



MAY COMMUNITY EVENTS

COME JOIN US!

May Highlights



A Night in Paris

Paris Trivia- Join Virgen and Kara as we prepare for A Night in Paris by participating in an interactive trivia challenge to test your knowledge! Bring your smartphone, laptop or tablet and join us on Thursday, May 2nd at 10:30AM in the Main Dining Room. Kindly RSVP on the Connected Living App or contact Life Enrichment at 610-984-4729.

Flower Arranging- Help arrange the floral centerpieces for the Soiree on Thursday, May 9th from 1-2PM in the Main Dining Room. Please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729.

A Night in Paris Soiree- An evening dedicated to honoring and celebrating our community on Thursday, May 9th from 5-9PM. The event will commence with check-in at the Atrium, followed by passed hors d'oeuvres and festivities across the North Patio, Esther's Garden, the Gallery, and Main Dining Room.

Dining Updates- The Upper Deck and Main Dining Room will be closed on Wednesday, May 8th, and Thursday, May 9th. The Upper Deck will reopen for lunch on Friday, May 10th, while the Main Dining Room will remain closed. All Continental Breakfasts, and Grab & Go's will be in the Gallery.

- Wednesday, May 8th
 - Continental Breakfast will be available from 8-10AM.
 - Grab & Go Lunch will be available from 11:30AM-1:30PM.
 - Grab & Go Dinner will be available from 4:30-6PM.
- Thursday, May 9th
 - Continental Breakfast will be available from 8-10AM.
 - Grab & Go Lunch will be available from 11:30AM-1:30PM.
- Friday, May 10th
 - Continental Breakfast will be available from 8-10AM.
 - The Upper Deck will re-open for Lunch with a limited menu.
 - Grab & Go Dinner will be available from 4:30-6PM.

Life Enrichment Updates-

- Wednesday, May 8th
 - Events in the Activity Center after Qigong have been cancelled.
- Thursday, May 9th
 - All Wellness classes, and other events have been cancelled.
- Friday, May 10th
 - All activities prior to 1:30PM in the Community Event Center and Point 26 Suites Building have been cancelled.



RSVP- Registration for wellness classes for the week of June 3rd to June 8th will not be available for registration on Monday, May 27th, Memorial Day. Instead, they will open on Tuesday, May 28th at 12:30PM.

Vaccine Clinics- Hartzell's Pharmacy is offering Vaccines for COVID-19, RSV, Flu, and Shingles on Wednesdays. Appointments are required and can be made by calling 610-264-5471 ext.407, or by emailing mymedsync@hartzells.com.

A Mind & Body Approach to Better Sleep- Integrating mindfulness and nutritious meals into your daily schedule can significantly improve the quality of your sleep. Discover scientifically proven relaxation methods to relax, reduce stress, and ease into sleep effortlessly, ensuring a more rejuvenating rest. Join Wellness Coordinator Angie Fenstermaker and Mind/Body teacher Patricia Wright on Saturday, May 4th, from 10:30AM-12:30PM in the Atrium. Patricia is an experienced Mindfulness Teacher, Coach, Yoga Instructor, and Mindfulness-Based Stress Reduction Instructor.

Women Self Care Support Group- Kristel Seagreaves, Virgen Quinones, and Angie Fenstermaker will be leading a women self-care support group. Through group discussions the goal is to create a supportive and empowering environment. If you are interested in attending, please reach out to Virgen at Ext. 232, or through email at vquinones@moravianvillage.com.



Community Socials & Events

Plant Swap- Residents are encouraged to bring cuttings from your houseplants, perennials, or any other plants you would like to share on Friday, May 17th from 1-2PM on 584 Village Drive. For any questions, please contact Kate Ranieri, Betsy Brommer, or Pat Mantz.

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

- Tuesday, May 14th “Grit: The Power of Passion and Perseverance”

Moravian Academy Visit- Join students from Moravian Academy’s Senior Citizens Service Group on their last visit of the year. Play games and enjoy brunch with the students to end the visit on Friday, May 24th at 10:15AM in Esther’s Garden.

