



Moravian Village
of Bethlehem

JANUARY

Calendar



January Events

Announcements

Exercise Classes- By RSVPing for exercise classes, you acknowledge that it is solely the instructor's decision to determine whether the class is suitable for you. If they conclude that the class is not appropriate, you will be asked to refrain from participating and choose a more suitable class instead.

Moravian Village Ringers (Bell Choir)- The Moravian Village Bell Choir will begin their spring rehearsals on Tuesday, January 13th at 3PM in the Activity Center. If someone is interested in ringing, they should contact Janet Hofmeister or anyone in the handbell group for more information.

Soirée Theme Suggestions- Residents are invited to submit their ideas for the 2026 theme starting now until February. To propose a theme, simply fill out the form available on the ICON App or drop your suggestion in the box located in the Community Event Center and Mail Room at Point 26 Suites. After we receive the suggestions, we will take the top 5 themes and have the residents' vote on their favorite theme!

Bus Trips

Bach at Noon- The Bach Choir resumes their monthly performance at Central Moravian on Tuesday, January 13th. Residents will meet in the Atrium at 11:30AM.

Community Kitchen

Snickerdoodle Cheesecake Parfaits- Join Kara, Kate, and Betsy in creating these festive treats on Friday, January 23rd at 2:30PM in the Private Dining Room.

Creative Expressions

Fish Painting Creation Class- Join residents Linda Lennon and Nancy Young in creating painted fish on Tuesday, January 6th at 2PM in the Community Event Center.

Needle Felting Cactus- Katrina from Crafty Kitsurou, a local teaching artist and crafter from Bethlehem, will teach residents how to create needle felt cactus on Wednesday, January 7th at 1PM in the Private Dining Room.

Greeting Card Creation- Liz will teach residents how to create three greeting cards to take home on the following dates.

- Friday, January 9th at 10AM in the 2nd Floor North Lounge
- Wednesday, January 21st at 1PM in the Card Room at the Community Event Center

Mason Jar Winter Scene Creation- Create a winter scene within a mason jar by using snow, figurines, trees, and more with Kara on Monday, January 19th at 2PM in the Private Dining Room.

Beading with Cheryl- Cheryl will provide a variety of different beads for residents to create earrings, necklaces, or bracelets on Tuesday, January 20th at 10AM in the Private Dining Room.

Open Card Crafting- Linda Lennon will have a variety of materials available for residents to create their own greeting cards on Tuesday, January 20th at 2PM in the Community Event Center.

Dining

New Year's Day Lunch- Thursday, January 1st from 11:30AM-1:30PM in the Main Dining Room. Please call Dining at Ext. 335 for reservations.

Wine Tasting- Sample a variety of different wines in a tasting led by Rob on Monday, January 26th at 7:30PM in the Main Dining Room. *Please RSVP on the ICON App, or call Life Enrichment*.

Discussions

Winter Weather with David- David Seaman, Life Enrichment Manager will discuss winter weather at 7PM in the Atrium on Wednesdays.

Events

New Great Courses with Martin- Beginning on Tuesday, January 27th at 7PM in the Community Event Center Martin will cover the topic of "The American West: History, Myth, & Legacy."

Game Day Gathering- Play a variety of games such as Mexican Train, Rummikub, Yahtzee, or Ping Pong on Sunday, January 18th at 3PM in the Community Event Center.

Presentations

ICON App 101- Learn tips & tricks on how to set up your profile, access directories, and get the most out of our Community App on Monday, January 12th at 2:30PM. This session will be led by ICON Resident Ambassador Betsy Brommer, Life Enrichment Manager Kara, and Resident Relations Manager Katelynn.

Please bring your device and ICON App Login Information

AI Simplified by Beth Ritter-Guth- Beth Ritter-Guth is the Associate Dean of Online Learning & Educational Technology at Northampton Community College and an adjunct faculty member at DeSales University. Her program, "AI Simplified: Understanding Artificial Intelligence in Today's World" on Wednesday, January 21st at 2:30PM will introduce AI basics, its integration into daily life, and its implications for the future.

Spiritual Life

Bible Study- Rev. Dr. Mark Summer will begin the topic of "The Gospel of John" for his weekly bible study on Monday, January 5th at 1PM in the Chapel.

Catholic Mass- The monthly catholic mass service will take place on Tuesday, January 13th at 2PM in the Chapel.

Sikh Religion Presentation- Gurpreet Singh will present and teach residents about the Sikh Religion on Wednesday, January 14th at 2:30PM in the Main Dining Room.

