



NOVEMBER

Calendar



November Highlights

Important Information

RSVPing for Events- Every Monday at 12:30PM classes will open for the following week. Please note that the following activities require registration. Residents can sign up via the ICON App, or by calling Life Enrichment.

- Wellness Classes
- Community Kitchen Classes
- Creative Expression Classes
- Bus Trips
- Grocery Shopping – RSVP to Teri at Ext. 331

Bus Trips

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

Voting Shuttle- Transportation to the local voting sites will be offered on Tuesday, November 4th at 10AM.

Salute the Troops Concert- RSVP is Required by Monday, November 3rd.

Morning Star Rotary's "Salute the Troops" concert by the Allentown Band with the Northeast Middle School Band and Chorus will be held on Sunday, November 9th. Concert proceeds benefit the Victory House of the Lehigh Valley. Residents will meet in the Atrium at 2:30PM.

- The first six residents to RSVP on the ICON App or by calling Life Enrichment will receive a free ticket courtesy of Holly Pook. All other residents will be charged \$10 to their monthly statement.

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

Liberty High School Musical- RSVP is Required by Friday, November 7th.

This dramatization of Anne of Green Gables captures the charm and excitement of L.M. Montgomery's enduring classic about an orphan girl, Anne Shirley, from her first encounter with her austere guardian to her thrilling graduation from Queen's Academy. The play faithfully recreates the memorable events and characters from

the brilliant novel. Residents will meet in the Atrium at 12:20PM on Saturday, November 15th. Tickets are \$13 and will be billed to your monthly statement.

Allentown Band presents Americans We Tribute to Veterans Holiday Concert- For the first time in history, The Bach Choir of Bethlehem, America's oldest Bach Choir, and the Allentown Band, America's oldest civilian concert band, these two venerable institutions will join for a combined performance. The centerpiece of this year's concert is Randall Thompson's wonderful "A Testament of Freedom." The program will also include many other patriotic and holiday favorites on Sunday, November 16th. Residents will meet at 2:10PM in the Atrium.

Freedom High School Musical- RSVP is Required by Friday, November 14th.

Charlie Brown and the entire *Peanuts* gang explore life's great questions as they play baseball, struggle with homework, sing songs, swoon over their crushes and celebrate the joy of friendship. Residents will meet in the Atrium at 6:15PM on Friday, November 21st. Tickets are \$13 and will be billed to your monthly statement.

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.

Gingerbread Decorating- Sweet Girls Bakery will lead residents in decorating gingerbread cookies with a variety of toppings on Thursday, November 13th at 2PM in the Private Dining Room.

Chocolate Mint Creations- Linda Lennon will teach residents how to create and decorate chocolate mint ritz cracker "pucks" on Saturday, November 15th at 1PM in the Community Event Center.

Pumpkin Crunch Parfaits- Kara Kitchen, Betsy Brommer, and Kate Ranieri will lead residents in creating pumpkin gingersnap pudding parfaits on Friday, November 21st at 2PM in the Private Dining Room.

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.

Enclosed Terrarium- The Wicked Botanist will lead residents in creating an enclosed terrarium on Friday, November 7th at 2:30PM in the Activity Center.

Hanging Holiday Creation- Resident Stephanie Hillman will lead residents in creating a hanging holiday decoration on Monday, November 10th at 9:30AM in the 2nd Floor North Lounge.

Greeting Cards- Liz will lead residents in creating three greeting cards to take home on Friday, November 14th at 10AM in the 2nd Floor North Lounge.

Holiday Card Making- Emma Ryan will lead residents in creating five holiday greeting cards on Saturday, November 22nd at 11AM in the Activity Center.

Expressive Paint & Sip- Unwind and unleash your creativity during a Paint and Sip session on Monday, November 24th at 3PM in the Community Event Center led by David Seaman, Life Enrichment Manager. Residents will be able to create expressive artwork inspired by music.

Dining

Veterans Day Luncheon- All Moravian Village Resident Veterans and their guest of choice are invited to the Main Dining Room from 11AM-1PM on Tuesday, November 11th. Please RSVP to Dining Services at Ext. 335 no later than Tuesday, November 4th.

Please fill out the “Veterans Day Branch of Service Confirmation” form on the ICON app, or contact Kara Kitchen at 610-625-4891 Ext. 233 with the spelling of your name and branch of service for a digital tribute that will scroll on Veterans Day. Special entertainment provided by the Bethlehem Area Moravian Trombone Choir.

Thanksgiving Early Bird Dinner- Enjoy Thanksgiving offerings on Thursday, November 27th. Seatings are at 11:30AM, 12PM, 12:30PM, 1PM, and 1:30PM. Please call Dining Services at Ext. 335 for reservations.

