



October

October Highlights

Bus Trips

RSVP on the ICON App, or by calling Life Enrichment.

Steel Weekend- Steel Weekend returns to the National Museum of Industrial History. Residents can enjoy guest speakers, pop-up exhibits, live demonstrations, and a performance by the Bethlehem Steel Company Legacy Band on Sunday, October 12th. Residents will meet in the Atrium at 1:15PM.

Bach at Noon- Enjoy music from the Bach Choir of Bethlehem on Tuesday, October 14th at the Central Moravian Church. Residents will meet in the Atrium at 11:30AM.

Allentown Art Museum- A guided tour will be lead at the Allentown Art Museum focusing on unusual and unexpected quilts from the 1800s- the century when quilt-making rose to prominence as an American art form. Residents will meet in the Atrium at 1PM on Friday, October 17th. Tickets are \$12 and will be billed to your monthly statement, please RSVP by Wednesday, October 8th.

Palmer Park Mall- Residents can shop at Boscov's and other stores on Wednesday, October 22nd. Residents will meet in the Atrium at 10:30AM and depart the mall at 1PM.

World Heritage Walking Tour- Join Dan Soos on a walking tour of the World Heritage Bethlehem Area Moravian (BAM) held sites on Friday, October 24th. Residents will meet in the Atrium at 11AM. The tour will be historical in nature, Bethlehem Area Moravian specific and Dan will highlight the World Heritage Process. The tour will last approximately 1 ½ hours and residents must be able to walk for duration of the tour.

Charity Fair

Charity Fair- Join us for the Third Annual Charity Fair on October 25th from 1-4PM in the Atrium where residents and staff will be selling homemade and personal items to raise money for local charities of their choice. If you are interested in being a vendor, please contact Kara Kitchen at 610-625-4891 ext. 233, or at kkitchen@moravianvillage.com

Community Kitchen

RSVP on the ICON App, or by calling Life Enrichment. Registration will open a week before each event on Monday at 12:30PM.

Easy Air Fryer Meals- Judy Williams, Beth Ellis, and Nancy Miltenberger will lead a class on Saturday, October 4th at 1PM, focusing on air fryers and how to create easy meals using them!

No Bake Apple “Donuts”- Life Enrichment Manager Kara, and residents Kate Ranieri and Betsy Brommer will create no-bake apple donuts with a variety of toppings on Monday, October 13th at 3PM in the Private Dining Room.

Fall Tea Party- Join us for an afternoon Fall Tea Party on Saturday, October 18th 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.

Creative Expressions

RSVP on the ICON App, or by calling Life Enrichment. Registration will open a week before each event on Monday at 12:30PM.

Greeting Card Creation- Liz will lead residents in creating three greeting cards on Monday, October 6th at 3PM in the 2nd Floor North Lounge.

Fall Book-Binding Workshop- Emma Ryan will guide residents in a book-binding workshop on Saturday, October 18th, at 11AM in the 2nd Floor North Lounge. Residents will have the opportunity to use autumn-themed stamps and colors to craft a seasonal book.

Pumpkin Mum Planting- Join Kara in planting a mum in a pumpkin for the fall season on Friday, October 17th at 10AM in the Activity Center.

Dining

Oktoberfest Dinner- Celebrate Oktoberfest on Thursday, October 2nd in the Main Dining Room from 4:30-6PM, please call Dining at Ext. 335 for reservations. Music by the John Stevens Polka Band will take place from 7-8:30PM in Esther's Garden (weather permitting)

Wine Tasting- Vintage Imports will present this month's wine tasting on Monday, October 27th at 7:30PM.

Halloween Dinner- Friday, October 31st from 4:30-6PM in the Main Dining Room, please call Dining at Ext. 335 for reservations.

Entertainment

John Stevens Polka Band- The John Stevens Polka Trio will bring it's high energy polka music to Moravian Village on Thursday, October 2nd from 7-8:30PM in Esther's Garden (weather permitting).

Regina Sayles- Regina Sayles' acoustic-driven melodies connect you to the everyday human condition. As a vocal chameleon, Regina sings to the center of life's heart strings. Join her for a performance on Wednesday, October 22nd at 7PM of classic songs you'll know and can sing along to in the Atrium.

