Ext. 335 for reservations.



Channel 100 Lineup – Moravian Village TV

Wellness Classes:

8AM Exercise with Tonya

9AM Tai Chi with Joanne

10AM Chair Zumba with Danny

11AM Chair Yoga with Deanna

12PM Qigong with Kevin

Spiritual Programming:

2PM Worship with Chaplain Molly – Every Sunday

1PM Episcopal Service – Sunday, March 24th

3PM Catholic Mass – Sunday, March 24th

March Community Events – *Come Join Us!*

KEY:

ACT = Activity Center **ATR** = Atrium **CHP** = Chapel

MDR = Main Dining Room **EST** = Esther's Garden

LG = Larry's Garden **NP** = North Patio

CEC = Community Event Center

ZOOM links are in the CLC Calendar

**All Wellness Classes, Bus Trips, and Creative Expression Classes Require
RSVPS**

Friday, 1st

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

10-11:30AM Community Coffee (**CEC**)

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

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

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

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

3-4PM Beginner Ukelele Lessons with David! *Limited spots available, please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.* (**ACT**)

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

Saturday, 2nd

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

10AM Guest Speaker: Alisa Baratta, *Executive Director of Third Street Alliance* (**MDR**)

1-3PM Community Fellowship. *Enjoy coffee, tea, and conversation with your neighbors.* (**CEC**)

7PM Miniseries – Suits (**ACT**)

Sunday, 3rd

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

2:45-3:30PM Community Fellowship – Tea, Cookies, and Conversation (ATR)

7:15PM Movie Night – The Vow (ACT)

Monday, 4th

9:15-9:45AM Meditation with Kristel Seagreaves, *Care Coordinator* (Wellness Room at CEC)

9:30-11AM **Creations with Stephanie.** *Join Resident Stephanie Hillman in creating an easter themed door decoration.* (2nd Floor North Lounge)

10-10:45AM Chair Zumba with Danny (Lower Level of CEC)

10:45-11:15AM Full Body Stretch with Angie (ACT)

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)

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

3-4PM Ping Pong (CEC)

7-9PM Mahjong (CEC)

7PM Miniseries – Madam Secretary (ACT)

7:30PM Lenten Vespers with Rev. Dr. Mark Summer (CHP)

Tuesday, 5th

9:30-10:15AM Tai Chi 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 Total Conditioning with Angie (Wellness Room at CEC)

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

1-2PM **Resident Ambassador Meeting!** *For new or interested resident ambassadors please attend this informational session.* (ACT)

2-4PM Mahjong (CEC)

Tuesday, 5th (Cont'd.)

3-4PM TED Talk! *Join resident Kate Ranieri and watch the TED Talk "Research on Aging" and engage in a post-talk discussion among fellow residents.* **(Lower Level of CEC)**

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

7-8PM Great Courses with Martin Richter – *England, the 1960s and the Triumph of the Beatles.* **(Lower Level of CEC)**

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

Wednesday, 6th

9-9:45AM 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 Resident Speaker: Renee Roberts *presenting "Antibiotic Resistance and Viral Phage Therapy."* **(MDR)**

7PM Movie Night – The Holiday **(ACT)**

7PM Performance: Glenn Miller! *He's back for an evening filled with music and laughter.* **(ATR)**

Thursday, 7th

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

10:20AM Visit from Moravian Academy! Join students from Moravian Academy's Senior Citizens Service Group in playing games, puzzles, and enjoy camaraderie. **(ATR)**

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

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

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

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

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

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

Thursday, 7th (Cont'd.)

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

7-9PM Mahjong (CEC)

Friday, 8th

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

10-11:30AM Community Coffee (CEC)

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

11AM-12PM Neighborhood Conversations (CEC)

11AM-12PM Cornhole (ATR)

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. Non-alcoholic beverages available.* (ATR)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 9th

9-10:30AM Community Coffee (ATR)

1PM **Bus Trip:** Lehigh Valley Flower and Garden Show. *Limited spots available, please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 by Monday, March 4th.* (Meet in Atrium at 1PM)

7PM Miniseries – Suits (ACT)

Sunday, 10th

2PM Sunday Worship with Chaplain Molly (CHP)

2:45-3:30PM Community Fellowship – Tea, Cookies, and Conversation (ATR)

7:15PM Movie Night – August Rush (ACT)

Monday, 11th

9:15-9:45AM **Cancelled:** Meditation with Kristel Seagreaves, *Care Coordinator* (Wellness Room at CEC)

9:30-11AM **Beading with Cheryl!** *Create beaded jewelry. Limited spots are available, please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.* (2nd Floor North Lounge)

Monday, 11th (Cont'd.)