Flight Home from Paris Happy Hour- Come and be part of our weekly community happy hour where we will premiere a recap video from the soirée, showcasing the evening's highlights. Join us on Friday, May 17th at 3PM in the Atrium.



Speakers & Presentations

Barnaby and Betsy Roberts- Barnaby and Betsy Roberts will present their experience with the Oklahoma City Bombing on April 19th, 1995, where a rented truck loaded with fertilizer, diesel fuel, and chemicals exploded outside of the Murrah Federal Building. Living in Oklahoma City at the Time at a K-12 independent school they will share insights on the bombing’s impact on the community, the investigation, and information that became less prominent. Join them on Wednesday, May 1st at 2:30PM in the Main Dining Room.

Meet the Artists- Sharon Rehrig and Jackie Billy will give a talk on their artwork displayed in the first-floor hallway of the Point 26 Suites Building. Sharon Rehrig specializes in watercolor art, while Jackie Billy is known for her original woven tapestries. Join them on Thursday, May 2nd at 2:30PM in the Main Dining Room.

Jason King Jones- Jason King Jones is eagerly anticipating his second year as the Artistic Director of the Pennsylvania Shakespeare Festival this summer. In the previous season, they put on their most extensive season yet, featuring nine productions, two musicals, a free community tour, an outdoor performance, and their inaugural Community Day. You can catch Jason's presentation on Wednesday, May 15th, at 2:30 PM in the Main Dining Room.

Martin and Carol Richter - Join the Richters for a presentation on "Polar Bears & Lemurs & Caimans, oh my!" as they present photos and stories from their past trips to Churchill, Manitoba, Madagascar, & the Brazilian Pantanal on Saturday, May 18th at 2PM in the Community Event Center.

Wendy Littner Thomson- Wendy Littner Thomson is a psychotherapist specializing in grief counseling related to a range of losses and is based in Bethlehem, PA. Her presentation will center around navigating loss, grief, and bereavement, particularly focusing on the loss resulting from the death of a spouse. She will explore the secondary losses and gains that may accompany significant life changes as well as discuss how to manage non-death losses associated with aging, certain health events, and illnesses. Join her on Wednesday, May 22nd at 2:30PM in the Main Dining Room.



Creative Expressions

All classes require RSVP through the Connected Living App or to Life Enrichment at 610-984-4729. RSVPs for Creative Expressions will become available on Mondays, one week before the event.

Creations with Stephanie- Join resident Stephanie Hillman in creating patriotic décor on Monday, May 13th at 9:30AM in the 2nd Floor North Lounge.

Greeting Card Creation- 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, May 24th at 2:30PM in the 2nd Floor North Lounge.

Beading with Cheryl- Residents will have the opportunity to create handbag jewelry, or zipper pulls using glass beads on Tuesday, May 28th at 1PM in the Activity Center.

Entertainment

Moravian Village Choir- The Moravian Village Singers will present their spring concert on Monday, May 20th at 2PM in the Atrium.

The Danny Grae Show- Join Zumba instructor Danny for a performance of vintage cabaret with a touch of class and a sense of humor on Friday, May 31st at 7PM in the Atrium.

Bus Trips

All Bus Trips require RSVP through the Connected Living App or to Life Enrichment at 610-984-4729. Kindly be aware that cancelling your reservation post ticket purchase will still result in a charge on your monthly statement.

Bach at Noon- Enjoy a visit to the Central Moravian Church for the oldest American Bach Choir on Tuesday, May 14th. Meet in the Atrium at 11:30AM.

Jean Jackson Memorial- A Memorial Service for Moravian Village Resident Jean Jackson will be held on May 18th at Central Moravian Church. Meet in the Atrium at 9:30AM. The service will also be livestreamed in the Main Dining Room beginning at 10AM.

Mayfair Festival of the Arts- Enjoy the 30-year tradition of art, crafts, food, music, and performances at Cedar Crest College on Saturday, May 25th. Meet in the Atrium at 3:30PM, residents will depart Cedar Crest at 6PM.

