



APRIL COMMUNITY EVENTS

COME JOIN US!



April Highlights



Road to A Night in Paris

Bus Trip to Lehigh Valley Mall- Enjoy an afternoon shopping at the Lehigh Valley Mall on Thursday, April 4th at 1PM. Clothing stores for men and women include Boscov's, JCPenney, Macy's, and many others. Please RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.

Dance in France Lesson- Join local instructor Shawna in preparing for the Soiree by learning a variety of dances from France on Saturday, April 6th at 11AM in the Main Dining Room. Shawna is a dance teacher, choreographer, and performer with over 25 years of experience. Her journey started with ballet in Boulder, Colorado and is continuing into vintage Jazz, Swing, Country Line and Two Step styles. She especially enjoys working with beginners, people overcoming disabilities, and adapts movement for any ability level. Spots are limited, please RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.

Le Bonbon Bingo - Get ready for Friday Bingo to take a trip to Paris on Friday, April 12th at 1:30PM in the Activity Center. Residents will have the chance to win French candy – also known as le bonbon.

Flight to Paris Happy Hour- Join us for our weekly happy hour on Friday, April 19th at 3PM in the Atrium as we take a first look at what our Night in Paris soiree has in store, as well as enjoy a farewell celebration for Frank Mehall. Enjoy music, and a sneak peek of what is to come!

Wellness

RSVP Process- As a reminder, all Wellness, Walking Clubs, and Meditative classes and workshops require reservations. Residents can begin RSVPing every Monday at 12:30PM for the following week through the Connected Living App, or by calling Life Enrichment at 610-984-4729.

Walking Clubs- Angie Fenstermaker, Wellness Coordinator will be leading two different walking clubs with a maximum of ten residents in each. In the event of inclement weather Angie will lead a wellness class that focuses on Cardiovascular health as a substitute.

- **Active Walking Club-** Every Tuesday from 10:30-11:15AM residents will meet at the Activity Center before embarking on their walk. This group will encompass individuals who want to increase their steps at a lighter pace but work up to increased strides and steps.
- **Fitness Walking Club-** Every Wednesday from 10:15-11:15AM residents will meet at the Community Event Center before embarking on their walk. This group will encompass individuals who have a faster stride, and are open to doing curb step-ups, walking lunges, and fitness intervals along the route.

DeSales University Nursing Students Health Fair- Come out and support the two groups of nursing students from DeSales University as they cap off their visit with us at an informative and interactive health fair on April 9th at 11AM and April 11th at 11AM in the Atrium.

Fitness Testing- Functional Pathways will be conducting their Senior Fit Tests on Wednesday, April 10th from 11AM-2PM in the Fitness Center in the Point 26 Suites Building. Residents can sign up by reaching out directly to Functional Pathways at 610-625-4885 Ext. 236.

Wellness Workshop- Angie Fenstermaker will be leading a workshop from 10AM-12:30PM on Saturday, April 20th focusing on Mastering your Metabolism and Reading Labels.



Community Events

Liberty High School Grenadier Documentary- Join us for a showing of the PBS39 Documentary about the Liberty High School Grenadier Band featuring resident Ron Sherry on Wednesday, April 3rd at 2:30PM in the Main Dining Room. The documentary highlights the band, three hundred members strong, and covers the pageantry, tradition, and history.

Visit from Mounted Police Patrol- On Wednesday, April 10th, meet Mason Herby, the newest member of the City of Bethlehem's Mounted Police Patrol and check out the horse trailer donated by Moravian Village Resident, Shirley Bilheimer! Mason was purchased with the help of a donation from Moravian Village resident, Larry Heinrich! Mason and his Officer will arrive in front of Point 26 Suites at 1PM for a meet and greet and Q & A and will head to Larry's Garden at 1:30PM.

Plant & Sip- Join Life Enrichment in celebrating Earth Day by planting a houseplant to take home and enjoying Mocktails on Monday, April 22nd at 9:30AM in the Activity Center. Limited spots available, RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.

Spring into Bingo Bonanza- Join Life Enrichment in playing ten games of Bingo for Spring themed prizes on Saturday, April 27th from 1-3PM in the Atrium.

New Great Courses with Martin- Beginning on Tuesday, April 30th at 7PM in the Community Event Center take a step back in time and Rediscover the Age of Dinosaurs – the new Great Courses topic!



Speakers & Workshops

Dan Klem- The Green Committee is excited to bring Dan Klem, Professor of Ornithology and Conservation Biology at Muhlenberg College to Moravian Village for a presentation on Solid Air, Invisible Killer: Saving Billions of Birds from Windows. Why are birds disappearing? An overview of the conservation trouble for birds and people will be covered on Tuesday, April 9th at 2:30PM in the Main Dining Room.

