



Moravian Village
of Bethlehem



AUGUST

COMMUNITY
EVENTS



Come Join Us!



August Highlights



Summer Wellness Series- Join Angie Fenstermaker and guests for a month-long series dedicated to various wellness initiatives at the Activity Center on Tuesdays from 10:30 to 11:15 AM.

- Tuesday, August 6th: Self-Care through Self Compassion. *Led by Patricia Wright.*
- Tuesday, August 13th: The Effect of Exercise and Nutrition on Bone Health. *Led by Angie Fenstermaker.*
- Tuesday, August 20th: Incontinence and Bladder Health. *Led by Tonya Padgett.*
- Tuesday, August 27th: Simple Steps to Active Aging. *Led by Angie Fenstermaker.*

Proactive Wellness Series- Join Angie Fenstermaker and guests for a month-long series dedicated to dimensions of wellness and proactive strategies in the Lower Level of the Community Event Center on Wednesdays from 10:15-11:15AM.

- Wednesday, August 7th: Wellness Dialogue. Residents can share feelings, questions, and concerns about health, self-care, and well-being through interactive questions. *Led by Angie Fenstermaker.*
- Wednesday, August 14th: Caregiving & Aging in Place. *Led by Angie Fenstermaker featuring Kristel Seagreaves.*
- Wednesday, August 21st: Tips for Stretching and Managing Tension. *Led by Angie Fenstermaker.*
- Wednesday, August 28th: Recipe Exchange. Residents are invited to share their beloved healthy recipes or bring a decadent recipe and discover ways to make it healthier. *Led by Angie Fenstermaker.*

Meditation 101 Retreat- If you've wanted to learn how to meditate, or if you're experienced seeking a refresher, the Present Heart Sangha in Bethlehem is hosting a "Meditation 101" retreat on Saturday, August 10th from 9AM-12PM in the Activity Center. The retreat will cover breathing techniques, methods to enhance focus, different meditations, managing a wandering mind, insightful readings. And Mindful Movements inspired by Thich Nhat Hanh. For those who wish, there will be a post-retreat meeting at the Upper Deck for lunch. Please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 by August 3rd.



Presentations

Annual Mandatory Resident Volunteer Training- Learn about the different volunteer opportunities at Moravian Village such as the Front Desk, Life Enrichment, Spiritual Life, Healthcare, and more! **This training is mandatory for all current volunteers, and anyone interested in becoming a volunteer.** Join us on Wednesday, August 14th at 2PM in the Main Dining Room.

Volunteerism in the Healthcare Center- Learn ways to be involved in the Healthcare Center on Wednesday, August 28th at 2:30PM in the Healthcare Center.



Spiritual Life

Barry Lynn- Join Barry Lynn for a presentation on “The Historical Perspective of Separation of Church and State” on Friday, August 16th at 2PM in the Main Dining Room. Barry Lynn was the executive director of Americans United for Separation of Church and State for 25 years from 1992 to 2017 when he retired.



Community Socials & Events

Lemonade Social- Stop by and visit your neighbors and enjoy refreshing beverages and treats to beat the summer heat on Saturday, August 3rd from 1-3PM at the Community Event Center.

Trivia with Virgen & Kara- Test your knowledge in trivia and have the chance to win an Upper Deck gift certificate. Please bring your smartphone, or tablet to play, a limited number of extra devices will be available.

- Wednesday, August 7th at 2:30PM – Bethlehem and Musikfest Theme
- Friday, August 23rd at 12:30PM – Around the World Theme

Ice Cream Float Social- Join your neighbors and enjoy the nostalgic treat on Saturday, August 24th from 1-3PM at the Community Event Center



Connected Living Support

Support with Betsy- Make an appointment with resident Betsy Brommer for one-on-one support for Connected on Wednesday afternoons. Contact Betsy to make an appointment through email at lbrommer7@gmail.com, or through cell phone at 484-764-4655.



Creative Expressions

Residents can begin to RSVP for Creative Expression Classes one week prior to the event on Mondays at 12:30PM.

Greeting Card Creation- Instructor Liz Kuhns will lead a greeting card creation class. Residents will use a variety of materials to create three different cards to take home on Monday, August 12th at 2PM in the 2nd Floor North Lounge.

Beading with Cheryl- Join Cheryl in creating beaded jewelry, zipper pulls, and purse charms on Tuesday, August 13th at 2:30PM in the Activity Center.

Wine Glass Terrarium- Event Coordinator Kara will lead residents in creating a terrarium inside of a wine glass by using a variety of materials on Monday, August 19th at 2:30PM in the Activity Center.