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

10:45-11:15AM Full Body Stretch with Angie (**ACT**)

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**)

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

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

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

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

7:30PM Lenten Vespers with Rev. Dr. Mark Summer (**CHP**)

Tuesday, 12th

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

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

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

11:30AM **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 Farms. *Please RSVP to Teri at Ext. 331* (**ATR**)

1-2PM 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 – *England, the 1960s and the Triumph of the Beatles*. (**Lower Level of CEC**)

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

Wednesday, 13th

9-9:45AM 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**)

Wednesday, 13th (Cont'd.)

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

1-2PM Yoga with Deanna (ACT)

2:30PM **Spiritual Life Speaker:** Joie Barry *presenting on Unity Worldwide Ministries, A Positive Path for Spiritual Living.* (MDR)

7PM Movie Night – It Could Happen to You (ACT)

Thursday, 14th

9:30-10:15AM Tai Chi 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. Please RSVP by Monday, March 11th to Kara Kitchen at 610-984-4729. (Meet in ATR 1:15PM)

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

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

2PM **Adventures in Faith.** *Come and journey together with Chaplain Molly and spend time sharing God's words and stories – Everyone is Welcome!* (CHP)

2-3PM Ping Pong (CEC)

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

4-5:30PM Pi Day Happy Hour! *Celebrate National Pi Day with pieces of pie, and a specialty cocktail.* (CEC)

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

7-9PM Mahjong (CEC)

Friday, 15th

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

10-11:30AM Community Coffee (CEC)

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

10:35AM **Joy Readers @ Thomas Jefferson Elementary School.** *Registered residents, please RSVP by Monday, March 11th to Kara Kitchen at 610-984-4729.* (Meet in ATR at 10:20AM)

Friday, 15th (Cont'd.)

11AM-12PM Cornhole (ATR)

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

1:30PM Bingo (ACT)

3-4PM Beginner Ukelele Lessons with David! (ACT)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 16th

9-10:30AM Community Coffee (ATR)

9AM-12PM Mindfulness/Meditation Retreat! *Presented by Bethlehem Present Heart Sangha. Please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 by Friday, March 8th.* **(ACT)**

1-3PM Community Fellowship. *Enjoy coffee, tea, and conversation with your neighbors.* **(CEC)**

7PM Miniseries – Suits (ACT)

Sunday, 17th

2PM Sunday Worship with Chaplain Molly (CHP)

2:45-3:30PM Community Fellowship – Tea, Cookies, and Conversation (ATR)

7:15PM Movie Night – Walking Across Egypt (ACT)

Monday, 18th

9:15-9:45AM Meditation with Kristel Seagreaves, Care Coordinator (Wellness Room at CEC)

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

10-11AM Community Floor Talks: First Floor of Suites, Kenilworth, and 551-560 Morningstar **(MDR)**

10:45-11:15AM Full Body Stretch with Angie (ACT)

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)

Monday, 18th (Cont'd.)

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

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

4:30-6PM St. Patricks' Day Theme Dinner! *Please call Dining Services at Ext. 335 for Reservations. Transportation is available, please call Ext. 201 to sign up.* **(MDR)**

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

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

7:30PM Performance: Andrew Koontz performing Irish music on the fiddle. **(ATR)**

7:30PM Lenten Vespers with Rev. Dr. Mark Summer **(CHP)**

Tuesday, 19th

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

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

10-11AM Community Floor Talks: 201-219 Suites, West Village, and Wilshire **(MDR)**

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

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

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

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

1-2PM Community Floor Talks: 224-242 Suites, 562-603 Morningstar **(MDR)**

2-3PM Community Floor Talks: 301-321 Suites, 514-572 Riverwoods **(MDR)**

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

3-4PM TED Talk! *Join resident Kate Ranieri and watch the TED Talk "What You can Do to Prevent Alzheimer's" and engage in a post-talk discussion among fellow residents.* **(Lower Level of CEC)**

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

7-8PM Great Courses with Martin Richter – *England, the 1960s and the Triumph of the Beatles.* **(Lower Level of CEC)**

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

Wednesday, 20th

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

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

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

Wednesday, 20th (Cont'd.)

