



April

Community Events



April Highlights

Road to New Orleans Soirée

Mask Creation- Create a carnival mask to wear to the Soirée on May 22nd! Ten spots are available for each of the following sessions:

- Saturday, April 19th 11AM & 1PM (Activity Center)
 - RSVPs open April 7th
- Wednesday, April 23rd 10AM (Community Event Center)
 - RSVPs open April 14th
- Friday, April 25th 1PM (Community Event Center)
 - RSVPs open April 14th

The Big Easy Tasting- Join Brienna and Rob for a tasting of iconic New Orleans cocktails on Monday, April 28th at 7:30PM in the Dining Room. Some of these delightful drinks will also be showcased at the Soirée!

Wellness

Senior Fit Testing- Functional Pathways will be conducting their Senior Fit Tests on Monday, April 7th 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.

Stress Management Workshop- Kristel Seagreaves, Care Coordinator will lead a workshop focusing on stress management on Tuesday, April 15th at 10AM in the Chapel.

Events

Moravian Academy Visit- Join students from Moravian Academy's Senior Citizens Service Group in playing games, puzzles, and more on Monday, April 7th at 10:20AM in the Atrium.

Wheelchair Transportation Training- Residents who wish to transport healthcare center residents to the hairdresser or other events, please join one of the upcoming training sessions. Residents must have completed the 2024 annual volunteer training prior to attending. If you need to do your annual training or are

interested in wheelchair training, kindly RSVP through the ICON App or contact Kara at 610-625-4891 ext. 233.

- Thursday, April 10th at 10:30-11AM in the Healthcare Center Rehab Gym
- Tuesday, April 15th at 1-1:30PM in the Healthcare Center Rehab Gym

Welcome to the Village- Meet new residents during this specialty Happy Hour on Wednesday, April 16th from 3-4:30PM in the Atrium & North Patio (weather permitting)!

Teena's Treats Holiday Sale- Stop by the Atrium between 10AM-1PM on Thursday, April 17th to purchase kiffles, nut tossies, cupcakes, cookies and more from Teena's Treats.

Presentations & Discussions

Great Courses with Martin- Resident Martin Richter will begin a new Great Courses Topic "Warping Reality: Inside the Psychology of Cults" on Tuesday evenings at 7PM in the Community Event Center.

The Gentle Art of Memoir Writing- Resident Bob Burcaw will lead a discussion on the art of memoir writing on Wednesday, April 2nd at 2:30PM in the Main Dining Room. Residents can learn more about memoir writing, and for those who are interested a memoir writing class may be developed.

Weather Roundtable- Join David Seaman, Life Enrichment Manager, every Wednesday from 7-8PM for weekly discussions on weather and climate. This event will be held in the Community Event Center on April 2nd, 16th, and 30th, and will be held in the Atrium on April 9th, and 23rd. Residents will be able to pick the topics and can provide suggestions to David via the ICON App under Groups, or by reaching out to David directly.

Maggie Wellert- Maggie Wellert is a retired pastor of the Moravian Church, most recently serving as Visitation Pastor at Central Moravian Church. She is also a Spiritual Director, having received a Certificate in Spiritual Direction from Moravian Theological Seminary. Pastor Maggie will be introducing spiritual direction, also called spiritual companioning. What is it? What value is it to be part of a group of companions attending to one another? What are resources for spiritual direction

and how do you connect with a Spiritual Companion? What is the connection between aging and one's spiritual life? How does this ministry enhance the lives of individuals and the life of the community? She looks forward to meeting with you, sharing in this ministry, and answering your questions on Wednesday, April 23rd at 2:30PM in the Main Dining Room.

Entertainment

Danny Grae- Join Zumba instructor Danny for a performance of vintage cabaret with a touch of class and humor on Friday, April 11th at 7PM in the Atrium.

Bus Trips

Residents must RSVP on the ICON App or call Life Enrichment at 610-984-4729 to sign up for bus trips.