Bethlehem Area Public Library - Join us for two interactive workshops presented by Vincent Behe, Interlibrary Loan Technician at the Bethlehem Area Public Library at 10AM in the Main Dining Room. 10 spots are available for each session. Please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.

- Tuesday, April 16th: Computer Basics
- Tuesday, April 23rd: Internet Basics

Dr. Ann D. Bieber- Join Dr. Ann D. Bieber for a presentation on the Past, Present, and Future of Lehigh Carbon Community College on Wednesday, April 17th at 2:30PM in the Main Dining Room. Dr. Ann D. Bieber was appointed the fifth president of Lehigh Carbon Community College on July 10, 2014. She began her career at the college in 1981 and over the years held numerous positions including senior vice president of Administrative Services and dean of Continuing Education.

TED Talk with Kate Ranieri- Moravian Village resident Kate Ranieri will present TED Talk videos and lead a post-talk discussion among residents at the Community Event Center from 3-4PM on the below dates.

- Tuesday, April 2nd: "You Aren't at the Mercy of Your Emotions"
- Tuesday, April 16th: "The Secret of Becoming Mentally Strong"
- Tuesday, April 30th: "The Power of Believing that you can Improve."

Moravian Village Presentation- Join Kristel Seagreaves, Care Coordinator for a discussion on caregiving, and being a caregiver. The presentation will cover what it means to "take care of yourself", what it means to care for someone you love, what is the emotional component, what are the challenges, how to know when it gets to be too much, and what if the person I am a caregiver for asks why I can't take care of them anymore. The format will be open discussion; question and answers; and support for each other on Wednesday, April 24th at 2:30PM in the Main Dining Room.



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.

Creations with Stephanie- Resident Stephanie Hillman will be leading another creation class in making a metal planter wagon on Monday, April 1st 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 Monday, April 22nd at 3PM in the 2nd Floor North Lounge.

Beginner Ukelele Lessons- Join David for another series of Ukelele Lessons, no prior experience is required! Residents will learn the history, how to tune, and learn basic chords and strumming patterns. Residents must attend all three sessions on April 26th, and May 10th, and May 24th.



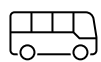
Entertainment

Glenn Miller- He's back! Glenn Miller, The Big One-Man Band returns to Moravian Village on Monday, April 1st at 7PM in the Atrium.

Chris Lorenzetti- Join Dining Services for Brunch as Chris Lorenzetti plays the violin on Sunday, April 14th from 11:30AM-1PM.

Joe Lazorik- The Good Times Piano Man returns for a performance at Moravian Village on Friday, April 19th at 7PM in the Atrium.

Moravian Village Ringers- Join the resident led Bell Choir for a performance on Tuesday, April 23rd at 3PM 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.

Bach at Noon- Join us in our monthly trip to the Central Moravian Church for the oldest American Bach Choir on Tuesday, April 9th. Residents will meet in the Atrium at 11:30AM.

Freedom High School Theatre- Support students at Freedom High School as they present 42nd Street the Musical on Thursday, April 11th. Residents will meet in the Atrium at 5:45PM. 42nd Street concerns the story of a naive young actress named Peggy Sawyer who arrives to audition for the new Julian Marsh extravaganza set to open on Broadway starring aging leading lady Dorothy Brock.

Chamber Music of Lehigh Valley- The Apollo Piano Trio with Misha Amory, Violist will be performing at the Faith United Church of Christ in Center Valley, PA on Sunday, April 21st. Residents will meet in the Atrium at 2:15PM. Tickets are \$35 and will be billed to your monthly statement. RSVP by Monday, April 8th.

Plant Festival- The Lehigh Valley Wicked Plant Festival returns to SteelStacks on Sunday, April 28th at 10AM and brings together the plant community, artisans, food vendors, and entertainment. Residents will be able to shop at over 70 different local vendors.



Spiritual Life

Frank Claps- Join resident Frank Claps as he presents on Buddhism, which he has been practicing and studying Buddhism for almost six years. He will share what he has learned and cover the following questions of Who was the Buddha before he became the Buddha, what precipitated the transformation to enlightenment, what the Buddha taught, and how his teachings can be relevant to our lives. Join Frank on Wednesday, April 10th at 2:30PM in the Main Dining Room.