Creations with Stephanie- Resident Stephanie Hillman will guide residents in creating fall themed door décor on Monday, August 26th from 9AM-12PM in the 2nd Floor North Lounge.



Entertainment

Steve Walker- Join us for a performance that will get your toes tapping, face smiling, and heart singing as Steve Walker returns to Moravian Village on Wednesday, August 21st from 6-7:30PM in the Atrium.



Bus Trips in August

Please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 for all Bus Trips.

Musikfest Loop- A continuous loop will depart every hour from Moravian to Musikfest on Monday, August 5th, running from 12-3PM. The final pickup from Musikfest will be at 3PM.

Vesper Concert Series at Musikfest- Enjoy music by the Sonya Quartet as part of the Vesper Concert Series at Central Moravian Church on Wednesday, August 7th. Residents will meet in the Atrium at 6:45PM and depart from Musikfest at 8:30PM when the performance concludes.

Musikfest- Hear the Steelworkers Polka Band, Big Valley Bluegrass, and many others on Saturday, August 10th. Residents will meet at 11:40AM and depart from Musikfest at 2PM.

 **Dining Services**

Street Food Festival- Enjoy a variety of street food hosted by Dining! Join us on Wednesday, August 21st from 4-6PM in the Gallery, Esther's Garden and Main Dining Room for a sampling of various creations prepared by our chefs. Residents will have the opportunity to cast a vote for the best dish! Following the festival there will be music by Steve Walker from 6-7:30PM in the Atrium.

Sangria Tasting- Join Brienna and Rob for a fun evening learning how to create various sangrias and enjoy a tasting of the creations made on Monday, August 26th at 7:30 PM in the Main Dining Room. Please RSVP on the Connected Living App or by contacting Life Enrichment at 610-984-4729.



Bus Trips in September

Iron Pigs- 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 Red Sox on Friday, September 20th and enjoy post-game fireworks. Registered residents will meet in the Atrium at 5:30PM. Please RSVP by Tuesday, August 20th. Tickets are \$17 and will be billed to your monthly statement.



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

3PM Catholic Mass – Sunday, August 18th

3PM Episcopal Service – Sunday, August 25th

August Community Events – *Come Join Us!*

Located in Point 26 Suites:

Activity Center Atrium Chapel Gallery Game Room
Main Dining Room Esther's Garden North Patio

Located in Market Street Cottages:

Community Event Center Larry's Garden
ZOOM links are in the Connected Living Calendar

Thursday, 1st

9:30-10:15AM Tai Chi with Joanne (**Activity Center**)

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

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

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

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

1-2PM Total Conditioning with Angie (**Wellness Room at Community Event Center**)

2-3PM Ping Pong (**Community Event Center**)

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

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

7-8PM Great Tours with Bob Burcaw – *France Through the Ages* (**Activity Center**)

7-9PM Mahjong (**Card Room at Community Event Center**)

Friday, 2nd

9-9:45AM Chair Zumba with Danny (**Lower Level of Community Event Center**)

10-11:30AM Community Coffee (**Community Event Center**)

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

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

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

1:30PM Bingo (**Activity Center**)

7PM Miniseries – *The Judge* (**Activity Center**)

Saturday, 3rd

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

Saturday, 3rd (Cont'd)

1-3PM Lemonade Social! *Stop by and visit your neighbors and enjoy refreshing beverages and treats to beat the summer heat.* (Community Event Center)

7PM Miniseries – Monk (Activity Center)

Sunday, 4th

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

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

7:15PM Movie Night – The Quiet Place (Activity Center)

Monday, 5th

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

10-10:45AM Chair Zumba with Danny (Lower Level of Community Event Center)

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

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

12-3PM Bus Trip: Musikfest Loop. *Continuous loop departing every hour from Moravian, last departure at 2PM. Please RSVP on the Connected Living App, or to Life Enrichment at 610.984.4729.* (Meet in the Atrium at 12PM, 1PM or 2PM)

1-2PM Circuit Training with Angie (Activity Center)

1:15-2:30PM Intermediate Bridge (Card Room at Community Event Center)

3-4PM Ping Pong (Community Event Center)

3-4PM Women's Self Care Support Group *led by Virgen Quinones.* (Chapel)

7-9PM Mahjong (Card Room at Community Event Center)

7PM Miniseries – The Judge (Activity Center)

Tuesday, 6th

9:30-10:15AM Tai Chi with Joanne (Lower Level of Community Event Center)