Bach at Noon- Enjoy music from the Bach Choir of Bethlehem on Tuesday, April 8th at the Central Moravian Church. Residents will meet in the Atrium at 11:30AM.

Palmer Park Mall- Shop at Boscov's and various other stores on Wednesday, April 16th. Residents will meet in the Atrium at 10:30AM and depart the mall at 12:30PM.

Liberty High School Theatre- Support Liberty High School students in their production of Mamma Mia on Wednesday, April 23rd. Residents will Meet in the Atrium at 5:30PM.

Creative & Cooking Creations

Expressive Paint & Sip- Unwind and unleash your creativity during a Paint and Sip session on Monday, April 7th at 3PM in the Activity Center led by David Seaman, Life Enrichment Manager. Residents will be able to create expressive artwork inspired by music. **RSVPs will open March 31st at 12:30PM.**

Pizzelle Making- Join residents Betsy Brommer and Kate Ranieri for another baking adventure making and decorating pizzelles, the well-known Italian waffle cookie on Friday, April 11th at 1PM in the Community Event Center. **RSVPs will open March 31st at 12:30PM.**

Beaded Crystal Sun Catchers- Instructor Cheryl will lead residents in creating beaded crystal suncatchers just in time for spring! Join her class on Tuesday, April 22nd at 10AM in the Activity Center. **RSVPs will open April 14th at 12:30PM.**

Greeting Cards- Instructor Liz will lead residents in creating three greeting cards on Friday, April 25th at 2PM in the 2nd Floor North Lounge. **RSVPs will open April 14th at 12:30PM.**

Spring Terrarium- Join Life Enrichment Manager Kara in a hands-on workshop to create a spring-themed terrarium. Residents will be able to choose their succulents, and decorate them with spring themed décor on Saturday, April 26th at 1PM in the Community Event Center. **RSVPs will open April 14th at 12:30PM.**

Dining

Passover Seder Dinner- Thursday, April 17th at 6:30PM. Please call Dining Services at Ext. 335 for reservations by April 10th.

Easter Lunch- Sunday, April 20th from 11:30-1:30PM. Please call Dining Services at Ext. 335 for reservations.

Spiritual Life

The Book of Micah- Rev. Dr. Mark Summer will begin a new Bible Study on Monday, April 14th on the Book of Micah at 1PM in the Chapel.

History of the Bach Choir Presentation- Greg Funfgeld, the former Director of the Bach Choir, and Leela Breithaupt, the current Executive Director, will present on the history of the Bach Choir as well as perform on the piano and flute in the Main Dining Room on Wednesday, April 9th, at 2:30PM.

Adventures in Faith- Come and journey together with spend time sharing God's words and stories with Chaplain Molly on Thursday, April 10th at 2PM in the Chapel.

Passover Seder Dinner- Dining will host a Seder meal on Thursday, April 17th at 6:30PM. Please call Dining Services at Ext. 335 for reservations by April 10th.

Good Friday Service- Chaplain Molly will be hosting a Service for Good Friday on Friday, April 18th at 2PM in the Chapel.

Easter Service & Communion- Chaplain Molly will be hosting a Easter Service and Communion on Sunday, April 20th at 2PM in the Chapel.

Channel 100 Schedule

Every day, residents can tune in to Channel 100 to enjoy a diverse range of videos, including wellness programs to follow along with and weekly chapel services.

Wellness Classes:

10AM Exercise with Tonya

11AM Qigong with Kevin

12PM Chair Yoga with Deanna

Spiritual Programming:

1PM Episcopal Service – Sunday, April 27th

2PM Worship with Chaplain Molly – Every Sunday

3PM Catholic Mass – Sunday, April 20th

April Events

Located in Point 26 Suites:

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

Located in Market Street Cottages:

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

Tuesday, 1st

9:30-10:30AM Tai Chi with Brian (Wellness Room at Community Event Center)

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

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)

3-4:30PM Bell Choir Rehearsal (Activity Center)

