



*May*

**Community Events**



# May Highlights

## Down in New Orleans Soirée

**Beaded Jewelry Class**- Embrace the spirit of New Orleans by crafting beaded jewelry inspired by Mardi Gras and the city on Thursday, May 15<sup>th</sup> at 1PM in the Activity Center. Please RSVP on the ICON App, or to Life Enrichment at 610-984-4729.

**Feather Arranging**- Help arrange feather centerpieces and decorations for the Soirée on Wednesday, May 21<sup>st</sup> from 1-2PM in the Private Dining Room. Please RSVP on the ICON App, or to Life Enrichment at 610-984-4729.

**Flower Arranging**- Help arrange the floral centerpieces for the Soirée on Thursday, May 22<sup>nd</sup> from 1-2PM in the Private Dining Room. Please RSVP on the ICON App, or to Life Enrichment at 610-984-4729.

**Down in New Orleans Soirée**- An evening dedicated to honoring and celebrating our community on Thursday, May 22<sup>nd</sup> from 5-9PM. The event will commence with check-in at the Atrium, followed by passed hors d'oeuvres and festivities across the Gloria's Patio, Esther's Garden, the Gallery, and Main Dining Room.

**Down in New Orleans Recap Happy Hour**- Watch highlights from our annual soirée at Happy Hour on Friday, May 30<sup>th</sup> at 3PM in the Atrium.

**Dining Updates**- The Upper Deck and Main Dining Room will be closed on Wednesday, May 21<sup>st</sup>, and Thursday, May 22<sup>nd</sup>. The Upper Deck will reopen for lunch with a limited menu on Friday, May 23<sup>rd</sup>, while the Main Dining Room will remain closed. All Continental Breakfasts, and Grab & Go's will be in the Gallery.

- Wednesday, May 21<sup>st</sup>
  - 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 22<sup>nd</sup>
  - Continental Breakfast will be available from 8-10AM.
  - Grab & Go Lunch will be available from 11:30AM-1:30PM.
- Friday, May 23<sup>rd</sup>

- 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 21<sup>st</sup>
  - Chair Zumba & All Events in the Activity Center after 11AM have been cancelled.
- Thursday, May 22<sup>nd</sup>
  - All Wellness classes, and other events in the Activity Center and Community Event Center have been cancelled other than meditation.
- Friday, May 23<sup>rd</sup>
  - All activities prior to 1PM in the Community Event Center and Point 26 Suites Building have been cancelled.

### **Wellness**

**RSVP Date Change-** Due to Memorial Day on Monday, May 26<sup>th</sup> RSVPs for the week of June 2<sup>nd</sup>-6<sup>th</sup> will open on Tuesday, May 27<sup>th</sup> at 12:30PM instead.

**Meditation Retreat** - Join the Bethlehem Present Heart Sangha for a Retreat on Saturday, May 17<sup>th</sup>, from 9AM-12PM in Gloria's Patio (weather permitting). This retreat will celebrate the legacy of the beloved spiritual leader, Thich Nhat Hanh. Thich Nhat Hanh was a Vietnamese Buddhist monk who wrote over 100 books, founded the movement known as "engaged Buddhism," and was actively involved in efforts to end the Vietnam War. Due to his peace work, he was viewed by each side as an agent of the other and barred from the country for a number of years. He was nominated for the Nobel Peace Prize by the late Rev. Dr. Martin Luther King. While in exile, he began the meditation-study retreat known as Plum Village in France. Others have also been founded around the world. The retreat will use some of his meditations and hear/read some of his writings. Many will come from The New Sangha Handbook.

### **Events**

**ESSA Expo-** Stop by the Atrium between 11AM-4PM on Thursday, May 8<sup>th</sup> to meet with ESSA Bank & Trust and learn about their services offered.

**Afternoon Tea Party-** Join us for an afternoon Tea Party on Saturday, May 10<sup>th</sup> at 1PM in the Community Event Center.