Parkland High School Strolling Strings- The Strolling Strings group from Parkland High School will return to Moravian Village for a roving performance on Friday, October 31st at 1PM in the Atrium.

Events

Welcome to the Village- Meet new residents during this specialty Happy Hour on Friday, October 3rd from 3-4:30PM in Esther's Garden (weather permitting)!

Fall Potluck- Bring your favorite dish to share with your neighbors on Thursday, October 23rd, from 5-6:30PM in the Community Event Center. Last Names A-G bring a Side Dish, H-P a Main Dish, Q-Z a Dessert. RSVP on ICON, or to Life Enrichment at 610-984-4729 by Friday, October 17th. *Residents are welcome to BYOB – no alcohol will be provided*.

Pink Out Happy Hour- Join Moravian Village in going PINK for support of Breast Cancer Awareness Month. Wear your pink on Friday, October 17th at 3PM in the Atrium.

Moravian Academy Visit- Students from Moravian Academy will visit to play games with the residents on Monday, October 27th. The students will arrive at 10:20AM.

Games

Chess- If any residents are interested in playing chess, please contact Ernie Diefender at 609-864-8782 or at ernied45@msn.com.

Game Night- The game LRM will take place at the Community Event Center on Saturday, October 18th at 7PM. No skill or strategy is required to play; please bring 3 Quarters.

GO Icon Support

Support with Betsy- Resident Betsy Brommer will be offering tech support for the ICON App every Wednesday from 12-1:30PM. October 1st, 8th, and 15th will take place in the Atrium, and October 22nd and 29th will take place in the Community Event Center. Please contact Betsy at 484-764-4655 or lbrommer@rcn.com to set up an appointment.

Presentations & Discussions

Discussions with David- Life Enrichment Manager David will host a weekly discussion every Wednesday at 7PM in the Atrium, where he will gather resident suggestions and facilitate engaging conversations based on those ideas.

Dr. Joseph Szmania- Join Moravian Village resident Dr. Szmania as he presents on “The Budget Deficit & National Debt: The Road Ahead” and reviews our current trajectory and proposals for reform on Wednesday, October 1st at 2:30PM in the Main Dining Room.

Astound Info Session- Astound will cover the rollout of the IPTV Platform on Wednesday, October 8th at 10AM in the Main Dining Room.

Rooted Film Showing- In the mid-1970s, as Bethlehem Steel began its long decline into bankruptcy, a different kind of legacy was being seeded. Rooted follows the story of a group of artists who devoted their lives to art and performance creation in Bethlehem, Pennsylvania. The film explores their creative paths, the values that shaped their work, and the lasting impact they have had on their community—and generations of future art creators. Watch this film on Wednesday, October 8th at 2PM in the Main Dining Room.

New Great Courses with Bob Burcaw- Beginning on Thursday, October 16th at 7PM Bob Burcaw will begin the topic of “The Surprising Lives of Christian Saints” which will examine the remarkable tales of faith that shape the history of Christianity.

New Great Courses with Martin Richter- Beginning on Tuesday, October 21st at 7PM in the Community Event Center Martin will begin the topic of "Why Insects Matter: Earth's Most Essential Species"

Rachel Anthony- Rachel received her Bachelor of Science degree from Pennsylvania State University in Communication Disorders. Rachel also holds a degree in Hearing Instrument Science from Burlington County College. She is a member of the Pennsylvania Hearing Healthcare Association and is a registered/licensed Hearing Aid Specialist in the state of Pennsylvania and New Jersey. She will present on Wednesday, October 29th at 2:30PM in the Main Dining Room about hearing aids and how they work with speech.

Spiritual Life

Catholic Mass- The Catholic Mass Service will take place on Tuesday, October 14th at 2PM in the Chapel.

Episcopal Service- The Episcopal Service will take place on Friday, October 24th at 1PM in the Chapel.

Wellness

Registration- Signing up is required for all wellness classes. Registration opens each week on Mondays at 12:30PM for the following week. Residents can register through the ICON App, or by calling Life Enrichment.

Vaccines with Hartzell's Pharmacy- On October 1st, 15th, 29th, and November 12th Hartzell's will offer immunizations for the Flu, COVID-19, RSV, Pneumonia, Shingles, Tetanus, and others upon request. To make an appointment please call 610-264-5471.