7-8PM **New Topic!** Great Courses with Martin Richter- *Warping Reality: Inside the Psychology of Cults (Lower Level of Community Event Center)*

7-8PM Present Heart Sangha Meditation (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 2nd

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

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

10-11AM Qigong with Kevin (Activity Center)

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

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

12-1PM **ICON Support with Betsy.** *To make an appointment please contact Betsy at 484-764-4655, or lbrommer@rcn.com. (Atrium)*

1-2PM Yoga with Deanna (Activity Center)

Wednesday, 2nd (Cont'd)

2:30PM Discussion: The Gentle Art of Memoir Writing *presented by Bob Burcaw.*
(Main Dining Room)

7PM Movie Night – The Other Side of the Mountain (Activity Center)

7PM Weather Roundtable! *Join David for discussion on weather and climate focusing on a new topic each week.* (Lower Level of Community Event Center)

Thursday, 3rd

9:30-10:30AM Tai Chi with Brian (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 Flex Fusion with Angie (Wellness Room at Community Event Center)

2-3PM Ping Pong (Community Event Center)

2-3PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!* (Activity Center)

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

7-8PM Great Courses with Bob Burcaw – *Warriors, Queens, and Intellectuals: 36 Great Women before 1400* (Activity Center)

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

Friday, 4th

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

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

10-11AM Community Coffee (Community Event Center)

10:15AM Joy Readers @ Thomas Jefferson Elementary School. *Registered residents, please RSVP on the ICON App or to Kara Kitchen at 610-984-4729. (Meet in Atrium at 10:15AM)*

11AM-12PM Cornhole (Atrium)

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

1-2PM Bingo (Activity Center)

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

7PM Movie Night- The Sound of Music (Part 1) (Activity Center)

Saturday, 5th

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

1-2:30PM Community Fellowship. *Enjoy coffee, tea, and conversation with your neighbors.* (**Community Event Center**)

Sunday, 6th

2PM Sunday Worship & Communion with Chaplain Molly (**Chapel**)

2:45-3:30PM Community Fellowship (**Atrium**)

7:15PM Movie Night – The Sound of Music (Part 2) (**Activity Center**)

Monday, 7th

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**)

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

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

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

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

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

1-1:50PM Bible Study with Rev. Dr. Mark Summer – The Book of Jonah (**Chapel OR ZOOM**)

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

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

3-4PM Ping Pong (**Community Event Center**)

3PM Expressive Paint & Sip *led by David Seaman* (**Activity Center**)

6:30-7:30PM Roll the Dice with David! *Play a variety of games such as Win, Lose or Draw, Charades, and more!* (**Atrium**)

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

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

Tuesday, 8th

9:30-10:30AM Tai Chi with Brian (**Wellness Room at Community Event Center**)

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

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

Tuesday, 8th (Cont'd)

11:30AM-1PM Bus Trip! Bach at Noon at Central Moravian Church (**Meet in Atrium at 11:30AM**)

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

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

1:30PM Grocery Shopping: Valley Farms. *Please RSVP to Teri at Ext. 331* (**Atrium**)

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

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

7-8PM **New Topic!** Great Courses with Martin Richter- *Warping Reality: Inside the Psychology of Cults* (**Lower Level of Community Event Center**)

7-8PM Present Heart Sangha Meditation (**Chapel**)

7-8:30PM Bingo (**Activity Center**)

Wednesday, 9th

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

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

10-11AM Qigong with Kevin (**Activity Center**)

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

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

12-1PM **ICON Support with Betsy.** *To make an appointment please contact Betsy at 484-764-4655, or lbrommer@rcn.com.* (**Atrium**)

1-2PM Yoga with Deanna (**Activity Center**)

2:30PM **Spiritual Life Speakers:** Greg Funfgeld & Leela Breithaupt *presenting on the History of the Bach Choir.* (**Main Dining Room**)

7PM Movie Night – Here (**Activity Center**)

7PM Weather Roundtable! *Join David for discussion on weather and climate focusing on a new topic each week.* (**Atrium**)