The tables will be set, and the water will be hot and ready for tea. You are welcome to bring along your favorite teacup (paper cups will also be available). Please bring a treat- sweet or savory to share. Traditional tea party foods can include tea sandwiches, scones, or individual sweets (cakes, cookies or pastries)

Consider joining the Community Kitchen group on the ICON app to share your recipes. If you don't want to cook, feel free to share a box of tea (bags are preferred).

Please RSVP on the ICON App, or call Life Enrichment at 610-984-4729.

**Plant Swap-** Residents are encouraged to bring cuttings from your houseplants, perennials, or any other plants you would like to share on Friday, May 16<sup>th</sup> from 1-2PM at 584 Village Drive. Due to space limitations please bring no more than 5-6 donations.

### **Donegan, Broughal , Joy Readers, and Moravian Academy Visits**

**Please RSVP for the following events on the ICON App, or by calling Kara at 610-625-4891  
Ext. 233**

**Joy Readers Visit-** Students from Thomas Jefferson Elementary School will visit Moravian Village for an end of the school year lunch celebration on Thursday, May 1<sup>st</sup> at 12PM in Esther's Garden.

**Donegan School Visit-** For residents enrolled in the Donegan Pen Pal program please join us for a visit to Donegan School on May 9<sup>th</sup> to meet your Pen Pal. Residents will Meet in the Atrium at 9AM and will return to Moravian Village by 10:15AM.

**Broughal Visit-** Students from Broughal Middle School will visit Moravian Village for an end of the school year lunch celebration on Thursday, May 15<sup>th</sup> at 1:10PM in Esther's Garden.

**Moravian Academy Visit-** Join students from Moravian Academy's Senior Citizens Service Group on their last visit of the school year. Play games and enjoy pastries with the students to end the visit on Friday, May 16<sup>th</sup> at 10:15AM in Esther's Garden.

## **Performances & Entertainment**

**Moravian Village Bell Choir-** The Moravian Village Bell Choir will present their spring concert on Tuesday, May 6<sup>th</sup> at 3PM in the Atrium.

**Mass in B Minor Livestream-** The Bach Choir of Bethlehem has offered Bach's magnificent Mass in B Minor for more than a century. Watch the livestream of this service in the Main Dining Room on May 10<sup>th</sup> at 2:30PM in the Main Dining Room.

**Moravian Village Choir-** The Moravian Village Singers will present their spring concert on Monday, May 12<sup>th</sup> at 2PM in the Atrium.

## **Artwork at Moravian Village**

**People's Choice Awards-** Vote for your favorite artwork on display of the Point 26 first-floor hallway. Residents can vote for any artwork in the show that does not already have a star on the label. The artist who receives the most votes will receive \$50. To vote residents can fill out a slip in the Atrium on the table across from the front desk.

**Meet the Artists-** On Saturday, May 31<sup>st</sup> from 2-4PM in the Main Dining Room artists from the Bethlehem Palette Club will present on their artwork that is on display at Moravian Village until June.

**Next Art Exhibit-** Once the current art display is removed in early July, the art committee intends to showcase resident selections until October. Those interested in participating should reach out to Nancy Young via email at [ndyoungbraid@gmail.com](mailto:ndyoungbraid@gmail.com). The delivery date will be determined after the wall painting is finished. All art pieces must include a wire for hanging and feature a brief description on a 2 x 3 card, highlighting information about the owner and the piece's significance. This card should be attached to the artwork. The piece does not have to be a traditional picture; it can be handmade and one-of-a-kind.

## **Presentations & Discussions**

**Great Courses with Martin-** Resident Martin Richter will begin a new Great Courses Topic "How Railroads Transformed the World" on Tuesday, May 20<sup>th</sup> at 7PM in the Community Event Center.

**Wendy Littner Thomson-** Wendy Littner Thomson will return to Moravian Village on Wednesday, May 28<sup>th</sup> at 2:30PM in the Main Dining Room and will present on "Another Day, Another Loss: coping with non-death losses as we age." Losses come in a variety of ways. How we cope and deal with them is what we can direct our energy towards.

### **Bus Trips**

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

**Bethlehem School District Alumni Band Concert-** This group began celebrating a milestone anniversary at Liberty High School several years ago and has since grown to include all alumni from the Bethlehem Area School District. The concert is scheduled for Sunday, May 4<sup>th</sup>, and residents will Meet in the Atrium at 2:30PM.

