



SEPTEMBER

Events

September Highlights

Bus Trips

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

Iron Pigs- Registration for this trip has closed. Registered Residents will meet in the Atrium at 5:30PM on Friday, September 5th.

World Heritage Community Celebration- On Saturday, September 6th at 11:30AM, residents can gather for transportation to the World Heritage Celebration, honoring the Moravian Church Settlement's new status. The event features an opening ceremony at 12PM, a new city mural unveiling, and a plaque presentation. From 1PM, there will be booths with programs, free giveaways, and live music. Residents will return to Moravian Village by 2:30PM.

Bach at Noon- Enjoy music from the Bach Choir of Bethlehem on Tuesday, September 9th at the Central Moravian Church. Residents will meet in the Atrium at 11:30AM.

Peddler's Village- Residents can stroll around shopping, eating, listening to music, and enjoy a showcase of over 150 scarecrows spread throughout Peddler's Village on Saturday, September 13th. Residents will meet in the Atrium at 11AM and return by approximately 4PM.

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.

Banana Pudding Cups- Join Kara, Betsy, and Kate in creating Banana Pudding Dessert cups on Thursday, September 11th at 1PM in the Private Dining Room.

Build a Grain Bowl Workshop-Residents Betsy & Kate will teach participants how to combine grains, greens, vegetables & fruits, and proteins to make delicious and nutritious bowls on Saturday, September 27th at 1PM in the Community Event Center.

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.

Weaved Wall Hangers- Emma Ryan will return to Moravian Village and lead residents in making mini weaved wall decorations on Saturday, September 6th at 1PM in the 2nd Floor North Lounge.

Pumpkin Wire Wreath Creation- Resident Stephanie Hillman will lead residents in creating a pumpkin wire wreath on Monday, September 8th at 9:30AM in the 2nd Floor North Lounge.

String of Pearls Suncatcher Workshop- The Wicked Botanist, a quirky and eclectic plant shop located in the Lehigh Valley here in Bethlehem, will lead a workshop on creating a beaded string of pearls suncatcher workshop on Thursday, September 18th at 2:30PM in the Activity Center.

Greeting Card Creation- Liz will lead residents in creating three greeting cards on Friday, September 19th at 10AM in the 2nd Floor North Lounge.

Dining

Labor Day Luau- Buffet style lunch on Monday, September 1st from 11:30AM-1:30PM. Please call Dining for reservations at Ext. 335.

Cider Tasting- Join Rob for a hard cider tasting on Monday, September 29th at 7:30PM in the Main Dining Room.

Entertainment

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, September 17th at 7PM of classic songs you'll know and can sing along to in the Atrium.

Events

Bingo-Rama- Play eight games of bingo for the chance to win Upper Deck gift certificates on Friday, September 5th at 1PM in the Activity Center.

Committee Fair- Discover Resident Involvement at Moravian Village. Join us for the Committee Fair on Friday, September 12th, from 1-3 PM in the Atrium, where you can learn about the various resident-run committees, groups, and opportunities for involvement.

- If your group or committee would like to have a table at the fair, please contact Kara at 610-625-4891 ext. 233.

Bell Choir Rehearsal- The Moravian Village Ringers will resume their practices on Tuesday, September 16th at 3PM in the Activity Center. If you are interested in joining, please contact Janet Hofmeister, or any of the bell choir members.

Coffee Social- Join Life Enrichment for a coffee social where you get to be the barista! Choose from hot or iced coffee, a variety of creamers, and syrups to create your perfect cup on Monday, September 29th from 9:30-10:30AM in the Atrium.

GO Icon Support

Support with Betsy- Resident Betsy Brommer will be offering tech support for the ICON App every Wednesday from 12-1:30PM. September 3rd and 10th will take place in the Atrium, and September 17th and 24th 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

Dr. Joseph Szmania- Join Moravian Village resident Dr. Szmania as he presents on “Medicare: The Road Ahead” on Wednesday, September 3rd, at 2:30PM in the Main Dining Room. This presentation will cover an examination of its current state, its looming fiscal shortfall and reform proposals.