Thursday, 10th

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

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

10:30-11AM **Wheelchair Transportation Training.** *For residents interested in transporting healthcare center residents. Please RSVP on the ICON App, or to Kara at 610-625-4891 ext.233* (**Healthcare Center Rehab Gym**)

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

Thursday, 10th (Cont'd)

- 11:30AM-12:30PM Strength & Stretch with Denise (Activity Center)
1-1:30PM Meditation with Kristel Seagreaves, *Care Coordinator* (Chapel)
1-2PM Flex Fusion with Angie (Wellness Room at Community Event Center)
1:30-3PM Stitch & Chat (2nd Floor North Lounge)
2-3PM Ping Pong (Community Event Center)
2-3PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!* (Activity Center)
2PM **Adventures in Faith** with Chaplain Molly. *Come and journey together and spend time sharing God's words and stories – Everyone is Welcome!* (Chapel)
2:30-4PM Zentangle with Maryam (ZOOM)
4-5:30PM Community Happy Hour! *Non-alcoholic beverages are available.* (Community Event Center)
7-8PM Great Courses with Bob Burcaw – *Warriors, Queens, and Intellectuals: 36 Great Women before 1400* (Activity Center)
7-9PM Mahjong (Card Room at Community Event Center)

Friday, 11th Movie Night is Cancelled

- 9-9:45AM Chair Zumba with Danny (Lower Level of Community Event Center)
10-10:45AM Chair Zumba with Danny (Activity Center)
10-11AM Community Coffee (Community Event Center)
11AM-12PM Neighborhood Conversations (Community Event Center)
11AM-12PM Cornhole (Atrium)
11:30AM-12:15PM Exercise with Tonya (Activity Center)
1-2PM Bingo (Activity Center)
1-2:30PM **Pizzelle Making!** *Join residents Betsy Brommer, and Kate Ranieri in creating pizzelles.* (Community Event Center)
7PM Entertainment: The Danny Grae Show (Atrium)

Saturday, 12th

- 9-10:30AM Community Coffee (Atrium)
1-2:30PM Community Fellowship. *Enjoy coffee, tea, and conversation with your neighbors.* (Community Event Center)

Sunday, 13th

- 2PM Sunday Worship with Chaplain Molly (Chapel)
2:45-3:30PM Community Fellowship (Atrium)
7:15PM Movie Night – A Walk in the Clouds (Activity Center)

Monday, 14th

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)

1-1:50PM **New Topic!** Bible Study with Rev. Dr. Mark Summer – The Book of Micah (Chapel OR ZOOM)

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

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

3-4PM Ping Pong (Community Event Center)

6:30-7:30PM Roll the Dice with David! *Play a variety of games such as Win, Lose or Draw, Charades, and more!* (Atrium)

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

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

Tuesday, 15th

9:30-10:30AM Tai Chi with Brian (Wellness Room at Community Event Center)

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

10-11AM **Stress Management Workshop.** *Led by Kristel Seagreaves.* (Chapel)

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

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

1-1:30PM **Wheelchair Transportation Training.** *For residents interested in transporting healthcare center residents. Please RSVP on the ICON App, or to Kara at 610-625-4891 ext.233* (Healthcare Center Rehab Gym)

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)

3-4:30PM Bell Choir Rehearsal (Activity Center)

7-8PM **New Topic!** Great Courses with Martin Richter- *Warping Reality: Inside the Psychology of Cults* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 16th ICON Support is Cancelled

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

Wednesday, 16th (Cont'd)

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

10-11AM Qigong with Kevin (**Activity Center**)

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

10:30AM-12:30PM **Bus Trip:** Palmer Park Mall. *Shop at Boscov's and various other stores. (Meet in the Atrium at 10:30AM)*

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

1-2PM Yoga with Deanna (**Activity Center**)

3-4:30PM **Welcome to the Village!** *Enjoy meeting new residents during this specialty Happy Hour! Non-Alcoholic beverages are available. (Atrium)*

