



Moravian Village
of Bethlehem

February Events

February Events

Announcements

Wellness Class Updates- Residents are asked to check into class 5 minutes prior to the start of class. If you are not there at the start of class your spot will be given to a resident on the waitlist. Once class begins no late arrivals will be permitted.

Choir Practice- Choir practice will resume on Monday, February 2nd! Rehearsal will be held on Mondays at 2PM in the Atrium. We are a community chorus with no audition required, and we have a lot of fun singing together. We perform two concerts per year, one in December and one in the Spring. Do you like to sing? Come join us. New members are always welcome! Questions? Contact Joan Bauer at 610-625-4640 or at jtbauder@rcn.com.

Moravian Village Ringers (Bell Choir)- The Moravian Village Bell Choir will begin their spring rehearsals on Tuesday, February 3rd 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.

Larry's Garden Meeting- For residents with a current plot, & those who are interested in gardening in Larry's Garden please attend the meeting on Friday, February 13th at 2PM in the Community Event Center.

Bus Trips

Bach at Noon- The Bach Choir will host their monthly performance at Central Moravian on Tuesday, February 10th. Residents will meet in the Atrium at 11:30AM.

Newsies Dress Rehearsal- Support Broughal Middle School in the dress rehearsal of Newsies on Wednesday, February 11th. Residents will meet in the Atrium at 3:35PM.

Palmer Park Mall- Shop at the Palmer Park Mall on Friday, February 20th at 10:30AM.

Community Kitchen

Chocolate Covered Creations- Join Kara, Kate, and Betsy in creating chocolate-covered strawberries and pretzels on Thursday, February 12th at 3PM in the Private Dining Room.

A Spoonful of Comfort: Minestrone and Aromatics- Join residents Betsy & Kate for a spoonful of comfort as residents will make and taste minestrone soup and discuss the different aromatics for varied soup starters on Saturday, February 28th from 1-2PM at the Community Event Center.

Creative Expressions

Valentine's Day Wreath Creation- Join Kara in creating a wreath for Valentine's Day, featuring peonies, pampas grass, and other décor on Monday, February 2nd at 3PM in the Private Dining Room.

Greeting Card Creation- Join Liz in creating greeting cards using cutting, pasting, and other techniques on Tuesday, February 10th at 1PM in the Community Event Center, and Monday, February 23rd at 3PM in the 2nd Floor North Lounge.

Wine Bottle Succulent Planter Workshop- Join Gallivanting Greenhouse, a women owned mobile plant shop in creating a succulent planter out of a recycled wine bottle on Wednesday, February 18th at 2:30PM in the Activity Center.

Cookie Decorating- Join Sweet Girlz Bakery in decorating Valentine's Day themed cookies on Friday, February 20th at 2PM in the Private Dining Room.

Card Creation- Resident Linda Lennon will provide materials for residents to be able to craft and create their own greeting cards on Tuesday, February 24th at 2PM in the Community Event Center.

Dining

Super Bowl Sunday- Get in the spirit for the big game by enjoying a lunch buffet on Sunday, February 8th from 11:30AM-1:30PM. Please call Dining at Ext. 335 for reservations.

Valentine's Day Dinner- Residents can enjoy an early Valentine's Day Dinner on Friday, February 13th from 4:30-6PM. Please call Dining at Ext. 335 for reservations.

Mardi Gras- Enjoy a theme dinner to celebrate Mardi Gras on Tuesday, February 17th from 4:30-6PM. Please call Dining at Ext. 335 for reservations.

Discussions

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

New Great Courses Topic - Bob Burcaw will begin a new Great Courses lecture, "Wonders of the National Parks," on Thursday, February 5th, at 7:00 PM in the Activity Center.

Entertainment

Larry Hunt Duo- Enjoy music by the Larry Hunt Duo following the Valentine's Day Dinner on Friday, February 13th at 7PM in the Atrium.

Events

Super Bowl Sunday- On Sunday, February 8th join Life Enrichment in tailgating with snacks and drinks at 5:30PM followed by watching the game at 6:30PM in the Atrium or Main Dining Room.

DeSales University Health Fair- Students from DeSales University's nursing program will have their health fairs on the following dates in the Atrium.