Labyrinth Walk- As we welcome a new year, residents are invited to a Labyrinth Walk on January 15th, from 10AM-12PM in the Main Dining Room. Residents will join together for a healing, calming, meditative practice of walking the labyrinth. The walk will be led by resident Rev. Frances Preston, Veriditas Certified Labyrinth Facilitator.

What's a labyrinth? Unlike a maze with dead ends and guesswork, a labyrinth is a single meandering path into the center and the same path out. Engaging your body and your heart, this is an opportunity for centering and grounding. Labyrinths have existed for over 4000 years, scattered across cultures and time. In the past 35 years, the practice has experienced a resurgence; labyrinths are found in religious and non-religious settings including places of worship, public parks, college campuses, health centers, retreat & conference, and community centers.

Episcopal Service- The monthly episcopal service will take place on Friday, January 23rd at 1PM in the Chapel.

Support Groups

Hearing Loss Support Group- David will lead a hearing loss support group on Wednesday, January 7th at 1PM in the Chapel.

Parkinson's Support Group- Virgen will lead a support group for Parkinson's disease on Thursday, January 8th at 11AM and Thursday, January 29th at 11AM in the Chapel.

Women's Caregiver Support Group- Kristel will lead a Women's Caregiver Support Group on January 8th and 22nd from 3-4PM in the Chapel.

Wellness

Wellness Series: Mind- Learn about the connection between nutrition, exercise and brain health on Saturday, January 10th at 11AM in the Activity Center. Residents will also create vision boards to take home to set intentions for the New Year.

Sound Bath & Guided Meditation Workshop- Ashley will lead a sound bath and guided meditation workshop on Saturday, January 17th at 11AM in the Community Event Center. This workshop is geared towards reducing stress, mindful movement, and nourishment.

Channel 100 Schedule

Every day, residents can tune in to Channel 100 to watch wellness programs to follow along with. 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

January 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

Thursday, 1st

Total Conditioning, Mat-Mindful Movement, Fit & Strong, Zentangle, and Great Courses are Cancelled

9:30-10:30AM	Tai Chi with Kevin	Activity Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
11:30AM-1:30PM	New Year's Day Lunch! <i>Call Dining at Ext. 335 for Reservations.</i>	Main Dining Room
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
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 2nd

Chair Zumba is Cancelled

10-11AM	Community Coffee	Community Event Center
10-10:45AM	Yoga Tone with Jackie	Activity Center
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center

Friday, 2nd (Continued)		
7PM	Movie Night – Jerry Maguire	Activity Center

Saturday, 3rd		
9-10:30AM	Community Coffee	Atrium

Sunday, 4th		
2PM	Worship and Communion with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – Train Dreams	Activity Center

Monday, 5th		
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
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 – Gospel of John	Chapel
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
3-4PM	Ping Pong	Community Event Center
7-8PM	Trivia with David!	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 6th		
Bell Choir & Great Courses are Cancelled		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping at Giant	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center

Tuesday, 6th (Continued)		
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	Health Care Center 1 st Floor Dining Room
2-3PM	Fish Painting Creation Craft <i>led by residents Nancy Young and Linda Lennon</i>	Community Event Center
2-4PM	Mahjong	Card Room at Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 7th		
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
1-2PM	Yoga with Deanna	Activity Center
1-2PM	Hearing Loss Support Group <i>led by David</i>	Chapel
1-3:30PM	Needle Felting Cactus Creation <i>led by Katrina</i>	Private Dining Room
7-8PM	Winter Weather Discussion with David	Activity Center

Thursday, 8th		
Parkinson's Support Group is Cancelled		
9:30-10:15AM	Gentle Strength & Balance with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center

Thursday, 8th (Continued)		
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	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
3-4PM	Women's Caregiver Support Group <i>led by Kristel Seagreaves</i>	Chapel
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 Christian Saints"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 9th		
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
10-11:30AM	Greeting Card Creation <i>led by Liz</i>	2 nd Floor North Lounge
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
11AM-12PM	Neighborhood Conversations	Community Event Center

Friday, 9th (Continued)		
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
7PM	Movie Night – Temple Grandin	Activity Center

Saturday, 10th		
9-10:30AM	Community Coffee	Atrium
11AM-1:30PM	Wellness Series: Mind. <i>Learn about the connection between nutrition, exercise and brain health. Residents will also create vision boards to take home.</i>	Activity Center

Sunday, 11th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – All Saints	Activity Center

Monday, 12th		
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
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 – Gospel of John	Chapel
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
2:30-4PM	ICON APP 101. <i>Learn tips & tricks on how to set up your profile, access directories, and get the most out of our Community App!</i>	Main Dining Room
3-4PM	Ping Pong	Community Event Center
7-8PM	Trivia with David!	Activity Center