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

10:30-11:15AM Summer Wellness Series: Self-Care through Self Compassion. *Led by Patricia Wright.* (Activity Center)

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

Tuesday, 6th (Cont'd)

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

2-4PM Mahjong (Card Room at Community Event Center)

7-8PM Great Masters with Martin Richter- *Shostakovich: His Life and Music* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation. *This session will be made up of a 20-minute guided meditation, stretching, and 20-minute guided meditation.*

Meditation begins promptly at 7:05PM. (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 7th

9-9:45AM Chair Zumba with Danny (Activity Center)

9-10AM Circuit Training with Angie (Wellness Room at Community Event Center)

10AM Qigong with Kevin (Activity Center)

10:30-11:15AM Proactive Wellness Series: Wellness Dialogue. *Led by Angie Fenstermaker.* (Lower Level of Community Event Center)

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

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

12-2PM Connected Living Support with Betsy. *Appointments can be made through email or by calling resident Betsy Brommer for one-on-one support.* (ATR)

1-2PM Yoga with Deanna (Activity Center)

2:30-3PM Trivia with Virgen & Kara – Bethlehem and Musikfest Theme! (Main Dining Room)

6:45PM Bus Trip: Vesper Concert Series at Central Moravian Church. *Residents will depart from Musikfest at 8:30PM.* (Meet in Atrium at 6:45PM)

7PM Movie Night – Fly Me to the Moon (Activity Center)

Thursday, 8th

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

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

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

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

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

2-3PM Ping Pong (Community Event Center)

Thursday, 8th (Cont'd)

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

7-8PM Great Tours with Bob Burcaw – *France Through the Ages* (ACT)

7-9PM Mahjong (Card Room at Community Event Center)

Friday, 9th

9-9:45AM Chair Zumba with Danny (Lower Level of Community Event Center)

10-11:30AM Community Coffee (Community Event Center)

10-10:45AM Chair Zumba with Danny (Activity Center)

11AM-12PM Cornhole (Atrium)

11AM-12PM Neighborhood Conversations (Community Event Center)

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

1:30PM Bingo (Activity Center)

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

7PM Miniseries – The Judge (Activity Center)

Saturday, 10th

9-10:30AM Community Coffee (Atrium)

9AM-12PM **Meditation 101 Retreat.** *Presented by Bethlehem Present Heart Sangha. Please RSVP on the Connected Living App, or to Life Enrichment at 610-984-4729 by August 3rd.* (Activity Center)

11:40PM **Bus Trip: Musikfest!** *Hear the Steelworkers Polka Band, Big Valley Bluegrass, and many others! Residents will depart from Musikfest at 2PM. (Meet in Atrium at 11:40AM)*

7PM Miniseries – Monk (Activity Center)

Sunday, 11th

2PM Sunday Worship with Chaplain Molly (Chapel)

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

7:15PM Movie Night – *The Secret: Dare to Dream* (Activity Center)

Monday, 12th

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

10-10:45AM Chair Zumba with Danny (Lower Level of Community Event Center)

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

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

1-2PM Circuit Training with Angie (Activity Center)

Monday, 12th (Cont'd)

2PM Greeting Cards Creation Class. *Create three greeting cards to take home.*

(2nd Floor North Lounge)

1:15-2:30PM Intermediate Bridge (Card Room at Community Event Center)

3-4PM Ping Pong (Community Event Center)

3-4PM Women's Self Care Support Group *led by Virgen Quinones.* (Chapel)

7-9PM Mahjong (Card Room at Community Event Center)

7PM Miniseries – The Judge (Activity Center)

Tuesday, 13th

9:30-10:15AM Tai Chi with Joanne (Lower Level of Community Event Center)

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

10:30-11:15AM Summer Wellness Series: The Effects of Exercise and Nutrition on Bone Health. *Led by Angie Fenstermaker.* (Activity Center)

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

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

2-4PM Mahjong (Card Room at Community Event Center)

2:30PM Beading with Cheryl. *Create beaded jewelry, purse charms, or zipper pulls.* (Activity Center)

7-8PM Great Masters with Martin Richter- *Shostakovich: His Life and Music* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation. *This session will be made up of a 20-minute guided meditation, stretching, and 20-minute guided meditation.*

Meditation begins promptly at 7:05PM. (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 14th

9-9:45AM Chair Zumba with Danny (Activity Center)

9-10AM Circuit Training with Angie (Wellness Room at Community Event Center)