- Thursday, February 12th from 11AM-1PM
- Tuesday, February 17th from 11AM-1PM

Moravian Academy Visit- Play a variety of games with Moravian Academy's community service group on Friday, February 13th at 10:20AM.

Game Day Gathering- Play a variety of games such as Mexican Train, Rummikub, Yahtzee, or Ping Pong on Sunday, February 15th at 3PM in the Community Event Center.

Fastnacht Day- Stop by the Atrium on Tuesday, February 17th from 10-11AM for a Fastnacht!

Presentations

Dr. Joseph Szmania- Join Moravian Village resident Dr. Szmania as he presents on “The Great Debate: Capitalism vs. Socialism” on Wednesday, February 4th at 2:30PM in the Main Dining Room.

Life Transitions Presentation- Join Kristel Seagreaves, and Sameerah Elder for a presentation talking about life transitions on Wednesday, February 25th at 2:30PM.

Spiritual Life

Catholic Mass- The monthly Catholic Mass Service will take place on Tuesday, February 10th at 2PM in the Chapel.

Adventures in Faith- On Thursday, February 12th join Chaplain Molly in exploring different faiths through discussion at 2PM in the Chapel.

Ash Wednesday Service- On Wednesday, February 18th Chaplain Molly will lead an Ash Wednesday service at 2PM in the Atrium.

Lenten Vespers- Vespers is a quiet service of candlelight, song, scripture. Rev. Dr. Mark Summer will be leading the worship. A service of evening prayer will be held Monday evenings starting Monday, February 23rd at 7:30PM in the Chapel during the season of Lent.

Episcopal Service- The monthly Episcopal Service will take place on Friday, February 27th at 1PM in the Chapel.

Support Groups

Hearing Loss Support Group- David will lead a hearing loss support group on Wednesday, February 4th at 1PM in the Chapel.

Parkinson’s Support Group- Virgen will lead a Parkinson’s support group on Monday, February 9th and 23rd at 11AM in the Chapel.

Support Group for Men- Rev. Dr. Mark Summer will lead a men's support group on Thursday, February 12th and February 26th at 10AM in the Chapel.

Wellness

Functional Fitness Presentation- Kaleb Roudabush, Senior Wellness Coordinator, and Tonya Padgett, Rehab Assistant, will give a presentation and history on fitness tests and the purpose they serve on Tuesday, February 3rd at 10AM in the Main Dining Room.

Functional Fitness Testing- Walk-Ins available from 10:30-11:30AM, and 1-3PM on Tuesday, February 3rd in the Fitness Center in Point 26 Suites. Residents can also call 610-625-4885 Ext. 236 for an appointment.

Wear Red Day Social- Create yogurt parfaits or trail mix with a variety of heart healthy ingredients on Friday, February 6th at 2:30PM in the Atrium.

Heart Health Workshop- Discover ways to enhance longevity through nutritional strategies for heart health, which encompass plant-based living, complete proteins, and nutrient-rich foods aimed at boosting energy and overall well-being on Saturday, February 7th at 11AM in the Activity Center.

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

February Events & Activities

Point 26 Suites:

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

Market Street Cottages:

Community Event Center • Larry's Garden

Life Enrichment:

610-984-4729 | Kara's Office: 610-625-4891 ext. 233

Sunday, 1st

2PM	Worship & Communion with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 2nd

9:15-9:45AM	Meditation with Kristel	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- <i>The Gospel of John</i>	Chapel
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
2-3PM	First Practice! Moravian Village Singers Choir Rehearsal	Atrium
3-4PM	Valentine's Day Wreath Creation <i>led by Kara</i>	Private Dining Room
3-4PM	Ping Pong	Community Event Center
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 3rd		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM	Functional Fitness Testing <i>Presentation with Kaleb Roudabush, Senior Wellness Coordinator, and Tonya Padgett, Rehab Assistant</i>	Main Dining Room
10AM & 1PM	Grocery Shopping: Wegmans	Meet in the Atrium
10:30-11:30AM	Functional Fitness Testing. Walk-Ins available, or call 610-625-4885 Ext. 236 for an appointment.	Fitness Center
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
1-3PM	Functional Fitness Testing. Walk-Ins available, or call 610-625-4885 Ext. 236 for an appointment.	Fitness Center
1:30-2:30PM	Community Bingo	HCC 1 st Floor Dining Room
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	Great Courses with Martin Richter – “The American West: History, Myth, & Legacy”	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 4th		
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	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
1-2PM	Hearing Loss Support Group led by David Seaman	Chapel
2:30PM	Resident Presentation: Dr. Joseph Szmania presenting on “The Great Debate: Capitalism vs. Socialism”	Main Dining Room