Entertainment

Swing Time Dolls- A special Veterans Day performance by the Swing Time Dolls – a female vocal group who draws inspiration from the Andrews Sisters. Take a sentimental journey back in time on Monday, November 10th at 7PM in the Atrium.

Jorge Vera- Vera, a violinist, educator, and composer from Paraguay now in Pittsburgh, has an international career across Europe, South America, and the U.S. He has performed with the Orquesta Sinfónica de la Ciudad de Asunción and won awards like the Gindroz Prize and First Prize at the International Golden State Music Competition. Vera holds a Master's in Music Performance from Carnegie Mellon University, where he was part of the Honors String Quartet in Residence. He will perform at Moravian Village on Tuesday, November 18th at 11AM in the Atrium.

Events

Annual Service of Remembrance- To celebrate and honor our beloved friends and neighbors on Sunday, November 2nd at 2PM in the Atrium, followed by coffee, tea, and pastries. This will take the place of regular Sunday Worship.

Community Bingo- *Formerly Intermediate Bingo* Join Life Enrichment for a friendly game of Bingo designed to bring residents together in a relaxed setting. With simpler games and an easygoing pace, it provides residents with the chance to laugh, chat, and make new friends while enjoying a timeless classic. Everyone is welcome!

Visit from Moravian Academy- Join students from Moravian Academy's Senior Citizens Service Group in playing games, puzzles, and more on Friday, November 21st at 10:20AM in the Atrium.

Holiday Tree Lighting Ceremony- Please join us for our annual tree lighting ceremonies on Sunday, November 30th featuring performances by the Bethlehem Area Trombone Choir. Hot chocolate and cookies will be provided! Join us at 3PM in front of the Point 26 Suites Building and 4PM in the Cottages at the tree behind 560 Riverwoods Way.

Presentations

Nancy Young- Resident Nancy Young will be presenting *The Art of Rug Braiding* on Wednesday, November 12, at 2:30PM. With over 70 years of experience in rug braiding, Nancy has shown her work at The Sun Inn and The Museum of Folk Art. Additionally, she is the founder of the International Guild of Rug Braiders.

Meet the Artist- Renee Bures from Art Z Therapeutic Arts Center will present on the artwork hanging on the 1st floor hallway of the Point 26 Suites Building on Friday, November 21st at 3PM in the Main Dining Room. Art Z's mission is to provide a safe haven for self-expression, building and empowering community through therapeutic arts. and they remove stigmas of diversity by using only one label of "artist".

Spiritual Life

Catholic Mass- The Catholic Mass Service will take place on Tuesday, November 11th at 2PM in the Chapel.

Putting Up the Putz- Join Chaplain Molly in creating this year's Putz on Monday, November 17th at 10AM in the Atrium.

Episcopal Service- The Episcopal Service will take place on Friday, November 28th at 1PM in the Chapel.

Support Groups

Hearing Loss Support Group- David will be leading a Hearing Loss Support Group on the 1st Wednesday of every month at 1PM in the Chapel. November's session will be held on Wednesday, the 5th and will cover Understanding your Audiogram.

Parkinson's Support Group- Katelynn Moyer, Resident Relations Manager, and Virgen Quiñones will be leading a Parkinson's Support Group on the 1st and 3rd Thursday of each month at 11AM in the Chapel.

Wellness

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

Forever-Fit with Cindy- Forever Fit is taking place on Saturdays (other than November 29th) and is a low-impact class blending light to moderate weight training with dynamic stretching to improve strength, flexibility, and balance.

Sound Bath & Guided Meditation Workshop- Ashley will lead a sound bath and guided meditation workshop on Saturday, November 1st at 11AM in the Community Event Center. This workshop is geared towards reducing stress, mindful movement, and nourishment.

Gratitude Workshop- Join Yoga Teacher & Mindfulness Instructor, Casey F. for a heart-centered workshop designed to nurture gratitude through mindful movement, reflection, and creative expression on Saturday, November 8th at 11AM in the Community Event Center. Together we'll explore practices that ground us in the present moment and deepen our connection to ourselves and one another. This workshop includes:

- Gentle Yoga & Meditation – Ease into gratitude with grounding postures, mindful breathwork, and a guided meditation to center the mind and body.
- Journaling – Reflect on the gifts in your life through thoughtful prompts that invite clarity, perspective, and appreciation.
- Community Sharing – Build connection in a safe, supportive space through optional group reflection and conversation.
- Artistic Expression – Close with a simple creative practice that channels gratitude into an expressive form, leaving you with a tangible reminder of your experience.