**Cedar Crest Mayfair-** Enjoy the 30-year tradition of art, crafts, food, music, and performances at Cedar Crest College on Saturday, May 24<sup>th</sup>. Meet in the Atrium at 12PM, residents will depart Cedar Crest at 2:30PM.

**Allentown Art Museum-** Visit the Allentown Art Museum and enjoy a guided tour on Friday, May 30<sup>th</sup>. Residents will meet in the Atrium at 12:45PM. The tour cost is \$12 per person and will be billed to your monthly statement. Residents must sign up by May 19<sup>th</sup>.

### **June Bus Trips**

**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 Rochester Red Wings on Friday, June 20<sup>th</sup> and enjoy post-game fireworks. Registered residents will meet in the Atrium at 5:30PM. Please RSVP by Monday, May 19<sup>th</sup>. Tickets are \$18 and will be charged to your monthly statement.

### **Creative Expressions**

**Greeting Cards-** Instructor Liz will lead residents in creating three greeting cards on Monday, May 5<sup>th</sup> at 3PM in the 2nd Floor North Lounge. **RSVPs will open Monday, April 28<sup>th</sup>.**

**Beaded Jewelry Class**- Embrace the spirit of New Orleans by crafting beaded jewelry inspired by Mardi Gras and the city on Thursday, May 15<sup>th</sup> at 1PM in the Activity Center. **RSVPs will open Monday, May 5<sup>th</sup>.**

### **Spiritual Life**

**Adventures in Faith**- Come and journey together with spend time sharing God's words and stories with Chaplain Molly on Thursday, May 8<sup>th</sup> at 2PM in the Chapel.

**Rev. Dr. Mark Summer**- Join Rev. Dr. Mark Summer for a presentation on "Prayer: Universal Practice and Personal Experience." In this session on Wednesday, May 14<sup>th</sup> at 2:30PM in the Main Dining Room, Mark will delve into the concept of prayer across various world religions and share insights from his own personal understanding.

### **Dining**

**Mother's Day Brunch**- Sunday, May 11<sup>th</sup> 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 26<sup>th</sup> at 11:30AM, 11:45AM, 12:30PM, 12:45PM, 1PM, and 1:30PM. Please call Dining at Ext.335 for reservations.

### **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, May 25<sup>th</sup>

**2PM** Worship with Chaplain Molly – Every Sunday

**3PM** Catholic Mass – Sunday, May 18<sup>th</sup>

# May Events

## **Located in Point 26 Suites:**

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

## **Located in Market Street Cottages:**

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

### **Thursday, 1<sup>st</sup>**

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

2-3PM Ping Pong (Community Event Center)

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

7-8PM Great Tours with Bob Burcaw – *Iceland* (Activity Center)

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

### **Friday, 2<sup>nd</sup>**

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 Cornhole (Atrium)

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

1-2PM Bingo (Activity Center)

3PM Gloria's Patio Reopening & Celebration! *Join us for drinks, hors d'oeuvres, and to celebrate the reopening of the former North Patio.* (Gloria's Patio)

7PM Movie Night – The Enchanted Cottage (Activity Center)



### **Saturday, 3<sup>rd</sup>**

9-10:30AM Community Coffee (Atrium)

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

### **Sunday, 4<sup>th</sup>**

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

2:30PM Bus Trip: Bethlehem School District Alumni Band Concert. *RSVP on the ICON App, or call Kara at 610-984-4729.* (Meet in the Atrium at 2:30PM)

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

7:15PM Movie Night – State Fair (Part 1) (Activity Center)

### **Monday, 5<sup>th</sup> Bible Study is Cancelled**

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)

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

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

3PM Greeting Card Creation! *Join instructor Liz in creating three greeting cards to take home.* (2<sup>nd</sup> Floor North Lounge)

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, 6<sup>th</sup>**

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)

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, 6<sup>th</sup> (Cont'd)**

1:30-2:30PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!*  
(Activity Center)

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

3PM Performance: Bell Choir Spring Concert (Atrium)