7PM Movie Night – The Best of Me (**Activity Center**)

7PM Weather Roundtable! *Join David for discussion on weather and climate focusing on a new topic each week. (Lower Level of Community Event Center)*

Thursday, 17th

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

10AM-1PM **Teena's Treats Holiday Sale.** *Stop by the Atrium to purchase kiffles, nut tossies, and a variety of other baked goods! (Atrium)*

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 Flex Fusion with Angie (**Wellness Room at Community Event Center**)

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

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

2-3PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills! (Activity Center)*

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

6:30PM **Passover Seder Dinner.** *Please call Dining at Ext. 335 for reservations by April 10th. (Main Dining Room)*

7-8PM Great Courses with Bob Burcaw – *Warriors, Queens, and Intellectuals: 36 Great Women before 1400 (Activity Center)*

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

Friday, 18th

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

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

Friday, 18th (Cont'd)

10-11AM Community Coffee (Community Event Center)

11AM-12PM Cornhole (Atrium)

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

1-2PM Bingo (Activity Center)

2PM Good Friday Service with *Chaplain Molly* (Main Dining Room)

7PM Movie Night – The Wrong Track (Activity Center)

Saturday, 19th

9-10:30AM Community Coffee (Atrium)

🌸 11AM-12PM New Orleans Carnival Mask Creation! *Create a mask for our Down in New Orleans Soirée. *This session is limited to 10 residents** (Activity Center)

🌸 1PM-2PM New Orleans Carnival Mask Creation! *Create a mask for our Down in New Orleans Soirée. *This session is limited to 10 residents** (Activity Center)

Sunday, 20th Community Fellowship is Cancelled

11:30AM-1:30PM Easter Lunch. *Please call Dining at Ext.335 for reservations.* (Main Dining Room)

2PM Easter Service & Communion with Chaplain Molly (Chapel)

7:15PM Movie Night – Easter Parade (Activity Center)

Monday, 21st Chair Zumba, Full Body Stretch & Circuit is Cancelled

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

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

1-1:50PM New Topic! Bible Study with Rev. Dr. Mark Summer – The Book of Micah (Chapel OR ZOOM)

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

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

3-4PM Ping Pong (Community Event Center)

6:30-7:30PM Roll the Dice with David! *Play a variety of games such as Win, Lose or Draw, Charades, and more!* (Atrium)

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

Tuesday, 22nd

9:30-10:30AM Tai Chi with Brian (Wellness Room at Community Event Center)

Tuesday, 22nd (Cont'd)

- 10AM Grocery Shopping: Giant. *Please RSVP to Teri at Ext. 331 (Atrium)*
- 10AM Beading with Cheryl. *Create beaded crystal suncatchers. (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)
- 3-4:30PM Bell Choir Rehearsal (Activity Center)
- 7-8PM **New Topic!** Great Courses with Martin Richter- *Warping Reality: Inside the Psychology of Cults (Lower Level of Community Event Center)*
- 7-8PM Present Heart Sangha Meditation (Chapel)
- 7-8:30PM Bingo (Activity Center)

Wednesday, 23rd Chair Zumba & ICON Support is Cancelled

- 9-10AM Circuit Training with Angie (Wellness Room at Community Event Center)
- 10-11AM Qigong with Kevin (Activity Center)
- 🌸 10-11AM **Carnival Mask Creation!** *Create a mask for our Down in New Orleans Soirée. This session is limited to 10 residents*(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)
- 1-2PM Yoga with Deanna (Activity Center)
- 2:30PM **Presentation:** Pastor Maggie Wellert *presenting on Spiritual Direction/Companionship, what it is, and what value it can bring. (Main Dining Room)*
- 5:30PM **Bus Trip:** Liberty High School Theatre *presents "Mamma Mia". (Meet in the Atrium at 5:30PM)*
- 7PM Movie Night – People Will Talk (Activity Center)
- 7PM Weather Roundtable! *Join David for discussion on weather and climate focusing on a new topic each week. (Atrium)*