Iron Pigs Game- Get ready for some baseball! Join us for a trip to Coca Cola Park to watch the Iron Pigs go head-to-head against the Norfolk Tides on June 21st and enjoy post-game fireworks. Registered residents will meet in the Atrium at 5:30PM. Please RSVP by Monday, May 13th. Tickets are \$17 and will be charged to your monthly statement.



Spiritual Life

Visit to Ukrainian Orthodox Church- Join Spiritual Life for a bus trip to St. Mary's Ukrainian Orthodox Church in Allentown. Residents will meet in the Atrium at 1:30PM. Please RSVP on the Connected Living App or to Life Enrichment at 610-984-4729.

Visit from Vani and Shanti Pradhan- The Pradhan's will share about their mission in Nepal, which is connected to the Central Moravian Church on Sunday, May 26th at 2PM in the Atrium during the church service. Residents last year previously supported their mission by giving them 10% of the weekly Church collection and raised over \$350.



Dining Services

Mother's Day Brunch- Sunday, May 12th at 11:30AM, 11:45AM, 12:30PM, 12:45PM, 1PM, and 1:30PM. Please call Dining at Ext. 335 for reservations.

Memorial Day Picnic Buffet- Monday, May 27th at 11:30AM, 11:45AM, 12:30PM, 12:45PM, 1PM, and 1:30PM. Please call Dining at Ext. 335 for reservations.



Channel 100 Lineup – Moravian Village TV

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, May 26th

3PM Catholic Mass – Sunday, May 19th

May Community Events – Come Join Us!

KEY:

ACT = Activity Center ATR = Atrium CHP = Chapel
MDR = Main Dining Room GAL= Gallery EST = Esther's Garden
LG = Larry's Garden NP = North Patio
CEC= Community Event Center
ZOOM links are in the Connected Living Calendar

Wednesday, 1st

9-9:45AM Chair Zumba with Danny (ACT)
9-10AM Circuit Training with Angie (Wellness Room at CEC)
10AM Qigong with Kevin (ACT)
10:30-11:15AM 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 **Resident Speaker:** Barnaby and Betsy Roberts *presenting on their experience with the Oklahoma City Bombing on April 19th, 1995.* (MDR)
7PM Movie Night – The Hill (ACT)

Thursday, 2nd

9:30-10:15AM Tai Chi Easy™ with Joanne (ACT)
10:30AM **Paris Trivia with Virgen and Kara!** *Get ready for A Night in Paris by testing your knowledge of Paris.* (MDR)
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)
2-3PM Ping Pong (CEC)
2:30PM **Meet the Artists!** *Learn more about the latest artwork by Sharon Rehrig, and Jackie Billy which is hung up in the first-floor hallway of the Point 26 Suites Building.* (MDR)
2:30-4PM Zentangle with Hilary (ZOOM)
7-8PM Great Courses with Bob Burcaw – *The World's Greatest Paintings.* (ACT)

Thursday, 2nd (Cont'd.)

7-9PM Mahjong (Card Room at CEC)

Friday, 3rd

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, 4th

9-10:30AM Community Coffee (ATR)

10:30AM-12:30PM Mind & Body Approach to Better Sleep Workshop. *Learn science backed relaxation techniques to enjoy deeper more restorative sleep. Led by Angie Fenstermaker, and Patricia Wright.* (ATR)

7PM Miniseries – Monk (ACT)

Sunday, 5th

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

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

7:15PM Movie Night – Gifted Hands (ACT)

Monday, 6th

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- Exodus (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)

Monday, 6th (Cont'd.)

2PM Women Self Care Support Group. *Run by Kristel Seagreaves, Angie Fenstermaker, and Virgen Quinones, focusing on taking care of yourself physically, emotionally, and mentally. (CHP)*

3-4PM Ping Pong (CEC)

7-9PM Mahjong (Card Room at CEC)

7PM Miniseries – Madam Secretary (ACT)

Tuesday, 7th

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)*

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. *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 (Card Room at 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)

Wednesday, 8th

To prepare for our annual soiree all events following Qigong in the Activity Center have been cancelled.