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

November 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

Saturday, 1st		
9-10:30AM	Community Coffee	Atrium
10-10:45AM	Forever-Fit with Cindy	Activity Center
11AM-12:30PM	Sound Bath & Guided Meditation Workshop. <i>Led by Ashley.</i>	Community Event Center
7PM	Game Night: Left Center Right. <i>Hosted by Linda Lennon.</i>	Community Event Center

Sunday, 2nd		
2PM	Annual Service of Remembrance. <i>Remembering our beloved friends and neighbors. Coffee & Refreshments to follow.</i>	Atrium
7:15PM	Movie Night – Couch Carter	Activity Center

Monday, 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 Jackie	Activity Center

Monday, 3rd (Continued)		
1-1:50PM	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, 4th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM	Voting Shuttle. <i>Transportation will be provided to your local voting site.</i>	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
1PM	Grocery Shopping: Giant	Meet in the Atrium
1:30-2:30PM	Community Bingo	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, 5th		
9-9:45AM	Chair Zumba with Danny	Activity Center

Wednesday, 5th (Continued)		
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
1-2PM	Yoga with Deanna	Activity Center
1-2PM	Hearing Loss Support Group. <i>Led by David Seaman.</i>	Chapel
7PM	Movie Night- Redeeming Love	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 6th		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11AM-12PM	Parkinson's Support Group. <i>Led by Katelynn Moyer & Virgen Quiñones.</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)
4-5:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
7-8PM	Great Courses with Bob Burcaw: <i>"The Surprising Lives of the Christian Saints"</i>	Activity Center

Thursday, 6th (Continued)		
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 7th		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
9-9:45AM	Yoga Tone with Jackie	Activity Center
10-10:45AM	Chair Zumba with Danny	Activity Center
10-11AM	Community Coffee	Community Event Center
10:15AM	Joy Readers @ Thomas Jefferson Elementary School. <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
2:30PM	Terrarium Enclosed Jar Creation. <i>Led by the Wicked Botanist.</i>	Activity Center
7PM	Movie Night- About My Father	Activity Center

Saturday, 8th		
9-10:30AM	Community Coffee	Atrium
10-10:45AM	Forever-Fit with Cindy	Activity Center
11AM-12:30PM	Gratitude Workshop with Casey. <i>This workshop is designed to nurture gratitude through mindful movement, reflection, and creative expression.</i>	Community Event Center

Sunday, 9th		
2PM	Sunday Worship with Chaplain Molly	Chapel
2:30PM	Bus Trip: Salute the Troops Concert at Northeast Middle School. <i>Tickets are \$10 and will be billed to your monthly statement.</i>	Meet in the Atrium

Sunday, 9th (Continued)		
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – The Life List	Activity Center

Monday, 10th Chair Zumba & Roll the Dice with David is Cancelled		
9:15-9:45AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center
9:30-11AM	Hanging Holiday Creation. <i>Led by Stephanie Hillman</i>	2 nd Floor North Lounge
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
1-1:50PM	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	Veterans Day Performance: Swing Time Dolls	Atrium
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 11th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
9:30AM & 1:30PM	Grocery Shopping: Valley Farms	Meet in the Atrium
11AM-1PM	Veterans Day Lunch. <i>All Moravian Village veterans and a guest are invited to the luncheon featuring a performance by the Trombone Choir. Please RSVP to Dining Services at Ext. 335.</i>	Main Dining Room
11:30AM-12:15PM	Yoga Tone with Angie	Activity Center

Tuesday, 11th (Continued)		
11:30AM-1PM	Bus Trip: Bach at Noon at Central Moravian Church	Meet in the Atrium at 11:30AM
1-1:45PM	Total Conditioning with Angie	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
1-2PM	Time Change: Community Bingo	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, 12th Chair Zumba is Cancelled		
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event Center
9AM-12PM	Hartzell's Pharmacy Vaccines. <i>Please contact 610-264-5471 for an appointment.</i>	Wellness Office at Point 26 Suites
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
1-2PM	Yoga with Deanna	Activity Center
2:30PM	Presentation: Nancy Young on <i>"The Art of Rug Braiding"</i>	Main Dining Room
7PM	Movie Night- Taken in Plain Sight	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 13th		
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
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
1:30-3PM	Stitch & Chat	2 nd Floor North Lounge
2-3PM	Gingerbread Cookie Decorating. <i>Led by Sweet Girlz Bakery</i>	Private Dining Room
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
7-8PM	Great Courses with Bob Burcaw: <i>"The Surprising Lives of the Christian Saints"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 14th Chair Zumba is Cancelled		
9-9:45AM	Yoga Tone with Jackie	Wellness Room at Community Event Center
10-11AM	Community Coffee	Community Event Center
10-11AM	Greeting Card Creation. <i>Led by Liz.</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