Thursday, 24th

- 9:30-10:30AM Tai Chi with Brian (Activity Center)
- 10AM Support Group for Men Care Givers *hosted by Rev. Mark Summer (Chapel)*

Thursday, 24th (Cont'd)

- 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 Flex Fusion with Angie (**Wellness Room at Community Event Center**)
- 1:15PM **Broughal Buddies** @ Broughal Middle School. Please RSVP on the ICON App, or to Kara Kitchen at 610-984-4729. (**Meet in Atrium 1:15PM**)
- 1:30-3PM Stitch & Chat (**2nd Floor North Lounge**)
- 2-3PM Ping Pong (**Community Event Center**)
- 2-3PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!* (**Activity Center**)
- 2:30-4PM Zentangle with Maryam (**ZOOM**)
- 4-5:30PM Community Happy Hour! *Non-alcoholic beverages are available.* (**Community Event Center**)
- 7-8PM Great Courses with Bob Burcaw – *Warriors, Queens, and Intellectuals: 36 Great Women before 1400* (**Activity Center**)
- 7-9PM Mahjong (**Card Room at Community Event Center**)

Friday, 25th Chair Zumba is Cancelled

- 10-11AM Community Coffee (**Community Event Center**)
- 11AM-12PM Neighborhood Conversations (**Community Event Center**)
- 11AM-12PM Cornhole (**Atrium**)
- 11:30AM-12:15PM Exercise with Tonya (**Activity Center**)
- 1-1:30PM Episcopal Service with Communion (**Chapel**)
- 1-2PM Bingo (**Activity Center**)
- 🌸 1-2PM **Carnival Mask Creation!** *Create a mask for our Down in New Orleans Soirée. This session is limited to 10 residents** (**Lower Level of Community Event Center**)
- 2PM **Greeting Card Creation!** *Join instructor Liz in creating three greeting cards to take home.* (**2nd Floor North Lounge**)
- 7PM Movie Night – Ben-Hur (Part 1) (**Activity Center**)

Saturday, 26th

- 9-10:30AM Community Coffee (**Atrium**)
- 1-2PM **Spring Terrarium Creation with Kara.** *Create a spring-themed terrarium with succulents and décor.* (**Community Event Center**)

Sunday, 27th

2PM Sunday Worship with Chaplain Molly (Chapel)

2:45-3:30PM Community Fellowship (Atrium)

7:15PM Movie Night – Ben-Hur (Part 2) (Activity Center)

Monday, 28th

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)

1-1:50PM New Topic! Bible Study with Rev. Dr. Mark Summer – The Book of Micah (Chapel OR ZOOM)

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

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

3-4PM Ping Pong (Community Event Center)

6:30-7:30PM Roll the Dice with David! *Play a variety of games such as Win, Lose or Draw, Charades, and more!* (Atrium)

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

🌸 7:30-8:30PM The Big Easy Tasting with Brienna and Rob! *Join dining for a fun night of sampling iconic New Orleans cocktails.* (Main Dining Room)

Tuesday, 29th

9:30-10:30AM Tai Chi with Brian (Wellness Room at Community Event Center)

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

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

1PM Grocery Shopping: Valley Farms. *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)

3-4:30PM Bell Choir Rehearsal (Activity Center)

7-8PM **New Topic!** Great Courses with Martin Richter- *Warping Reality: Inside the Psychology of Cults* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation (Chapel)

7-8:30PM Bingo (Activity Center)

Wednesday, 30th

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

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

10-11AM Qigong with Kevin (**Activity Center**)

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

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

12-1PM **ICON Support with Betsy.** *To make an appointment please contact Betsy at 484-764-4655, or lbrommer@rcn.com.* (**Atrium**)

1-2PM Yoga with Deanna (**Activity Center**)

7PM Movie Night – Heart of Champions (**Activity Center**)

7PM Weather Roundtable! *Join David for discussion on weather and climate focusing on a new topic each week.* (**Lower Level of Community Event Center**)