The Power of Storytelling- Join Life Enrichment Manager Kara and Resident Relations Manager Katelynn for an engaging session aimed at enhancing relationships and fostering self-reflection on Wednesday, September 17th at 2:30PM in the Main Dining Room.

Transitions of Care- Kristel Seagreaves, Sameerah Elder, and nursing staff will present on the movement of residents between different levels of care on Wednesday, September 24th at 2:30PM in the Main Dining Room.

Spiritual Life

Bible Study- Resident Rev. Dr. Mark Summer will begin Bible Study on The Sermon of the Mount starting on September 8th at 1PM in the Chapel.

Catholic Mass- The Catholic Mass Service will take place on Tuesday, September 9th at 2PM in the Chapel.

Vatican Presentation- Robert Irving will present on the Vatican, the administrative center and spiritual heart of the Roman Catholic Church on Wednesday, September 10th at 2:30PM in the Main Dining Room.

Episcopal Service- The Episcopal Service will take place on Friday, September 26th 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 *except on Labor Day, classes will open Tuesday, September 2nd at 12:30PM***. Residents can register through the ICON App, or by calling Life Enrichment.

Wellness Class Etiquette- Please be considerate of your neighbors and keep the following items in mind.

- **Punctually:** Arriving on time a wellness class demonstrates respect for both the instructor and fellow participants, ensuring the class runs smoothly without interruptions.
- **Silence Your Devices:** Make sure your cell phone is on silent mode, as ringtones and notifications can distract others who are trying to focus on the class.
- **Cancel if You Can't Make It:** If you're unable to attend, please cancel your RSVP. This allows someone on the waitlist to take your spot and participate.

Hartzell's Pharmacy Vaccines- From 9AM-12PM on September 17th, October 1st, October 15th, October 29th, and November 12th residents can make an appointment for the flu, and covid vaccines. Residents can call Hartzell's at 610-264-5471 ext.407 or email mymedsync@hartzells.com.

Classes with Cindy-

- Forever-Fit on Saturday, September 6th at 10AM in the Activity Center
 - 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.
- Chair Yoga on Saturday, September 20th at 10AM in the Wellness Room at the Community Event Center
 - Combines seated and standing postures using the chair for stability, making it perfect for those with limited mobility, balance concerns, or anyone new to yoga. Through mindful breathing, gentle stretches, and simple movements, you'll release tension, improve posture, and boost your overall sense of well-being.

Blue Zones Film Showing- Join Angie Fenstermaker on Tuesday, September 16th at 11AM in the Activity Center for a showing of the Blue Zones film focusing on the Greek island Ikaria and Costa Rica's Nicoya Peninsula which each thrive due to their unique diets and traditions.

Class with Jackie- Jackie will lead a Yoga Tone class on Friday, September 19th at 9AM in the Wellness Room at the Community Event Center.

- Yoga Tone for Strength, Balance & Flexibility is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility.

Looking Ahead to October

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

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 Chair Yoga with Deanna

September 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

Monday, 1st Happy Labor Day! Meditation, Circuit Training, Choir, and Roll the Dice is Cancelled		
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
11:30AM-1:30PM	Labor Day Luau! <i>Call Dining at Ext.335 for reservations.</i>	Main Dining Room
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
3-4PM	Ping Pong	Community Event Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 2nd *RSVPs Open for Week of September 8th-12th*		
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

Tuesday, 2nd (Cont'd)		
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
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, 3rd		
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
10:45-11:15AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Support with Betsy. <i>To make an appointment please contact Betsy at 484-764—4655 or lbrommer@rcn.com</i>	Atrium
1-2PM	Yoga with Deanna	Activity Center
2:30PM	Resident Speaker: Joseph Szmania presenting on “Medicare and the Road Ahead”	Main Dining Room
7PM	Movie Night- The Heart Knows	Activity Center
7-8PM	Modern Inventions with David! <i>Discuss different inventions that have changed the course of history.</i>	Atrium