8-10AM Continental Breakfast. *Stop by and enjoy breakfast in lieu of the Upper Deck being closed. (Gallery)*

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

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

10AM Qigong with Kevin (ACT)

10:30-11:15AM Fitness Walking Club with Angie (Meet at CEC)

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

11:30AM-1:30PM Grab & Go Lunch (GAL)

1:30PM Bus Trip: The Ukrainian Orthodox Church. *Join Spiritual Life in visiting St. Mary's Ukrainian Orthodox Church in Allentown. RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729. (Meet in ATR at 1:30PM)*

4:30-6PM Grab & Go Dinner (GAL)

Thursday, 9th

To prepare for our annual soiree, all wellness classes and events have been cancelled.

8-11AM Continental Breakfast! *Stop by and enjoy breakfast in lieu of the Upper Deck being closed. (GAL)*

11:30AM-1:30PM Grab & Go Lunch (GAL)

1-2PM Flower Arranging for A Night in Paris! Help arrange the flower centerpieces for the tables at *the soiree!* *RSVP on the Connected Living App or to Life Enrichment at 610-984-4729 (MDR)*

5-9PM *A Night in Paris!* A night to honor and celebrate all our community members! (Registration begins in Atrium)



Friday, 10th

To reset after our annual soiree all Moravian Village activities prior to 1:30PM in the Community Event Center and Point 26 Suites Building have been cancelled.

8-10AM Continental Breakfast. *Stop by and enjoy breakfast in lieu of the Upper Deck being closed. (Gallery)*

10:35AM Joy Readers @ Thomas Jefferson Elementary School. *RSVP by Friday, May 3rd to Kara Kitchen at 610-984-4729. (Meet in ATR at 10:20AM)*

1:30PM Bingo (ACT)

3-4PM Beginner Ukelele Lessons with David! *For residents who attended April 26th. (ACT)*

4:30-6PM Grab & Go Dinner (GAL)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 11th

9-10:30AM Community Coffee (ATR)

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

7PM Miniseries – Monk (ACT)

Sunday, 12th

11AM-1:30PM Mother's Day Brunch. *Call Dining at Ext. 335 for Reservations (MDR)*

2PM Sunday Worship with Chaplain Molly (CHP)

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

7:15PM Movie Night – Fatherhood (ACT)

Monday, 13th

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

9:30-11:30AM **Creations with Stephanie.** *Join resident Stephanie Hillman in creating patriotic décor. RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 beginning on Monday, May 6th. (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- Exodus (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, 14th

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

9:30AM Grocery Shopping: Valley Farm. *Please 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)

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. *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 (Card Room at CEC)

3PM **TED Talk!** *Join resident Kate Ranieri and watch the TED Talk “Grit: The Power of Passion and Perseverance” and engage in a post-talk discussion among residents.* (Lower Level of CEC)

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

7-8:30PM Bingo (ACT)

Wednesday, 15th

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

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

Wednesday, 15th (Cont'd.)

10AM Qigong with Kevin (ACT)

10:30-11:15AM 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:** Jason Jones, *Artistic Director of Pennsylvania Shakespeare Festival.* (MDR)

7PM Movie Night – Queen Pins (ACT)

Thursday, 16th

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

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, 17th

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)

1-2PM **Plant Swap!** *Residents are encouraged to bring cuttings from your houseplants, perennials, or any other plants you would like to share.* (584 Village Drive)

1:30PM Bingo (ACT)

3-4:30PM **Flight Home from Paris Happy Hour!** *Enjoy the debut of a recap video featuring highlights of the soiree.* (ATR)

7PM Miniseries – Madam Secretary (ACT)

Saturday, 18th

9-10:30AM Community Coffee (ATR)

9:30AM Shuttle: Jean Jackson Memorial Service. (Meet in ATR at 9:30AM)

10AM Livestream of Jean Jackson Memorial Service. (MDR)