Wednesday, 4th (Continued)		
7PM	Movie Night- The Unlikely Pilgrimage of Henry Fry	Activity Center
7-8PM	Winter Weather with David	Atrium

Thursday, 5th Mat-Mindful Movement 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
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
1-1:30PM	Meditation with Kristel	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. Non-Alcoholic Beverages are available!	Community Event Center
7-8PM	Great Courses with Bob Burcaw – <i>“Wonders of the National Parks”</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 6th		
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. Registered volunteers please RSVP on the ICON App, or contact Kara.	Meet in the Atrium
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center

Friday, 6th (Continued)		
2:30PM	Wear Red Day Social! <i>Create heart healthy yogurt parfaits or trail mix in support of Wear Red Day.</i>	Atrium

Saturday, 7th		
9-10:30AM	Community Coffee	Atrium
11AM	Heart Health Workshop <i>led by Melissa.</i>	Activity Center

Sunday, 8th Community Fellowship is Cancelled		
11:30AM-1:30PM	Super Bowl Lunch Buffet. <i>Please call Dining at Ext. 335 for reservations.</i>	Main Dining Room
2PM	Worship with Chaplain Molly	Chapel
5:30-6:30PM	Tailgate with Life Enrichment! <i>Enjoy snacks, drinks, and games with Life Enrichment before the big game.</i>	Atrium
6:30PM	Super Bowl Watch Party!	Atrium or Main Dining Room

Monday, 9th		
9:15-9:45AM	Meditation with Kristel	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-12PM	Parkinson's Support Group. <i>Hosted by Virgen Quiñones</i>	Chapel
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- <i>The Gospel of John</i>	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	Trivia with David	Activity Center

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

Tuesday, 10th		
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 at 11:30AM
1-1:45PM	Total Conditioning with Angie	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
1-2PM	Greeting Card Creation <i>led by Liz</i>	Community Event Center
1:30-2:30PM	Community Bingo	HCC 1 st Floor Dining Room
2-2:30PM	Catholic Mass	Chapel
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	Great Courses with Martin Richter	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 11th		
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	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
3:35PM	Bus Trip: Newsies Jr. Dress Rehearsal at Broughal Middle School	Meet in the Atrium
7PM	Movie Night- The Children's Act	Activity Center
7-8PM	Winter Weather with David	Activity Center

Thursday, 12th Gentle Strength & Balance & Mat-Mindful Movement is Cancelled		
9:30-10:30AM	Tai Chi with Kevin	Activity Center
10-11AM	Support Group for Men <i>led by Rev. Dr. Mark Summer.</i>	Chapel
11AM-1PM	DeSales University Health Fair	Atrium
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
1-1:30PM	Meditation with Kristel	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	Chocolate Covered Strawberry Creation with Kara, Betsy, and Kate	Private Dining Room
7-8PM	Great Courses with Bob Burcaw – “Wonders of the National Parks”	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center
Friday, 13th		
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. <i>Play games with Moravian Academy's community service group!</i>	Atrium
11AM-12PM	Cornhole	Atrium
11AM-12PM	Neighborhood Conversations	Community Event Center
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
2PM	Larry's Garden Meeting <i>led by Nancy Kostas. This meeting is for residents with a current plot, & those who are interested in gardening in Larry's Garden.</i>	Community Event Center

Friday, 13th (Continued)		
3-4:30PM	Happy Hour. Non-Alcoholic Beverages are available! <u>*Due to the Valentine's Day Dinner following no hors d'oeuvres will be served*</u>	Atrium
4:30-6PM	Valentine's Day Dinner. Please RSVP to Dining at Ext.335.	Main Dining Room
7PM	Entertainment: Larry Hunt Duo	Atrium

Saturday, 14th		
9-10:30AM	Community Coffee	Atrium
2:30PM	Saturday Series- Virgin River	Activity Center