Freely Given Gospel Concert- Join Katarina DeLorenzo, John Pursell, and Robin Rader-Knaap as they share their faith through music on Sunday, April 14th at 2PM in lieu of Chapel Service.

Prayer Chain Volunteer Interest Meeting- Chaplain Molly will be leading a meeting for residents interested in lifting one another up through the

power of prayer. Find out more information on Thursday, April 18th at 10:30AM in the Chapel.

Episcopal Service- The monthly Episcopal Church Service and Communion will now take place on the fourth Friday of each month at 1PM with the Cathedral Church of the Nativity and Rev. Jon Stratton.



Dining Services

Passover Dinner- Join Dr. Jessica Cooperman, Director of the Jewish Studies Program at Muhlenberg College for a discussion of the Passover seder, followed by a Passover meal on Thursday, April 25th at 6:30PM. Call Dining Services at Ext. 335 for reservations.

Whiskey Tasting- Join Robert Irving for a whiskey tasting on Monday, April 29th at 7:30PM in the Main Dining Room. Experience the rich and complex flavors of different whiskeys. Please RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.



Channel 100 Lineup – Moravian Village TV

Please note that due to Copyright Laws Chair Zumba with Danny is not able to be broadcast on Channel 100 but the video can be accessed the Connected Living App under Community Resources > Life Enrichment.

Wellness Classes:

9AM Exercise with Tonya

10AM Tai Chi with Joanne

11AM Chair Yoga with Deanna

12PM Qigong with Kevin

Spiritual Programming:

2PM Worship with Chaplain Molly – Every Sunday

1PM Episcopal Service – Sunday, April 21st

3PM Catholic Mass – Sunday, April 28th

April 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, Meditative, and Exercise Classes Require RSVPs

Monday, 1st

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

9:30AM **Creations with Stephanie!** *Join resident Stephanie Hillman in creating a metal planter wagon. RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729. (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 (**Card Room at CEC**)

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

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

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

7-9PM Mahjong (**Card Room at CEC**)

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

Tuesday, 2nd

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

Tuesday, 2nd (Cont'd.)

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

10:30-11:15AM **Active Walking Club with Angie (Meet in Activity Center)**

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

1PM Grocery Shopping: Giant *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 **(Card Room at CEC)**

3PM **TED Talk!** *Join resident Kate Ranieri and watch the TED Talk "You Aren't at the Mercy of Your Emotions" and engage in a post-talk discussion among 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, 3rd

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

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

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

10:15-11:15AM **Fitness Walking Club with Angie (Meet at CEC)**

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 **Documentary Showing:** *Second to None- Liberty High School Grenadier Band. PBS39 documentary featuring resident Ron Sherry.* **(MDR)**

7PM Movie Night – *Made in Italy* **(ACT)**

Thursday, 4th

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

10:30-11:30AM Suite Resident Association Meeting. *All Suite Residents are Welcome.* **(MDR)**

11AM-12PM **Cancelled:** Fit and Strong Bodybuilding with Angie **(Wellness Room at 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)**



Thursday, 4th (Cont'd.)

1PM Bus Trip: Lehigh Valley Mall. *Shop at Boscov's, Chico's, JCPenney, Loft, and more! RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.*

(Meet in the Atrium at 1PM)

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 (Card Room at CEC)

Friday, 5th

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)

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

7PM Miniseries – Madam Secretary (ACT)

Saturday, 6th

9-10:30AM Community Coffee (ATR)

11AM-12:30PM Dance in France Lesson! *Join local instructor Shawna in preparing for the Soiree by learning a variety of dances from France. RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729. (MDR)*

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

7PM Miniseries – Monk (ACT)

Sunday, 7th

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

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

7:15PM Movie Night – 27 Dresses (ACT)

Monday, 8th

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)



Monday, 8th (Cont'd.)

10:25AM Visit from Moravian Academy! *Join students from Moravian Academy's Senior Citizens Service Group in playing games, puzzles, and more!* (ATR)

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 (Card Room at CEC)

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

3-4PM Ping Pong (CEC)

7-9PM Mahjong (Card Room at CEC)

7PM Miniseries – Madam Secretary (ACT)

Tuesday, 9th

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

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

10:30-11:15AM Active Walking Club with Angie (Meet in Activity Center)

11AM DeSales University Nursing Student Health Fair! (ATR)

11:30AM Bus Trip! *Bach at Noon at Central Moravian Church. RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729. (Meet in ATR at 11:30AM)*

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

1:30PM Grocery Shopping: Valley Farm Market. *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 (Card Room at CEC)

2:30PM Green Committee Speaker: *Dan Klem presenting on Solid Air, Invisible Killer: Saving Billions of Birds from Windows.* (MDR)

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, 10th

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

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

Wednesday, 10th (Cont'd.)