7-8PM 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, 7<sup>th</sup>**

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](mailto:lbrommer@rcn.com).* (Atrium)

1-2PM Yoga with Deanna (Activity Center)

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

7PM Movie Night – State Fair (Part 2) (Activity Center)

## **Thursday, 8<sup>th</sup>**

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

11AM-4PM ESSA Expo! *Stop by to learn more about ESSA Bank & Trust and the services offered.* (Atrium)

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 (2<sup>nd</sup> Floor North Lounge)

### **Thursday, 8<sup>th</sup> (Cont'd)**

2-3PM Ping Pong (Community Event Center)

2-3PM 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 Tours with Bob Burcaw – *Iceland* (Activity Center)

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

### **Friday, 9<sup>th</sup>**

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

9AM-10:15AM Donegan School Visit. *Residents participating in the Donegan Pen Pal program have the opportunity to visit Donegan School to meet their pen pal in person.* (Meet in Atrium at 9AM)

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

10-11AM Community Coffee (Community Event Center)

11AM-12PM Cornhole (Atrium)

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

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

1-2PM Bingo (Activity Center)

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

### **Saturday, 10<sup>th</sup>**

9-10:30AM Community Coffee (Atrium)

1-2:30PM Afternoon Tea Party. *Please bring along a treat to share, or a box of tea.*  
(Community Event Center)

2:30-3:30PM Bach Choir Livestream: *Mass in B Minor* Part 1 (Main Dining Room)

4:30-5:30PM Bach Choir Livestream: *Mass in B Minor* Part 2 (Main Dining Room)

### **Sunday, 11<sup>th</sup>**

11:30AM-1:30PM Mother's Day Brunch. *Please call Dining at Ext.335 for reservations.* (Main Dining Room)

2PM Sunday Worship with Chaplain Molly (Chapel)

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

### **Sunday, 11<sup>th</sup> (Cont'd)**

7:15PM Movie Night – Little Women (Activity Center)

### **Monday, 12<sup>th</sup> Bible Study is Cancelled**

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)

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

2-3PM Performance: Moravian Village Singers Choir Concert (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, 13<sup>th</sup>**

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)

1:30-2:30PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!* (Activity Center)

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

7-8PM 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, 14<sup>th</sup>**

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

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

### **Wednesday, 14<sup>th</sup> (Cont'd)**

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](mailto:lbrommer@rcn.com).* (Atrium)

1-2PM Yoga with Deanna (Activity Center)

2:30PM Spiritual Life Presentation: Rev. Dr. Mark Summer *presenting on "Prayer: Universal Practice and Personal Experience."* (Main Dining Room)

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

7PM Movie Night – Coda (Activity Center)

### **Thursday, 15<sup>th</sup> Meditation with Kristel is Cancelled**

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

1-2PM Flex Fusion with Angie (Wellness Room at Community Event Center)

2-2:30PM Catholic Mass (Chapel)

2-3PM Ping Pong (Community Event Center)

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

7-8PM Great Tours with Bob Burcaw – *Iceland* (Activity Center)

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

### **Friday, 16<sup>th</sup>**

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

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.* (Esther's Garden)

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

10-11AM Community Coffee (Community Event Center)

11AM-12PM Cornhole (Atrium)

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

### **Friday, 16<sup>th</sup> (Cont'd)**

1-2PM Bingo (Activity Center)

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)

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

7PM Movie Night – The Life List (Activity Center)

### **Saturday, 17<sup>th</sup>**

9-10:30AM Community Coffee (Atrium)

9AM-12PM Meditation Retreat *presented by the Bethlehem Present Heart Sangha* (Gloria's Patio)

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

### **Sunday, 18<sup>th</sup>**

2PM Sunday Worship with Chaplain Molly (Chapel)

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

7:15PM Movie Night – The Storied Life of A.J Fikry (Activity Center)

### **Monday, 19<sup>th</sup> Chair Zumba is Cancelled**

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

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

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

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

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)

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, 20<sup>th</sup>**

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)

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

1:30-2:30PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!* (Activity Center)

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

7-8PM **New Topic!** Great Courses with Martin Richter – *How Railroads Transformed the World* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation (Chapel)