Meditation with Kristel- Kristel will be unavailable throughout the month of October; however, a recording of her meditation class will still be offered. Join us for the sessions at the following times and locations:

- Mondays at 9:15AM in the Community Event Center
- Wednesdays at 10:45AM in the Chapel
- Thursdays at 1:00 PM in the Chapel

Yoga with Deanna- Join Deanna for a hybrid yoga class on Wednesdays at 1PM in the Activity Center. The class will begin with warm-ups in the chair, progress to standing work using the chair as needed for balance, and finish with stretches and cool-down on the floor. Each week, there is a new creative theme to class based on seasonal topics as well as topics to assist you in your strength and vitality. We work on things like balance, strength, mobility, breathing, calming the mind, and much more. All are welcome. If you cannot get on the floor, you can also finish class in a chair.

Forever-Fit with Cindy- Forever Fit is a fun, energizing class taking place on Saturdays (other than October 4th) and is designed for residents who want to stay strong, mobile, and full of life. This low-impact class blends light to moderate weight training with dynamic stretching to improve strength, flexibility, and balance. You'll build muscle, support joint health, and increase daily energy—while moving at a pace that honors your body. Whether you're new to fitness or getting back into a routine, Forever-Fit is a supportive space where you'll move, laugh, and feel good from head to toe. Because fit isn't about age—it's about how you feel.

Senior Fit Testing- Functional Pathways will host Senior Fit Testing on Monday, October 6th from 11AM-2PM. Please contact Tonya at 610-625-4885 ext. 236 to make an appointment.

Blue Zones Film Showing- The final showing of the Live to 100: Secrets of the Blue Zones will take place on Tuesday, October 7th at 11AM in the Main Dining Room and will showcase Singapore and will analyze the United States and if we can create new Blue Zones in our rapidly changing world.

Unwind & Design- Find relaxation through crocheting & yoga with Shelby on Friday, October 10th at 3:30PM in the Activity Center.

Meditation Retreat- The Present Heart Sangha Meditation group will present a meditation retreat on Saturday, October 11th from 11:30AM-2:30PM in the Chapel.

Sound Bath & Guided Meditation Workshop- Ashley will lead a sound bath and guided meditation workshop on Saturday, October 11th at 11AM in the Community Event Center. This workshop is geared towards reducing stress, mindful movement, and nourishment with breast cancer awareness intentions. *The workshop has limited attendance.*

- Participants will be seated comfortably, either lying on a mat with blankets and pillows for enhanced relaxation or sitting in a chair, positioned in a way that promotes comfort. The guided meditation will facilitate a profound connection between each individual and their physical body. The strategic use of crystal singing bowls, tuning forks, rain sticks, and other instruments will generate healing sound waves, cleanse participants' energy fields and foster harmony within the nervous system. This holistic experience offers healing benefits, increases awareness, and may stimulate visualizations

Looking Ahead to November

Donegan Pen Pal Program- Residents are invited to participate in a monthly letter-writing program for the 4th and 5th grade students involved in Donegan Elementary School's student council. Letters can be either handwritten or typed. If you're interested in joining this program, please contact Kara at 610-625-4891, extension 233.

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. The Wellness Videos can also be found on the ICON App under the Wellness Section.

Wellness Classes:

10AM Exercise with Tonya

11AM Qigong with Kevin

12PM Yoga with Deanna

October Events

Located in Point 26 Suites:

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

Located in Market Street Cottages:

Community Event Center Larry's Garden

Life Enrichment Number: 610-984-4729 or 610-625-4891 ext. 233

Wednesday, 1st		
9-9:45AM	Chair Zumba with Danny	Activity Center
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event Center
9AM-12PM	Hartzell's Pharmacy Vaccines. <i>Residents must make an appointment by calling 610-264- 5471 ext.407 or email mymedsync@hartzells.com.</i>	Wellness Office in Point 26 Suites Building
10-11AM	Qigong with Kevin	Activity Center
10:45-11:15AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Community App Support <i>with Betsy Brommer. Please contact Betsy at 484-764-4655 or lbrommer@rcn.com to set up an appointment.</i>	Atrium
1-2PM	Yoga with Deanna	Activity Center
2:30PM	Resident Speaker: Joseph Szmania presenting on "The Budget Deficit & National Debt: The Road Ahead."	Main Dining Room