10AM Qigong with Kevin (ACT)

10:15-11:15AM Fitness Walking Club with Angie (Meet at CEC)

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 Mounted Police Horse Visit! *Join Mason from the Bethlehem City Police Mounted Patrol Unit for a visit.* (1-1:30PM in Front of P26, 1:30-2PM in Larrys Garden)

2:30PM Spiritual Life Speaker: Frank Claps *presenting on Buddhism.* (MDR)

7PM Movie Night – Birds on a Wire (ACT)

Thursday, 11th

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

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

11AM DeSales University Nursing Student Health Fair! (ATR)

11AM-12PM Fit and Strong Bodybuilding with Angie (Wellness Room at 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)

1:30-3PM 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 Zentangle with Hilary (ZOOM)

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

5:45PM Bus Trip: Freedom High School Musical "42nd Street". *RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.* (Meet in Atrium at 5:45PM)

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

7-9PM Mahjong (Card Room at CEC)

Friday, 12th

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

10-11:30AM Community Coffee (CEC)



Friday, 12th (Cont'd.)

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 **Le Bonbon Bingo!** *Friday Bingo is taking a trip to Paris! Have the chance to win French candy.* (ACT)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 13th

9-10:30AM Community Coffee (ATR)

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

7PM Miniseries – Monk (ACT)

Sunday, 14th

11:30-1PM **Sunday Brunch Entertainment:** Chris Lorenzetti. *Join Dining Services for Brunch as Chris Lorenzetti plays the violin.* (MDR)

2PM **Spiritual Life Performance:** Freely Given. *This will take place in lieu of Sunday Worship.* (ATR)

7:15PM Movie Night – Oppenheimer Part 1 (ACT)

Monday, 15th

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 Stretch90 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 (**Card Room at CEC**)

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

3-4PM Ping Pong (CEC)

7-9PM Mahjong (**Card Room at CEC**)

7PM Movie Night – Oppenheimer Part 2 (ACT)

Tuesday, 16th

- 9:30-10:15AM** Tai Chi Easy™ with Joanne (**Lower Level of CEC**)
- 10AM** Grocery Shopping: Wegmans. *RSVP to Teri at Ext. 331 (ATR)*
- 10AM-12PM** Bethlehem Area Public Library Workshop *presents Computer Basics. Limited spots available, RSVP on the Connected Living App or to Life Enrichment at 610-984-4729. (MDR)*
- 10:30-11:15AM** Active Walking Club with Angie (**Meet in Activity Center**)
- 11:30AM-12:30PM** Yoga Tone with Angie (**ACT**)
- 1PM** Grocery Shopping: Wegmans. *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 (**Card Room at CEC**)
- 3PM TED Talk!** *Join resident Kate Ranieri and watch the TED Talk “The Secret of Becoming Mentally Strong” and engage in a post-talk discussion among residents. (Lower Level of CEC)*
- 3-4:30PM** Bell Choir Rehearsal (**ACT**)
- 7-8PM Cancelled:** Great Courses with Martin Richter – *England, the 1960s and the Triumph of the Beatles. (Lower Level of CEC)*
- 7-8:30PM** Bingo (**ACT**)

Wednesday, 17th

- 9-9:45AM** Chair Zumba with Danny (**ACT**)
- 9-10AM** Circuit Training with Angie (**Wellness Room at CEC**)
- 10AM** Qigong with Kevin (**ACT**)
- 10:15-11:15AM** Fitness Walking Club with Angie (**Meet at CEC**)
- 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 Guest Speaker:** Ann Bieber, *President of Lehigh Carbon Community College. (MDR)*
- 7PM** Movie Night – *Funny Girl (ACT)*

Thursday, 18th

- 9:30-10:15AM** Tai Chi Easy™ with Joanne (**ACT**)
- 10:30AM** Moravian Village Prayer Chain Volunteer Interest Meeting. *Join Chaplain Molly for an informational meeting on how to be involved in lifting residents up through the power of prayer. (CHP)*

Thursday, 18th (Cont'd.)