Friday, 14th (Continued)		
7PM	Movie Night- The Woman in Cabin 10	Activity Center

Saturday, 15th		
9-10:30AM	Community Coffee	Atrium
10-10:45AM	Forever-Fit with Cindy	Wellness Room at Community Event Center
12:20PM	Bus Trip: Liberty High School Theatre presents “Anne of Green Gables”	Meet in the Atrium
1-2:30PM	Community Kitchen: Chocolate Mint Creations	Community Event Center

Sunday, 16th		
2PM	Sunday Worship with Chaplain Molly	Chapel
2:10PM	Bus Trip: Allentown Band presents Americans We Tribute to Veterans Holiday Concert	Meet in the Atrium
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – Meet Joe Black	Activity Center

Monday, 17th		
9:15-9:45AM	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
10AM	Putting up the Putz! <i>Join Chaplain Molly in creating this years putz.</i>	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	Circuit Training with Angie	Activity Center
1-1:50PM	Bible Study with Rev. Dr. Mark Summer- Sermon on the Mount	Chapel
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center

Monday, 17th (Continued)		
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, 18th		
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	Performance: Jorge Vera. <i>Musician in Residence for the Allentown Symphony Orchestra.</i>	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	Community Bingo	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, 19th		
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, 19th (Continued)		
10:45-11:15AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
7PM	Movie Night- Stand by Me	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 20th		
9:30-10:15AM	Total Conditioning with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11AM-12PM	Parkinson's Support Group. <i>Led by Katelynn Moyer & Virgen Quiñones.</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
1:15PM	Broughal Buddies. <i>Registered volunteers please RSVP on the ICON App, or contact Kara.</i>	Meet in the Atrium
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 Courses with Bob Burcaw: <i>"The Surprising Lives of the Christian Saints"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 21st		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Chair Zumba with Danny	Activity Center
10-11AM	Community Coffee	Community Event Center
10:20-11AM	Moravian Academy Visit!	Atrium
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
2-3PM	Community Kitchen: Pumpkin Crunch Parfaits	Private Dining Room
3PM	Meet the Artist: Renee Bures <i>from Art Z Therapeutic Arts Center</i>	Main Dining Room
6:15PM	Bus Trip: Freedom High School Theatre presents “You’re a Good Man, Charlie Brown”	Meet in the Atrium
7PM	Movie Night- Carmelo	Activity Center

Saturday, 22nd		
9-10:30AM	Community Coffee	Atrium
10-10:45AM	Forever-Fit with Cindy	Wellness Room at Community Event Center
11AM-12PM	Holiday Card Making. <i>Led by Emma Ryan.</i>	Activity Center

Sunday, 23rd		
2PM	Sunday Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night- Benji	Activity Center

Monday, 24th Roll the Dice with David is Cancelled		
9:15-9:45AM	Meditation with Kristel Seagreaves, <i>Care Coordinator</i>	Wellness Room at Community Event Center

Monday, 24th (Continued)		
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	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	Expressive Paint & Sip. <i>Led by David Seaman</i>	Community Event Center
3-4PM	Ping Pong	Community Event Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 25th (Yoga Tone & Total Conditioning are Cancelled)		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Giant	Meet in the Atrium
1-2PM	Billiards & Pool	Game Room
1:30-2:30PM	Community Bingo	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, 26th Chair Zumba is Cancelled		
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
1-2PM	Yoga with Deanna	Activity Center
7PM	Movie Night- Temple Grandin	Activity Center
7-8PM	Discussions with David. <i>Residents will choose the topic each week!</i>	Atrium

Thursday, 27th Happy Thanksgiving! All regularly scheduled programming has been canceled for the Holiday.		
11:30AM-1:30PM	Thanksgiving Early Bird Dinner. <i>Please call Dining at Ext.335 for Reservations.</i>	Main Dining Room

Friday, 28th Zumba, Exercise with Tonya, Cornhole, & Happy Hour are Cancelled		
10-11AM	Community Coffee	Community Event Center
1-1:30PM	Episcopal Service with Communion	Chapel
1:30-2:30PM	Time Change: Bingo	Activity Center
7PM	Movie Night- Jerry McGuire	Activity Center

Saturday, 29th		
9-10:30AM	Community Coffee	Atrium

Sunday, 30th		
2PM	Sunday Worship with Chaplain Molly	Chapel
3-4PM	Tree Lighting Ceremony featuring a performance by the Bethlehem Area Trombone Choir.	In Front of Point 26 Suites
4-5PM	Tree Lighting Ceremony featuring a performance by the Bethlehem Area Trombone Choir.	Behind 560 Riverwoods Way

Sunday, 30th (Continued)		
7:15PM	Movie Night – The Snow Sisters	Activity Center