Wednesday, 1st (Cont'd)		
7PM	Movie Night- The Penguin Lessons	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 2nd Great Courses is Cancelled		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10-11AM	Parkinson's Support Group	Private Dining Room
10:30-11:30AM	Suite Resident Association Meeting. <i>All Suite Residents are Welcome.</i>	Main Dining Room
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Mat-Mindful Movement with Ashley	Wellness Room at Community Event Center
1-1:30PM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
4:30-6PM	Oktoberfest Dinner! <i>Call Dining at Ext. 335 for reservations.</i>	Main Dining Room
7-8:30PM	Oktoberfest Performance! John Stevens Polka Band	Esther's Garden
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 3rd		
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

Friday, 3rd (Cont'd)		
10:15AM	Joy Readers @ Thomas Jefferson Elementary School. <i>Registered volunteers please RSVP on the ICON App, or contact Kara.</i>	Meet in the Atrium
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
3-4:30PM	Welcome to the Village! <i>Meet new residents during this special happy hour!</i>	Atrium

Saturday, 4th		
9-10:30AM	Community Coffee	Atrium
2-3:30PM	Community Kitchen: Easy Air Fryer Meals. <i>Presented by Judy Williams, Beth Ellis, and Nancy Miltenberger.</i>	Community Event Center
2:30PM	Saturday Series – Eric (Episodes 1 & 2)	Activity Center

Sunday, 5th		
2PM	Sunday Worship and Communion	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night- Our Soles at Night	Activity Center

Monday, 6th		
9:15-9:45AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
10-10:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Full Body Stretch with Shelby	Activity Center
11AM-2PM	Senior Fit Testing. <i>RSVP to Tonya at 610-625-4885 ext 236.</i>	Fitness Center in Point 26 Suites
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	Circuit Training with Jackie	Activity Center

Monday, 6th (Cont'd)		
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
2-3PM	Moravian Village Singers Choir Rehearsal	Atrium
3PM	Greeting Cards with Liz. <i>Create three greeting cards to take home!</i>	2 nd Floor North Lounge
3-4PM	Ping Pong	Community Event Center
7-8PM	Roll the Dice with David! <i>Play a variety of games.</i>	Atrium
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 7th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Wegmans	Meet in the Atrium
11AM-12PM	Blue Zones Film Showing: The Future of Longevity.	Main Dining Room
1-1:45PM	Total Conditioning with Angie	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
1:30-2:30PM	Intermediate Bingo! <i>For residents looking to sharpen their skills or learn how to play.</i>	Activity Center
2-4PM	Mahjong	Card Room at Community Event Center
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	Great Masters with Martin Richter: Stravinsky – His Life & Music	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 8th		
9-9:45AM	Chair Zumba with Danny	Activity Center

Wednesday, 8th (Cont'd)		
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event Center
10-11AM	Qigong with Kevin	Activity Center
10-11AM	Info Session with Astound <i>regarding IPTV Platform.</i>	Main Dining Room
10:45-11:15AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Community App Support <i>with Betsy Brommer. Please contact Betsy at 484-764-4655 or lbrommer@rcn.com to set up an appointment.</i>	Atrium
1-2PM	Yoga with Deanna	Activity Center
2-3:15PM	Rooted Film Showing. <i>This film explores their creative paths, the values that shaped their work, and the lasting impact they have had on their community—and generations of future art creators</i>	Main Dining Room
7PM	Movie Night- Young Sheldon	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 9th Fit & Strong with Angie is Cancelled		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10AM	Support Group for Men. <i>Hosted by Rev. Dr. Mark Summer.</i>	Chapel
10-11AM	Parkinson's Support Group	Private Dining Room
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Mat-Mindful Movement with Ashley	Wellness Room at Community Event Center

Thursday, 9th (Cont'd)		
1-1:30PM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
1:30-3PM	Stitch & Chat	2 nd Floor North Lounge
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
4-5:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
7-8PM	Final Session: Great Tours with Bob Burcaw – Germany & Austria	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 10th		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
9-9:45AM	Pop Up Class! Yoga Tone with Jackie	Activity 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
2:30PM	Meet the Artists! <i>Learn about the artwork displayed along the 1st Floor of the Point 26 Suites building.</i>	Main Dining Room
3:30PM	Unwind & Design with Shelby. <i>Find relaxation through Crocheting and Yoga.</i>	Activity Center