2PM Polar Bears & Lemurs & Caimans, oh my! *A presentation by residents Carol and Martin Richter as they share their photos and stories from their past trips to Churchill, Manitoba, Madagascar, & the Brazilian Pantanal.* (CEC)

7PM Miniseries – Monk (ACT)

Sunday, 19th

2PM Sunday Worship with Chaplain Molly (CHP)

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

7:15PM Movie Night – Tyson's Run (ACT)

Monday, 20th

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)

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

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

1-2PM A Bible Study with Rev. Dr. Mark Summer- Exodus (CHP OR ZOOM)

1-2PM Circuit Training with Angie (ACT)

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

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

3-4PM Ping Pong (CEC)

7-9PM Mahjong (Card Room at CEC)

7PM Miniseries – Madam Secretary (ACT)

Tuesday, 21st

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)

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. *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)

1:30-2:30PM Cottage Resident Association Meeting (MDR)

Tuesday, 21st (Cont'd.)

2-4PM Mahjong (Card Room at CEC)

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

7-8:30PM Bingo (ACT)

Wednesday, 22nd

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

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

10AM Qigong with Kevin (ACT)

10:30-11:15AM 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:** Wendy Littner Thomson, *presenting on Navigating loss, Grief, and Bereavement.* (MDR)

7PM Movie Night – I Can Only Imagine (ACT)

Thursday, 23rd

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)

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

2-3PM Ping Pong (CEC)

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

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 (Card Room at CEC)

Friday, 24th

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)

Friday, 24th (Cont'd.)

10:15-11:30AM Moravian Academy Visit. *Join students from Moravian Academy's Senior Citizens Service Group on their last visit of the year. Play games and enjoy brunch with the students to end the visit. (EST)*

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)

2:30PM Greeting Cards Creation Class! *RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 beginning on Monday, May 13th. (2nd Floor North Lounge)*

3-4PM Beginner Ukelele Lessons with David! *For residents who attended April 26th, and May 10th. (ACT)*

7PM Miniseries – Madam Secretary (ACT)

Saturday, 25th

9-10:30AM Community Coffee (ATR)

1-3PM Bingo Bonanza (ATR)

3:30PM Bus Trip: *Mayfair Festival of the Arts. Enjoy the 30-year tradition of art, crafts, food, music, and performances at Cedar Crest College. (Meet in ATR at*

3:30PM)

7PM Miniseries – Monk (ACT)

Sunday, 26th

2PM Sunday Worship with Chaplain Molly & Visit from Vani and Shanti Pradhan.

The Pradhan's will share about their mission in Nepal which is connected to the Moravian Church. (ATR)

7:15PM Movie Night – The Theory of Everything (ACT)

Monday, 27th

9:15-9:45AM Cancelled: *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 Cancelled: *Full Body Stretch with Angie (ACT)*

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

Monday, 27th (Cont'd.)

11:30AM-1:30PM Memorial Day BBQ Picnic Buffet!- *Call Dining at Ext. 335 for Reservations.* (MDR)

1-2PM **Cancelled:** A Bible Study with Rev. Dr. Mark Summer- Exodus (CHP OR ZOOM)

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

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

3-4PM Ping Pong (CEC)

7-9PM Mahjong (Card Room at CEC)

7PM Miniseries – Madam Secretary (ACT)

Tuesday, 28th

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)

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. *Please RSVP to Teri at Ext. 331* (ATR)

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

1PM **Beading with Cheryl** – *Create beaded Zipper Pulls or Handbag Jewelry. RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 beginning on Monday, May 13th.* (ACT)

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

2-4PM Mahjong (Card Room at CEC)

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

7-8:30PM Bingo (ACT)

Wednesday, 29th

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

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

10AM Qigong with Kevin (ACT)

10:30-11:15AM Fitness Walking Club with Angie (Meet at CEC)

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

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

1-2PM Yoga with Deanna (ACT)

7PM Movie Night – Megan Leavey (ACT)

Thursday, 30th

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

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)

2-3PM 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, 31st

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 **Performance:** The Danny Grae Show. (ATR)

7PM Miniseries – Madam Secretary (ACT)