



JULY

Calendar of Events



Bus Trips

Liberty Ignited- On Friday, July 3rd registered residents will meet in the Atrium at 5:15PM.

Trip to Jimmy's Hot Dog Stand & The Cup- Residents can take a trip to the hot dog stand for lunch, followed by ice cream at the cup on Thursday, July 9th. Residents will meet at 11AM and return around 1PM. **Residents are responsible for purchasing any items of their choice.**

America 250: Bethlehem Block Party- Celebrate history, community, and summer in style at America250: A Bethlehem Block Party! This exciting afternoon brings together neighbors and visitors for a vibrant, can't-miss celebration in the heart of Historic Bethlehem. Residents will meet in the Atrium at 12PM on Sunday, July 12th and return to Moravian at 3PM.

Blast Furnace Blues- Celebrate America's 250th with a night of blues at SteelStacks. Residents can hear the BC Combo, Danielia Cotton, and enjoy a variety of food vendors on Friday, July 17th. Residents will meet in the Atrium at 4:30PM.

August Bus Trips

Iron Pigs- Get ready for some baseball! Join us for a trip to Coca Cola Park to watch the Iron Pigs go head-to-head against the Scranton RailRiders on Friday, August 14th and enjoy post-game fireworks. Registered residents will meet in the Atrium at 5:30PM. Please RSVP by Friday, July 10th. Tickets are \$18 and will be charged to your monthly statement.

Community Kitchen

Red, White, and Yum Dirt Cups- Celebrate the season with a sweet and festive treat. Residents will layer pudding, cookie crumbs, and red, white, and blue toppings on Friday, July 3rd at 2PM in the Private Dining Room.

World Cup Confections Creations- Get ready to celebrate the FIFA World Cup with a special treat-making activity led by Betsy & Kara on Friday, July 10th at 2PM in the Community Event Center.

Berry & Brownie Kabobs- Residents will create their own brownie and berry kabobs using brownie bites and colorful fruit. Residents can mix and match their favorite combinations and leave with a sweet snack on Tuesday, July 14th at 2:30PM in the Community Event Center.

The Creative Corner

Propagation Workshop- Join Gallivanting Greenhouse in a propagation workshop in which residents will learn how to propagate plants, and be able to take 5 new plants home on Wednesday, July 1st at 3PM in the Activity Center.

Greeting Card Creation Group- Linda Lennon has started a greeting card creation group in which residents can meet on the first Tuesday of each month, beginning on July 7th at 10AM. Residents will create cards to be given as thank you cards to staff, as well as get well cards, and various others.

Watercolor Workshop- Join local artist Rachel Cavotta for a watercolor painting workshop on Saturday, July 18th at 11AM in the Activity Center! Explore the basics of watercolor and learn how to create realistic, vibrant paintings. During this workshop, participants will practice color mixing and creating contrast, light, and depth in a painting. At the end of the workshop, students will have a beautiful, nature-inspired piece that can be displayed all year long!

Guided Painting- Join Kelsey, from The Art Den, a creative studio in Nazareth in a guided painting on Tuesday, July 21st at 3PM in the Activity Center. No experience is necessary and residents will be guided through the painting process from start to finish.

Greeting Card Creation- Liz will lead her monthly greeting card creation class on Tuesday, July 28th at 2PM in the 2nd Floor North Lounge.

Dining

4th of July Buffet-Style Picnic Lunch- Start the Holiday celebrations with lunch in the Main Dining Room from 11:30AM-1:30PM on Saturday, July 4th. Call Dining Services at Ext. 335 to make reservations.

Cocktail Tasting- Join Stephany in sampling a variety of cocktails and learn how to make them on Monday, July 27th at 7:30PM in the Main Dining Room.

Entertainment

Pioneer Band of Allentown- An afternoon filled with patriotic tunes on Saturday, July 4th at 2PM in the Atrium.

Friction- Enjoy music by Friction, a 60's/70's – 90's rock and dance band on Friday, July 24th at 7PM in Larry's Garden. In the event of inclement weather this will take place in the Atrium.

Events

Blueberry Market to Go- If you would like to participate in the Blueberry Market to Go and order delightful blueberry desserts, order forms will be available at the front desk or through the app. Order forms are due by July 14th and the check is to be made out to Moravian Village of Bethlehem.

Orders will arrive Friday, July 17th

Self-Care with Caitlin- Caitlin will host a relaxing day of pampering for residents on Thursday, July 9th at 2PM in the Private Dining Room. Residents will learn a step-by-step makeup class where residents can learn how to enhance their natural beauty. Residents can come with a bare face, or makeup remover will be available. Residents will be guided through different makeup steps and will leave the class having learned how to enhance natural beauty.