Saturday, 11th		
9-10:30AM	Community Coffee	Atrium
10-10:45AM	Forever-Fit Exercise with Cindy	Activity Center

Saturday, 11th (Cont'd)		
11AM-12:30PM	Sound Bath & Guided Meditation Workshop. <i>Workshop has limited attendance, please RSVP on the ICON App, or by calling Life Enrichment.</i>	Community Event Center
11:30AM-2:30PM	Meditation Retreat! <i>Presented by the Present Heart Sangha Meditation</i>	Chapel
2:30PM	Saturday Series – Eric (Episodes 3 & 4)	Activity Center

Sunday, 12th		
1:15-4PM	Bus Trip: Steel Weekend. <i>Enjoy guest speakers, pop up exhibits, demonstrations, and performances.</i>	Meet in the Atrium
2PM	Sunday Worship	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – Inherit the Wind	Activity Center

Monday, 13th Chair Zumba is Cancelled		
9:15-9:45AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
10-10:45AM	Full Body Stretch with Shelby	Activity Center
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	Circuit Training with Jackie	Activity Center
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
2-3PM	Moravian Village Singers Choir Rehearsal	Atrium
3-4PM	Community Kitchen: No Bake Apple “Donuts”	Private Dining Room
3-4PM	Ping Pong	Community Event Center
7-8PM	Roll the Dice with David! <i>Play a variety of games.</i>	Atrium

Monday, 13th (Cont'd)		
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 14th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
9:30AM & 1:30PM	Time Change! Grocery Shopping: Valley Farms	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Angie	Activity Center
11:30AM-1PM	Bus Trip: Bach at Noon at Central Moravian Church	Meet in the Atrium
1-1:45PM	Total Conditioning with Angie	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
1-2PM	Time Change! Intermediate Bingo! <i>For residents looking to sharpen their skills or learn how to play.</i>	Activity Center
2-2:30PM	Catholic Mass	Chapel
2-4PM	Mahjong	Card Room at Community Event Center
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	Great Courses with Martin Richter: <i>"Why Insects Matter: Earth's Most Essential Species"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 15th Chair Zumba is Cancelled		
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event Center
9AM-12PM	Hartzell's Pharmacy Vaccines. <i>Residents must make an appointment by calling 610-264-5471 ext.407 or email mymedsync@hartzells.com.</i>	Wellness Office in Point 26 Suites Building

Wednesday, 15th (Cont'd)		
10-11AM	Qigong with Kevin	Activity Center
10:45-11:15AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Community App Support <i>with Betsy Brommer. Please contact Betsy at 484-764-4655 or lbrommer@rcn.com to set up an appointment.</i>	Atrium
1-2PM	Yoga with Deanna	Activity Center
7PM	Movie Night- Annie	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 16th		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10-11AM	Parkinson's Support Group	Private Dining Room
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Mat-Mindful Movement with Ashley	Wellness Room at Community Event Center
1-1:30PM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
7-8PM	New Topic! Great Courses with Bob Burcaw – The Surprising Lives of the Christian Saints	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 17th Chair Zumba is Cancelled		
9AM	Pop Up Class! Yoga Tone with Jackie	Wellness Room at Community Event Center
10-11AM	Community Coffee	Community Event Center
10-10:30AM	Pumpkin Mum Planting <i>with Kara</i>	Activity Center
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
1-3PM	Bus Trip: Allentown Art Museum – Guided Tour of “Cutting Edge: Inventive Nineteenth-century Quilts” Exhibit.	Meet in the Atrium at 1PM
3-4:30PM	Pink Out Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium

Saturday, 18th		
9-10:30AM	Community Coffee	Atrium
10-10:45AM	Forever-Fit Exercise with Cindy	Wellness Room at Community Event Center
11AM-12:30PM	Fall Book-Binding Workshop. <i>Led by Emma Ryan</i>	2 nd Floor North Lounge
1-2:30PM	Potluck Tea Party! <i>Bring a sweet or savory treat to share, if you prefer not to cook bring along a box of tea.</i>	Community Event Center
2:30PM	Saturday Series- Eric (Episodes 5 & 6)	Activity Center
7PM	Game Night – LRM. <i>No skill or strategy is required; please bring 3 Quarters to play.</i>	Community Event Center