7-8:30PM Bingo (Activity Center)

## **Wednesday, 21<sup>st</sup> Chair Zumba & All Activities after 11AM are Cancelled**

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

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-1:30PM Grab & Go Lunch (Gallery)

✿ 1-2PM Feather Arranging for Down in New Orleans! (Private Dining Room)

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

## **Thursday, 22<sup>nd</sup>**

*To prepare for our annual soiree, all activities and wellness classes other than meditation have been cancelled.*

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

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

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

### **Thursday, 22<sup>nd</sup> (Cont'd)**

✿ 1-2PM Flower Arranging for Down in New Orleans! (Private Dining Room)

✿ 5-9PM **Down in New Orleans!** *An evening to celebrate all of our Moravian Village Community Members! (Check In Begins in Atrium)*

### **Friday, 23<sup>rd</sup>**

*To reset after the soiree all regularly scheduled Moravian Village activities prior to 1PM 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 re-opening at lunch. (Gallery)*

1-2PM Bingo (Activity Center)

1:30PM Episcopal Service with Communion (Chapel)

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

7PM Movie Night – The Founder (Activity Center)

### **Saturday, 24<sup>th</sup>**

9-10:30AM Community Coffee (Atrium)

12PM Bus Trip! Cedar Crest Mayfair. *Enjoy art, crafts, food, music, performances and more! Residents will depart from Cedar Crest at 2:30PM. (Meet in the Atrium at 12PM)*

### **Sunday, 25<sup>th</sup>**

2PM Sunday Worship with Chaplain Molly (Chapel)

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

7:15PM Movie Night – The Promised Hearts (Activity Center)

### **Monday, 26<sup>th</sup> Meditation, Full Body Stretch, Circuit Training, and Exercise with Tonya is Cancelled**

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

11:30AM-1:30PM Memorial Day Picnic Buffet. *Please call Dining at Ext. 335 for reservations. (Main Dining Room)*

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

3-4PM Ping Pong (Community Event Center)



### **Monday, 26<sup>th</sup> (Cont'd)**

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, 27<sup>th</sup> RSVPs open at 12:30PM**

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)

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)

1:30-2:30PM Intermediate Bingo. *Learn how to play bingo or sharpen your skills!* (Activity Center)

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

7-8PM **New Topic!** Great Courses with Martin Richter – *How Railroads Transformed the World* (Lower Level of Community Event Center)

7-8PM Present Heart Sangha Meditation (Chapel)

7-8:30PM Bingo (Activity Center)

### **Wednesday, 28<sup>th</sup>**

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](mailto:lbrommer@rcn.com).* (Atrium)

1-2PM Yoga with Deanna (Activity Center)

2:30PM **Presentation:** Wendy Littner Thomson *presenting on "Another Day, Another Loss: Coping with non-death losses as we age."* (Main Dining Room)

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

7PM Movie Night – The Lady Champions (Activity Center)

### **Thursday, 29<sup>th</sup> Zentangle is Cancelled**

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

2-3PM Ping Pong (Community Event Center)

7-8PM Great Tours with Bob Burcaw – *Iceland* (Activity Center)

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

### **Friday, 30<sup>th</sup>**

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 Cornhole (Atrium)

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

12:45-3PM **Bus Trip!** Allentown Art Museum Guided Tour. *Trip cost is \$12 and will be billed to your monthly statement. Please RSVP on the ICON App, or to Kara at 610-984-4729 by May 19<sup>th</sup>. Residents will depart Allentown Art Museum at 3PM. (Meet in the Atrium at 12:45PM)*

1-2PM Bingo (Activity Center)

3-4:30PM Down in New Orleans Recap Happy Hour! *Watch highlights from our annual soirée. Non-alcoholic beverages are available.* (Atrium)

7PM Movie Night – The Butler (Activity Center)

### **Saturday, 31<sup>st</sup>**

9-10:30AM Community Coffee (Atrium)

2-4PM **Meet the Artist:** Bethlehem Palette Club. *Learn about the selected artists and their artwork on display at Moravian Village until July.* (Main Dining Room)