Tuesday, 13th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
9:30AM & 1:30PM	Time Change: Grocery Shopping at Valley Farms	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center
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
1:30-2:30PM	Community Bingo	Health Care Center 1 st Floor Dining Room
2-2:30PM	Catholic Mass	Chapel
2-4PM	Mahjong	Card Room at Community Event Center
3-4:30PM	Practice Resumes! Bell Choir Rehearsal	Activity Center
7-8PM	Great Courses with Martin " <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
7-9PM	Mahjong	Card Room at Community Event Center

Wednesday, 14th		
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
1-2PM	Yoga with Deanna	Activity Center

Wednesday, 14th (Continued)		
2:30PM	Spiritual Life Speaker: Sikh Religion Presentation by Gurpreet Singh	Main Dining Room
7-8PM	Winter Weather Discussion with David	Activity Center

Thursday, 15th		
9:30-10:15AM	Gentle Strength & Balance with Shelby	Wellness Room at Community Event Center
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10AM-12PM	<i>Labyrinth Walk. Residents will come together for a calming meditative practice of walking a labyrinth led by Rev. Frances Preston.</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	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 Courses with Bob Burcaw <i>"The Surprising Lives of Christian Saints"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 16th		
Exercise with Tonya 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

Friday, 16th (Continued)		
11AM-12PM	Cornhole	Atrium
1-2PM	Bingo	Activity Center
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium
7PM	Movie Night – Jay Kelly	Activity Center

Saturday, 17th		
9-10:30AM	Community Coffee	Atrium
11AM-12:30PM	Sound Bath & Guided Meditation Workshop <i>led by Ashley</i>	Community Event Center

Sunday, 18th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
3PM	Game Day Gathering! <i>Play a variety of games such as Yahtzee, Mexican train, ping pong, and more.</i>	Community Event Center
7:15PM	Movie Night – Mom’s Night Out	Activity Center

Monday, 19th		
Chair Zumba & Meditation with Kristel is Cancelled		
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
2PM	Mason Jar Winter Scene Creation <i>led by Kara</i>	Private Dining Room
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
3-4PM	Ping Pong	Community Event Center
7-8PM	Trivia with David!	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 20th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-11:15AM	Beading Class <i>led by Cheryl</i>	Private Dining Room
10AM & 1PM	Grocery Shopping at Wegmans	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Cindy	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
2-3PM	Open Card Crafting <i>led by resident Linda Lennon</i>	Community Event Center
2-4PM	Mahjong	Card Room at Community Event Center
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	Great Courses with Martin " <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, 21st		
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
1-2PM	Greeting Card Creation <i>led by Liz</i>	Card Room at Community Event Center
2:30PM	Guest Speaker: Beth Ritter- Guth <i>presenting on "AI Simplified: Understanding Artificial Intelligence in Today's World."</i>	Main Dining Room

Wednesday, 21st (Continued)		
7-8PM	Winter Weather Discussion with David	Activity Center

Thursday, 22nd		
9:30-10:15AM	Gentle Strength & Balance 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>	10AM
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
1:15PM	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)
3-4PM	Women's Caregiver Support Group <i>led by Kristel Seagreaves</i>	Chapel
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 Christian Saints"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 23rd Chair Zumba is Cancelled		
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
2:30PM	Community Kitchen: Snickerdoodle Cheesecake Parfaits <i>led by Kara, Betsy, and Kate</i>	Private Dining Room
7PM	Movie Night – Cheaper by the Dozen	Activity Center

Saturday, 24th		
9-10:30AM	Community Coffee	Atrium

Sunday, 25th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
7:15PM	Movie Night – As Good as It Gets	Activity Center

Monday, 26th		
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
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
3-4PM	Ping Pong	Community Event Center
6:30-7:30PM	Trivia with David	Activity Center

Monday, 26th (Continued)		
7:30-8:30PM	Wine Tasting with Rob! <i>Residents must RSVP on the ICON App or call Life Enrichment.</i>	Main Dining Room
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 27th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping at Giant	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Cindy	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	New Topic! Great Courses with Martin Richter <i>"The American West: History, Myth, & Legacy"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 28th		
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
1-2PM	Yoga with Deanna	Activity Center
7-8PM	Winter Weather Discussion with David	Activity Center

Thursday, 29th		
9:30-10:15AM	Gentle Strength & Balance 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	Parkinson's Support Group. <i>Hosted by 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)
7-8PM	Great Courses with Bob Burcaw <i>"The Surprising Lives of Christian Saints"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 30th		
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
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium
7PM	Movie Night – Did You Hear About the Morgans?	Activity Center

Saturday, 31st		
9-10:30AM	Community Coffee	Atrium