Thursday, 4th		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center

Thursday, 4th (Cont'd)		
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11AM-12PM	Parkinson's Support Group. <i>Led by Kristel Seagreaves</i>	Chapel
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	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	Great Tours with Bob Burcaw – Germany & Austria	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 5th		
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-Rama! <i>Win Upper Deck gift certificates!</i>	Activity Center
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium
5:30PM	Bus Trip: Iron Pigs. <i>For previously registered residents.</i>	Meet in the Atrium at 5:30PM

Saturday, 6th		
9-10:30AM	Community Coffee	Atrium

Saturday, 6th (Cont'd)		
10-10:45AM	Pop Up Class! Forever-Fit Exercise Class with Cindy	Activity Center
11:30AM-2:30PM	Bus Trip: World Heritage Community Celebration of Moravian Church Settlements-Bethlehem World Heritage Inscription	Meet in the Atrium at 11:30AM
1PM	Weaved Wall Hanger Creation with Emma Ryan	2 nd Floor North Lounge
2:30PM	Matinee Movie-Jane Eyre	Activity Center
7-8PM	Cornhole Social! <i>Play games of cornhole with your neighbors.</i>	Community Event Center

Sunday, 7th		
2PM	Sunday Worship & Communion with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – The Oxford Year	Activity Center

Monday, 8th *RSVPs Open for Week of September 15th-19th*		
9:15-9:45AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
9:30-11:30AM	Pumpkin Wire Wreath Creation <i>led by resident Stephanie Hillman</i>	2 nd Floor North Lounge
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
1-1:50pm	New Topic! Bible Study with Rev. Dr. Mark Summer- Sermon on the Mount	Chapel

Monday, 8th (Cont'd)		
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, 9th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
9:30AM & 1:30PM	Time Change! Grocery Shopping: Valley Farm	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
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, 10th (Modern Inventions 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

Wednesday, 10th (Cont'd)		
10:45-11:15AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM- 12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Support with Betsy. <i>To make an appointment please contact Betsy at 484-764—4655 or lbrommer@rcn.com</i>	Atrium
1-2PM	Yoga with Deanna	Activity Center
2:30-3:30PM	Spiritual Life Speaker: Robert Irving presenting on “The Vatican”.	Main Dining Room
7PM	Movie Night- The Quiet Man	Activity Center

Thursday, 11th		
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. <i>Led by Kristel Seagreaves</i>	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	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
1-2PM	Community Kitchen: Banana Pudding Cups	Private Dining Room
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)

Thursday, 11th (Cont'd)		
4-5:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
7-8PM	Great Tours with Bob Burcaw – Germany & Austria	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 12th Cornhole & Bingo 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
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-3PM	Committee Fair! <i>Learn about resident involvement and different groups!</i>	Atrium

Saturday, 13th		
9-10:30AM	Community Coffee	Atrium
11AM-4PM	Bus Trip: Peddler's Village. <i>Enjoy strolling around shopping, eating, listening to music, and enjoy scarecrows in the village, a showcase of over 150 scarecrows.</i>	Meet in the Atrium at 11AM. Residents will return to Moravian Village at approximately 4PM.
2:30PM	Matinee Movie- You've Got Mail	Activity Center
7-8PM	Cornhole Social! <i>Play games of cornhole with your neighbors.</i>	Community Event Center

Sunday, 14th		
2PM	Sunday Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night- Yentl	Activity Center

Monday, 15th *RSVPs Open for Week of September 22nd-26th***Chair Zumba is Cancelled**

9:15-9:45AM	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 Angie	Activity Center
1-1:50pm	New Topic! Bible Study with Rev. Dr. Mark Summer- Sermon on the Mount	Chapel
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, 16th Yoga Tone is Cancelled