Sunday, 15th		
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

Monday, 16th Meditation, Chair Zumba, and Circuit are Cancelled		
10-10:45AM	Full Body Stretch with Shelby	Activity Center
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:50PM	Bible Study with Rev. Dr. Mark Summer- <i>The Gospel of John</i>	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	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 17th Community Bingo & Great Courses is Cancelled		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Giant	Meet in the Atrium

Tuesday, 17th (Continued)		
10-11AM	Fastnacht Day! Stop by the Atrium to grab a locally baked Fastnacht.	Atrium
11:30AM-12:15PM	Yoga Tone with Angie	Activity Center
11AM-1PM	DeSales University Health Fair	Atrium
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	HCC 1 st Floor Dining Room
1:30-2:30PM	Cottage Resident Association Meeting. All Cottage Residents are Welcome.	Main Dining Room
3-4:30PM	Bell Choir Rehearsal	Activity Center
4:30-6PM	Mardi Gras Theme Dinner! Please RSVP to Dining at Ext.335.	Main Dining Room
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 18th 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	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
2-2:30PM	Ash Wednesday Service led by Chaplain Molly	Chapel
2:30PM	Wine Bottle Succulent Planter Workshop led by Gallivanting Greenhouse	Activity Center
7PM	Movie Night- Everybody's Fine	Activity Center
7-8PM	Winter Weather with David	Activity Center

Thursday, 19th		
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

Thursday, 19th (Continued)

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	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. Non-Alcoholic Beverages are available!	Community Event Center
7-8PM	Great Courses with Bob Burcaw – “Wonders of the National Parks”	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 20th

9:30-10:15AM	Chair Zumba with Jackie!	Activity Center
10-11AM	Community Coffee	Community Event Center
10:30AM	Bus Trip: Palmer Park Mall	Meet in the Atrium at 10:30AM
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
2-3PM	Cookie Decorating led by Sweet Girlz Bakery	Private Dining Room

Saturday, 21st

9-10:30AM	Community Coffee	Atrium
2:30PM	Saturday Series- Virgin River	Activity Center

Sunday, 22nd

2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 23rd

9:15-9:45AM	Meditation with Kristel	Wellness Room at Community Event Center
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Monday, 23rd (Continued)		
10-10:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Full Body Stretch with Shelby	Activity Center
11AM-12PM	Parkinson's Support Group. Hosted by Virgen Quiñones	Chapel
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- <i>The Gospel of John</i>	Chapel
1:15-2:30PM	Intermediate Bridge	Card Room at Community Event Center
2-3PM	Moravian Village Singers Choir Rehearsal	Atrium
3-4PM	Greeting Card Creation led by Liz	2 nd Floor North Lounge
3-4PM	Ping Pong	Community Event Center
6:30-7:30PM	Time Change: Trivia with David	Activity Center
7:30-8:30PM	Lenten Vespers led by Rev. Dr. Mark Summer	Chapel
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 24th		
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	Community Bingo	HCC 1 st Floor Dining Room
2-3PM	Open Card Creation with Linda Lennon	Card Room at Community Event Center
3-4:30PM	Bell Choir Rehearsal	Activity Center
7-8PM	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, 25th		
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	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
2:30PM	Life Transitions Presentation led by Kristel Seagreaves, and Sameerah Elder	Main Dining Room
7PM	Movie Night- My Girl	Activity Center
7-8PM	Winter Weather with David	Activity Center

Thursday, 26th		
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
10-11AM	Support Group for Men led by Rev. Dr. Mark Summer.	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	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
1:15PM	Broughal Buddies. Registered Volunteers please RSVP on the ICON App or contact Kara at ext. 233	Meet in the Atrium at 1:15PM
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)
7-8PM	Great Courses with Bob Burcaw – “Wonders of the National Parks”	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 27th		
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
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
1-2PM	Bingo	Activity Center
3-4:30PM	Happy Hour. Non-Alcoholic Beverages are available!	Atrium

Saturday, 28th		
9-10:30AM	Community Coffee	Atrium
1-2:30PM	A Spoonful of Comfort: Minestrone and Aromatics led by Betsy & Kate	Community Event Center
2:30PM	Saturday Series- Virgin River	Activity Center