10AM Qigong with Kevin (Activity Center)

10:30-11:15AM Proactive Wellness Series: Caregiving and Aging in Place. *Led by Angie Fenstermaker featuring Kristel Seagreaves.* (Lower Level of Community Event Center)

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

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

Wednesday, 14th (Cont'd)

12-2PM Connected Living Support with Betsy. *Appointments can be made through email or by calling resident Betsy Brommer for one-on-one support.*

(Atrium)

1-2PM Yoga with Deanna (Activity Center)

2PM Annual Volunteer Training! *For any existing volunteers, or residents interested in volunteer opportunities this training is mandatory.* (Main Dining Room)

7PM Movie Night – Your Honor (Activity Center)

Thursday, 15th

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

11AM-12PM Canceled: Fit and Strong Bodybuilding with Angie (Wellness Room at Community Event Center)

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

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

1-2PM Canceled: Total Conditioning with Angie (Wellness Room at Community Event Center)

2-3PM Ping Pong (Community Event Center)

2-2:30PM Catholic Mass (Chapel)

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

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

7-8PM Great Tours with Bob Burcaw – *France Through the Ages* (Activity Center)

7-9PM Mahjong (Card Room at Community Event Center)

Friday, 16th

9-9:45AM Chair Zumba with Danny (Lower Level of Community Event Center)

10-11:30AM Community Coffee (Community Event Center)

10-10:45AM Chair Zumba with Danny (Activity Center)

11AM-12PM Cornhole (Atrium)

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

1PM Time Change! Bingo. *Bingo will be held at 1PM due to guest speaker at 2PM.* (Activity Center)

2PM Guest Speaker: Barry Lynn presenting on *The Historical Perspectives of Separation of Church and State.* (Main Dining Room)

7PM Miniseries – The Judge (Activity Center)

Saturday, 17th

9-10:30AM Community Coffee (Atrium)

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

7PM Miniseries – Monk (Activity Center)

Sunday, 18th

2PM Sunday Worship with Chaplain Molly (Chapel)

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

7:15PM Movie Night – Unbroken (Activity Center)

Monday, 19th

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

10-10:45AM **Cancelled:** Chair Zumba with Danny (Lower Level of Community Event Center)

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

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

1-2PM Circuit Training with Angie (Activity Center)

1:15-2:30PM Intermediate Bridge (Card Room at Community Event Center)

2:30PM **Wine Glass Terrarium Creation!** *Join Kara in creating a desert terrarium inside a wine glass with succulents and décor.* (Activity Center)

3-4PM Ping Pong (Community Event Center)

3-4PM **Women's Self Care Support Group** *led by Virgen Quinones.* (Chapel)

7-9PM Mahjong (Card Room at Community Event Center)

7PM Miniseries – The Judge (Activity Center))

Tuesday, 20th

9:30-10:15AM Tai Chi with Joanne (Lower Level of Community Event Center)

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

10:30-11:15AM **Summer Wellness Series:** Incontinence and Bladder Health. *Led by Tonya Padgett.* (Activity Center)

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

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

Tuesday, 20th (Cont'd)

1:30-2:30PM Cottage Resident Association Meeting. *All Cottage Residents are Welcome.* (Main Dining Room)

2-4PM Mahjong (Card Room at Community Event Center)

7-8PM Great Masters with Martin Richter- *Shostakovich: His Life and Music* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation. *This session will be made up of a 20-minute guided meditation, stretching, and 20-minute guided meditation. Meditation begins promptly at 7:05PM.* (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 21st

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

9-10AM Circuit Training with Angie (Wellness Room at Community Event Center)

10AM Qigong with Kevin (Activity Center)

10:30-11:15AM Proactive Wellness Series: Tips for Stretching and Managing Tension. *Led by Angie Fenstermaker.* (Lower Level of Community Event Center)

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

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

12-2PM Connected Living Support with Betsy. *Appointments can be made through email or by calling resident Betsy Brommer for one-on-one support.* (Atrium)

1-2PM Yoga with Deanna (Activity Center)

4-6PM Street Food Festival! *Enjoy a sampling of various creations prepared by our chefs.* (Esther's Garden, Gallery, Main Dining Room)

6-7:30PM Entertainment: Steve Walker! *A performance to get your toes tapping, face smiling, and heart singing!* (Atrium)

7PM Movie Night – A Simple Favor (Activity Center)

Thursday, 22nd

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

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

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

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

Thursday, 22nd (Cont'd)

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

2-3PM Ping Pong (Community Event Center)