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

11:30AM-12:30PM 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**)

2-2:30PM Catholic Mass (**CHP**)

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 (**Card Room at CEC**)

Friday, 19th

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. *RSVP by Monday, April 15th to Kara Kitchen at 610-984-4729. (Meet in ATR at 10:20AM)*

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

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

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

3-4:30PM Flight to Paris Happy Hour! *Join Life Enrichment and Dining for a sneak peek of what will be offered at the Night in Paris Soirée. Featuring a farewell celebration for Frank Mehall. (ATR)*

7PM Performance: Joe Lazorik *"The Great American Piano Show"* (**ATR**)

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



Saturday, 20th

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

10AM-12:30PM Wellness Workshop with Angie Fenstermaker: Mastering your Metabolism and Reading Labels. *RSVP on the Connected Living App or to Life Enrichment at 610-984-4729. (CEC)*

7PM Miniseries – Monk (**ACT**)

Sunday, 21st

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

Sunday, 21st (Cont'd.)

2:15PM Bus Trip: The Chamber Music of Lehigh Valley presents the Apollo Piano Trio. *RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.*

(Meet in Atrium at 2:15PM)

2:45-3:30PM Community Fellowship – Tea, cookies, and camaraderie **(ATR)**

7:15PM Movie Night – Poms **(ACT)**

Monday, 22nd

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

9:30AM Plant & Sip! *Join Life Enrichment in celebrating Earth Day by planting a houseplant to take home and enjoy Mocktails. Limited spaces available, RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.* **(ACT)**

10-10:45AM Cancelled: 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 **(Card Room at CEC)**

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

3PM Greeting Cards Creation Class! *RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.* **(2nd Floor North Lounge)**

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

7-9PM Mahjong **(Card Room at CEC)**

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

Tuesday, 23rd

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

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

10AM-12PM Bethlehem Area Public Library Workshop *presents Internet Basics. RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.* **(MDR)**

10:30-11:15AM Active Walking Club with Angie **(Meet in Activity Center)**

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

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

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

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

Tuesday, 23rd (Cont'd.)

2-4PM Mahjong (Card Room at CEC)

3-4PM Performance: Moravian Village Bell Ringers (ATR)

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, 24th

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

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

10AM Qigong with Kevin (ACT)

10:15-11:15AM Fitness Walking Club with Angie (Meet at CEC)

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 Speaker: Kristel Seagreaves, Care Coordinator presenting on *Caregiving*. (MDR)

7PM Movie Night – My Father's Violin (ACT)

Thursday, 25th

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 (Wellness Room at 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)

1:25PM Broughal Buddies @ Broughal Middle School. RSVP by Monday, April 22nd to Kara Kitchen at 610-984-4729. (Meet in ATR 1:15PM)

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

2-3PM Ping Pong (CEC)

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

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

6:30PM Passover Dinner. Join Dr. Jessica Cooperman, Director of the Jewish Studies Program at Muhlenberg College for a discussion of the Passover seder, followed by a Passover meal. Call Dining Services at Ext.335 for reservations. (MDR)

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

7-9PM Mahjong (Card Room at CEC)

Friday, 26th

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

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

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

11AM-12PM Neighborhood Conversations (**CEC**)

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

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

1-1:30PM Episcopal Service with Communion (**CHP**)

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

3PM Beginner Ukelele Lessons with David! *Limited spots available, RSVP on the Connected Living App or to Life Enrichment at 610-984-4729. Residents must attend all three sessions on April 26th, and May 10th, and May 24th.* (**ACT**)

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

Saturday, 27th

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

1-3PM Spring into Bingo Bonanza! *Join Life Enrichment in playing games of Bingo for Spring themed prizes.* (**ATR**)

7PM Miniseries – Monk (**ACT**)

Sunday, 28th

10AM Bus Trip: Lehigh Valley Wicked Plant Festival. *RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729. (Meet in Atrium at 10AM)*

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

2:45-3:30PM Community Fellowship – Tea, cookies, and camaraderie (**ATR**)

7:15PM Movie Night – Legal Eagles (**ACT**)

Monday, 29th

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**)

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

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

Monday, 29th (Cont'd.)

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

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

7-9PM Mahjong **(Card Room at CEC)**

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

7:30-8:30PM **Whiskey Tasting with Rob!** Join Rob Irving to experience the rich and complex flavors of American Whiskeys. *RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.* **(MDR)**

Tuesday, 30th

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

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

10:30-11:15AM **Active Walking Club with Angie** **(Meet in Activity Center)**

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

1PM Grocery Shopping: Valley Farm Market. *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 **(Card Room at CEC)**

3PM **TED Talk!** *Join resident Kate Ranieri and watch the TED Talk “The Power of Believing that you can Improve” and engage in a post-talk discussion among residents.* **(Lower Level of CEC)**

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

7-8PM Great Courses with Martin Richter – *Rediscovering the Age of Dinosaurs* **(Lower Level of CEC)**

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