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

11AM-2PM Senior Fit Test with Functional Pathways. *Pre-registration is required, please RSVP to Functional Pathways at Ext. 236.* (Fitness Room in Suites)

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

1-2PM Yoga with Deanna (ACT)

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

2:30PM Guest Speaker: Dr. David R. Brigham, *President, and CEO of the Historical Society of Pennsylvania.* (MDR)

5:15PM Bus Trip: Liberty High School Theatre *presents Music Man! Spots are limited, please RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.* (Meet in Atrium at 5:15PM)

7PM Movie Night – The Life Ahead (ACT)

Thursday, 21st

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

10-11AM Community Floor Talks: 322-342 Suites, 573-604 Riverwoods (MDR)

11AM-12PM Community Floor Talks: 401-423 Suites, 605-614 Riverwoods, 457-507 Village (MDR)

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 Total Conditioning with Angie (Wellness Room at CEC)

1-2PM Community Floor Talks: 424-442 Suites, 508-492 Village (MDR)

2-3PM Ping Pong (CEC)

2-2:30PM Catholic Mass (CHP)

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

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

7-9PM Mahjong (CEC)

Friday, 22nd

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

Friday, 22nd (Cont'd.)

10-11AM Greeting Card Creation Class! *Limited spots available, please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729. (2nd Floor North Lounge)*

10-11:30AM Community Coffee (CEC)

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

11AM-12PM Cornhole (ATR)

11AM-12PM Neighborhood Conversations (CEC)

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

1-1:35PM Performance: Parkland High School presents *Strolling Strings* **(ATR)**

1:30PM Bingo (ACT)

3-4:30PM Community Happy Hour! *Non-alcoholic beverages available. Featuring a farewell retirement celebration for Jennifer Granda. (ATR)*

7PM Miniseries – Madam Secretary (ACT)

Saturday, 23rd

9-10:30AM Community Coffee (ATR)

10AM-12:30PM Wellness Workshop: Digestive Health and Nutrition Exercises & Discussion led by Angie Fenstermaker. **(CEC)**

7PM Miniseries – Suits (ACT)

Sunday, 24th

2PM Sunday Worship with Chaplain Molly (CHP)

2:45-3:30PM Community Fellowship – Tea, Cookies, and Conversation (ATR)

7:15PM Movie Night – Nyad (ACT)

Monday, 25th

9:15-9:45AM Meditation with Kristel Seagreaves, Care Coordinator (Wellness Room at CEC)

10-10:45AM Chair Zumba with Danny (Lower Level of CEC)

10:45-11:15AM Full Body Stretch with Angie (ACT)

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)

Monday, 25th (Cont'd.)

1-2PM Circuit Training with Angie (ACT)

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

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

3-4PM Ping Pong (CEC)

7-9PM Mahjong (CEC)

7PM Miniseries – Madam Secretary (ACT)

7:30PM Lenten Vespers with Rev. Dr. Mark Summer (CHP)

7:30-8:30PM Saké Tasting with Brienna and Rob! Join us for a fun night of tasting/education and food pairing! (MDR)

Tuesday, 26th

9:30-10:15AM Tai Chi 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 Total Conditioning with Angie (Wellness Room at CEC)

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

2-4PM Mahjong (CEC)

2PM Service Dog Visit! *Veteran Service dogs visit from the Tails of Valor Paws of Honor Organization.* (ATR)

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

7-8PM Great Courses with Martin Richter – *England, the 1960s and the Triumph of the Beatles.* (Lower Level of CEC)

7-8:30PM Bingo (ACT)

Wednesday, 27th

9-9:45AM 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)

Wednesday, 27th (Cont'd.)

7PM Movie Night – The Graduate (ACT)

Thursday, 28th

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

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

11AM-12PM **Cancelled:** 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 **Cancelled:** Total Conditioning with Angie (Wellness Room at CEC)

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

2-3PM Ping Pong (CEC)

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

3PM **Phillies Home Opener Social!** *Celebrate the Philadelphia Phillies' first game of the season with ballpark snacks, and beverages.* (CEC)

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

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

7-9PM Mahjong (CEC)

Friday, 29th

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

10-11:30AM Community Coffee (CEC)

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

11AM-12PM Cornhole (ATR)

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

1:30PM Bingo (ACT)

2PM Good Friday Service with Chaplain Molly (CHP)

3-4PM Beginner Ukelele Lessons with David! (ACT)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 30th

9-10:30AM Community Coffee (ATR)

Saturday, 30th (Cont'd.)

1-3PM March Madness Watch Party- Elite Eight. *Watch teams battle it out in the Regional Finals. *Tentative Based on Game Schedule** (CEC)

7PM Miniseries – Suits (ACT)

Sunday, 31st – Easter

11:30AM-1:30PM Easter Lunch. *Call Dining Services at Ext 335 to make reservations.* (MDR)

2PM Easter Worship and Communion with Chaplain Molly (CHP)

2:45-3:30PM Community Fellowship – Tea, Cookies, and Conversation (ATR)

7:15PM Movie Night – The Hill (ACT)