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

7-8PM Great Tours with Bob Burcaw – *France Through the Ages* (Activity Center)

7-9PM Mahjong (Card Room at Community Event Center)

Friday, 23rd

9-9:45AM Cancelled: Chair Zumba with Danny (Lower Level of Community Event Center)

10-11:30AM Community Coffee (Community Event Center)

10-10:45AM Cancelled: Chair Zumba with Danny (Activity Center)

11AM-12PM Cornhole (Atrium)

11AM-12PM Neighborhood Conversations (Community Event Center)

11:30AM-12:15PM Cancelled: Exercise with Tonya (Activity Center)

12:30-1PM Trivia with Virgen & Kara – Around the World Theme! (Main Dining Room)

1-1:30PM Episcopal Service with Communion (Chapel)

1:30PM Bingo (Activity Center)

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

7PM Miniseries – The Judge (Activity Center)

Saturday, 24th

9-10:30AM Community Coffee (Atrium)

1-3PM Ice Cream Float Social. *Join your neighbors and enjoy a nostalgic treat!* (Community Event Center)

7PM Miniseries – Monk (Activity Center)

Sunday, 25th

2PM Sunday Worship with Chaplain Molly (Chapel)

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

7:15PM Movie Night – Hustle (Activity Center)

Monday, 26th

9AM-12PM Creations with Stephanie- Fall Door Décor. *Join resident Stephanie Hillman in creating a fall-themed hanging door décor.* (2nd Floor North Lounge)

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

Monday, 26th (Cont'd)

10-10:45AM Chair Zumba with Danny (Lower Level of Community Event Center)

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

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

1-2PM Circuit Training with Angie (Activity Center)

1:15-2:30PM Intermediate Bridge (Card Room at Community Event Center)

3-4PM Ping Pong (Community Event Center)

3-4PM **Women's Self Care Support Group** led by Virgen Quinones. (Chapel)

7-9PM Mahjong (Card Room at Community Event Center)

7PM Miniseries – The Judge (Activity Center)

7:30PM Sangria Tasting with Brienna and Rob! *Reservations are required and can be made on the Connected Living App or by calling Life Enrichment at 610-984-4729.* (Main Dining Room)

Tuesday, 27th

9:30-10:15AM **Cancelled:** Tai Chi with Joanne (Lower Level of Community Event Center)

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

10:30-11:15AM **Summer Wellness Series:** Simple Steps to Active Aging. *Led by Angie Fenstermaker.* (Activity Center)

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

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

2-4PM Mahjong (Card Room at Community Event Center)

7-8PM Great Masters with Martin Richter- *Shostakovich: His Life and Music* (Lower Level of Community Event Center)

7-8PM **Present Heart Sangha Meditation.** *This session will be made up of a 20-minute guided meditation, stretching, and 20-minute guided meditation.*

Meditation begins promptly at 7:05PM. (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 28th

9-9:45AM Chair Zumba with Danny (Activity Center)

9-10AM Circuit Training with Angie (Wellness Room at Community Event Center)

Wednesday, 28th (Cont'd)

10AM Qigong with Kevin (Activity Center)

10:30-11:15AM Proactive Wellness Series: Recipe Exchange. *Led by Angie Fenstermaker.* (Lower Level of Community Event Center)

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

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

12-2PM Connected Living Support with Betsy. *Appointments can be made through email or by calling resident Betsy Brommer for one-on-one support.* (Atrium)

1-2PM Yoga with Deanna (Activity Center)

2:30PM Moravian Village Presentation: Volunteerism in the Healthcare Center. *Learn ways to be involved in the Healthcare Center!* (MDR)

7PM Movie Night – 1971 (Activity Center)

Thursday, 29th

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

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

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

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

1-2PM Total Conditioning with Angie (Wellness Room at Community Event Center)

2-3PM Ping Pong (Community Event Center)

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

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

7-8PM Great Tours with Bob Burcaw – *France Through the Ages* (Activity Center)

7-9PM Mahjong (Card Room at Community Event Center)

Friday, 30th

9-9:45AM Chair Zumba with Danny (Lower Level of Community Event Center)

10-11:30AM Community Coffee (Community Event Center)

10-10:45AM Chair Zumba with Danny (Activity Center)

11AM-12PM Cornhole (Atrium)

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

1:30PM Bingo (Activity Center)

7PM Miniseries – The Judge (Activity Center)

Saturday, 31st

9-10:30AM Community Coffee (Atrium)

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

7PM Miniseries – Monk (Activity Center)