Sunday, 19th		
2PM	Sunday Worship	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Sunday, 19th (Cont'd)		
7:15PM	Movie Night – Searching for Bobby Fisher	Activity Center

Monday, 20th		
9:15-9:45AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
10-10:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Full Body Stretch with Shelby	Activity Center
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	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
3-4PM	Ping Pong	Community Event Center
7-8PM	Roll the Dice with David! <i>Play a variety of games.</i>	Atrium
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 21st		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Giant	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Angie	Activity Center
1-1:45PM	Total Conditioning with Angie	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
1:30-2:30PM	Intermediate Bingo! <i>For residents looking to sharpen their skills or learn how to play.</i>	Activity Center
2-4PM	Mahjong	Card Room at Community Event Center
3-4:30PM	Bell Choir Rehearsal	Activity Center

Tuesday, 21st (Cont'd)		
7-8PM	Great Courses with Martin Richter: <i>"Why Insects Matter: Earth's Most Essential Species"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 22nd Discussions with David is Cancelled		
9-9:45AM	Chair Zumba with Danny	Activity Center
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event Center
10-11AM	Qigong with Kevin	Activity Center
10:30AM-1PM	Bus Trip: Palmer Park Mall. <i>Shop at Boscov's and other stores!</i>	Meet in the Atrium
10:45-11:15AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Community App Support with Betsy Brommer. <i>Please contact Betsy at 484-764-4655 or lbrommer@rcn.com to set up an appointment.</i>	Community Event Center
1-2PM	Yoga with Deanna	Activity Center
7PM	Movie Night- Redeeming Love	Activity Center
7-8PM	Performance: Regina Sayles <i>performing classic songs you'll know and can sing along to!</i>	Atrium

Thursday, 23rd Fit & Strong with Angie is Cancelled		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10AM	Support Group for Men. <i>Hosted by Rev. Dr. Mark Summer.</i>	Chapel
10-11AM	Parkinson's Support Group	Private Dining Room

Thursday, 23rd (Cont'd)		
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Mat-Mindful Movement with Ashley	Wellness Room at Community Event Center
1-1:30PM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
1:25PM	Broughal Buddies. <i>Registered volunteers please RSVP on the ICON App, or contact Kara.</i>	Meet in the Atrium
1:30-3PM	Stitch & Chat	2 nd Floor North Lounge
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
5-6:30PM	Fall Potluck! <i>Bring a dish to share with neighbors.</i>	Community Event Center
7-8PM	New Topic! Great Courses with Bob Burcaw – The Surprising Lives of the Christian Saints	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 24th		
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
11AM-1PM	Bus Trip: World Heritage Walking Tour. <i>Led by Dan Soos, CEO.</i>	Meet in the Atrium at 11AM
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:30PM	Episcopal Service with Communion	Chapel
1:30-2:30PM	Time Change! Bingo	Activity Center

Saturday, 25th		
9-10:30AM	Continental Community Coffee	Gallery
10-10:45AM	Forever-Fit Exercise with Cindy	Activity Center
1-4PM	Charity Fair. <i>Moravian Village Staff & Residents will sell homemade items to raise money for charities of their choice.</i>	Atrium
2:30PM	Matinee Movie- Abandoned Man	Activity Center

Sunday, 26th		
2PM	Sunday Worship	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – Second Chances	Activity Center

Monday, 27th Circuit Training is Cancelled		
9:15-9:45AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
10-10:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Full Body Stretch with Shelby	Activity Center
10:20-11AM	Moravian Academy Visit!	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
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	Time Change! Roll the Dice with David! <i>Play a variety of games.</i>	Atrium
7:30PM	Wine Tasting with <i>Vintage Imports</i>	Main Dining Room
7-9PM	Mahjong	Card Room at Community Event Center