9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Wegmans	Meet in the Atrium
11AM-11:45PM	Blue Zones Film Showing – <i>Ikaria & Nicoya Peninsula</i>	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	Rehearsal Begins! Bell Choir Rehearsal	Activity Center

Tuesday, 16th (Cont'd)		
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, 17th 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
10-11AM	Qigong with Kevin	Activity Center
10:45-11:15AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Support with Betsy. <i>To make an appointment please contact Betsy at 484-764—4655 or lbrommer@rcn.com</i>	Community Event Center
1-2PM	Yoga with Deanna	Activity Center
7PM	Movie Night- A Widow's Game	Activity Center
7-8PM	Performance: Regina Sayles <i>performing classic songs you'll know and can sing along to!</i>	Atrium

Thursday, 18th		
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. <i>Led by Kristel Seagreaves</i>	Private Dining Room
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center

Thursday, 18th (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	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
2:30PM	String of Pearls Suncatcher Creation with the Wicked Botanist	Activity Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
7-8PM	Great Courses with Bob Burcaw	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 19th 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
10-11AM	Greeting Cards with Liz. <i>Create three greeting cards to take home!</i>	2 nd Floor North Lounge
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium

Saturday, 20th		
9-10:30AM	Community Coffee	Atrium
10AM	Pop Up Class! Chair Yoga with Cindy	Community Event Center
2:30PM	Matinee Movie- The Penguins' Lessons	Activity Center
7-8PM	Cornhole Social! <i>Play games of cornhole with your neighbors.</i>	Community Event Center

Sunday, 21st		
2PM	Sunday Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – Marry Me	Activity Center

Monday, 22nd *RSVPs Open for Week of September 29th-October 3rd*		
Meditation with Kristel is Cancelled		
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
1-1:50pm	New Topic! Bible Study with Rev. Dr. Mark Summer- Sermon on the Mount	Chapel
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, 23rd		
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

Tuesday, 23rd (Cont'd)		
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, 24th		
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
10:45-11:15AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
12-1:30PM	ICON Support with Betsy. <i>To make an appointment please contact Betsy at 484-764—4655 or lbrommer@rcn.com</i>	Community Event Center
1-2PM	Yoga with Deanna	Activity Center
2:30-3:30PM	Presentation: Transitions of Care <i>presented by Kristel Seagreaves, Sameerah Elder, and nursing staff.</i>	Main Dining Room
7PM	Movie Night- Mamma Mia	Activity Center
7-8PM	Modern Inventions with David! <i>Discuss different inventions that have changed the course of history.</i>	Atrium

Thursday, 25th		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center

Thursday, 25th (Cont'd)		
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10AM	Support Group for Men. <i>Hosted by Rev. Dr. Mark Summer.</i>	Chapel
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	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)
4-5:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
7-8PM	Great Tours with Bob Burcaw – Germany & Austria	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 26th		
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
11AM-12PM	Neighborhood Conversations	Community Event Center
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, 27th		
9-10:30AM	Community Coffee	Atrium
1-2:30PM	Community Kitchen: Grain Bowl Workshop with residents Betsy & Kate.	Community Event Center
2:30PM	Matinee Movie- Into the Woods	Activity Center
7-8PM	Cornhole Social! <i>Play games of cornhole with your neighbors.</i>	Community Event Center

Sunday, 28th		
2PM	Sunday Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – Message in a Bottle	Activity Center

Monday, 29th *RSVPs Open for Week of October 6th-10th*		
Full Body Stretch with Shelby is Cancelled		
9:15-9:45AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
9:30-10:30AM	Coffee Social! <i>Stop by & create a custom iced or hot coffee!</i>	Atrium
10-10:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	Circuit Training with Angie	Activity Center
1-1:50pm	New Topic! Bible Study with Rev. Dr. Mark Summer- Sermon on the Mount	Chapel
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

Monday, 29th (Cont'd)		
7:30PM	Monthly Tasting: Cider! <i>Sample different hard ciders with Rob & David</i>	Main Dining Room
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 30th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Valley Farms	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 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