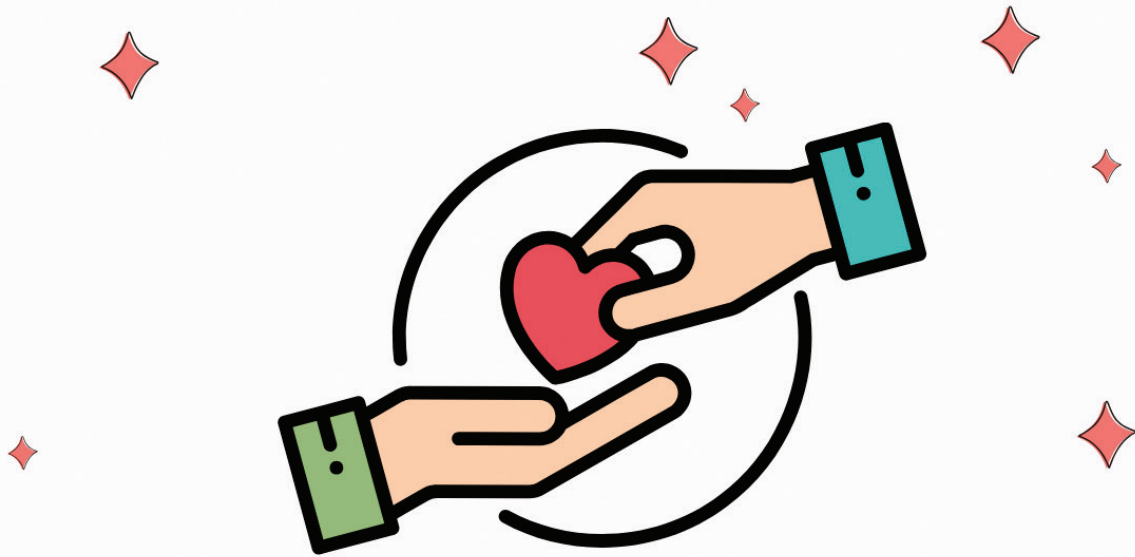
Tuesday, 28th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Wegmans	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Angie	Activity Center
1-1:45PM	Total Conditioning with Angie	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
1:30-2:30PM	Intermediate Bingo! <i>For residents looking to sharpen their skills or learn how to play.</i>	Activity Center
2-4PM	Mahjong	Card Room at Community Event Center
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	Great Courses with Martin Richter: <i>"Why Insects Matter: Earth's Most Essential Species"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 29th		
9-9:45AM	Chair Zumba with Danny	Activity Center
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event Center
9AM-12PM	Hartzell's Pharmacy Vaccines. <i>Residents must make an appointment by calling 610-264-5471 ext.407 or email mymedsync@hartzells.com.</i>	Wellness Office in Point 26 Suites Building
10-11AM	Qigong with Kevin	Activity Center
10:45-11:15AM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center

Wednesday, 29th (Cont'd)		
12-1:30PM	ICON Community App Support <i>with Betsy Brommer. Please contact Betsy at 484-764-4655 or lbrommer@rcn.com to set up an appointment.</i>	Community Event Center
1-2PM	Yoga with Deanna	Activity Center
2:30PM	Guest Speaker: Rachel Anthony presenting on <i>"How Hearing Aids Work with Speech."</i>	Main Dining Room
7PM	Movie Night- Love Finds a Way	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 30th		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10-11AM	Parkinson's Support Group	Private Dining Room
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Mat-Mindful Movement with Ashley	Wellness Room at Community Event Center
1-1:30PM	Livestream of Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
7-8PM	New Topic! Great Courses with Bob Burcaw – The Surprising Lives of the Christian Saints	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 31st		
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
1-1:35PM	Performance: Parkland Strolling Strings	Atrium
1:35-2:35PM	Time Change: Bingo	Activity Center
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium
4:30-6PM	Halloween Dinner. <i>Please call Dining at Ext. 335 for Reservations.</i>	Main Dining Room



MORAVIAN VILLAGE 3RD ANNUAL CHARITY FAIR

Saturday, October 25th

1:00-4:00PM IN THE ATRIUM

**Residents and staff will be selling
homemade and personal items to
raise money for local charities of
their choice**

**If you are interested in being a vendor, please contact Kara Kitchen at
610-625-4891 ext. 233, or at kkitchen@moravianvillage.com**