Neighbors & Novels- Join Katelynn & Kara in a discussion about Theo of Golden on Friday, July 17th at 2PM in the Chapel.

FIFA World Cup Watch Party - Watch the FIFA World Cup Finale on Saturday, July 19th at 3PM at the Community Event Center.

Annual Volunteer Orientation- Learn about the different volunteer opportunities at Moravian Village such as the Front Desk, Life Enrichment, Spiritual Life, Healthcare, and more! **This training is mandatory for all current volunteers, and anyone interested in becoming a volunteer.** Join

us on Wednesday, July 29th at 2PM in the Main Dining Room. Please RSVP on the ICON App or call Life Enrichment to attend.

Lectures & Learning

The Population Conundrum- Join resident Dr. Joe Szmania on a presentation regarding population – too few or too many on Wednesday, July 1st at 2PM in the Main Dining Room.

Cybersecurity- Explore the essentials of cybersecurity in today’s digital world with Dan Soos, CEO, on Wednesday, July 8th at 2:30PM in the Main Dining Room. This presentation will cover common online threats, practical tips for protecting personal information, and simple strategies to stay safe while using technology.

Moravians in the American Revolution- Join Scott Paul Gordon, a professor at Lehigh University since 1995 and the current Andrew W. Mellon Chair, for an engaging look at how the American Revolution reshaped Bethlehem's Moravian community on Wednesday, July 15th at 2:30PM in the Main Dining Room.

During the Revolution, Pennsylvania’s Moravians found themselves in a difficult position. Committed to neutrality, they faced intense pressure from Patriots to take a side and were threatened with the loss of their property if they refused. As military forces—including marching troops, prisoners of war, and wounded soldiers—flooded Bethlehem, the small community was, in the words of its leader John Ettwein, “engulfed.” Forced to adapt to extraordinary circumstances, the Moravians dramatically changed the way they lived. Although the community survived these turbulent years, the Revolution left a lasting impact, permanently transforming Bethlehem.

Great Courses with Bob Burcaw- Dive into the history of London through the lens of some of its most infamous places, personalities, and politics across the centuries with Bob Burcaw beginning on Thursday, July 9th at 7PM in the Activity Center.

Movies

National Treasure- Friday, July 3rd at 7PM in the Activity Center.

The story follows Benjamin Franklin Gates, a historian obsessed with uncovering a legendary treasure supposedly hidden by the Founding Fathers. When clues lead him to suspect that the United States Declaration of Independence contains a secret map, Gates races to steal and protect the document before a rival treasure hunter, Ian Howe, can exploit it.

The Boys in the Boat- Friday, July 10th at 7PM in the Activity Center.

The film follows Joe Rantz, a working-class student at the University of Washington, who joins the school's junior varsity rowing team mainly for the small paycheck and housing it offers amid the hardships of the Great Depression. Under coach Al Ulbrickson, the crew must battle class prejudice, grueling training, and internal tensions as they fight to earn a spot representing the United States in the 1936 Berlin Olympics.

The Housemaid- Friday, July 17th at 7PM in the Activity Center.

Millie a struggling young woman becomes live in maid for a wealthy couple Nina and Andrew. She enters a mansion of secrets, manipulation, and escalating psychological games that pull her into a dynamic dangerous relationship.

Remarkably Bright Creatures- Friday, July 31st at 7PM in the Activity Center.

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

Spiritual Life:

Catholic Mass- The monthly service will take place on Wednesday, July 22nd at 2PM in the Chapel.

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

Support Groups:

Hearing Loss Support Group- David will lead his monthly support group on Wednesday, July 1st at 1PM in the Chapel.

Parkinson's Support Group- Virgen will lead her bi-weekly support group on Monday, July 13th and 27th at 11AM in the Chapel.

Wellness:

Seated Exercise- Tonya has added an additional Seated Exercise class on Mondays at 1PM in the Activity Center beginning on Monday, July 6th.

Core Pilates Class- Tuesdays at 10AM in the Activity Center. This low-impact workout aims to develop foundational strength through slow and controlled movements that effectively engage the deep stabilizing muscles of the abdomen, lower back, and pelvis. Emphasizing the quality of movement over intensity, the class incorporates a blend of seated and standing stretches alongside core strengthening exercises.

Hydration Workshop- You know healthy habits matter—but did you know that proper hydration may be the missing piece? Join Melissa for *Water Works*, an engaging 45-minute workshop exploring how staying hydrated can improve energy levels, reduce brain fog, and help medications work more effectively as we age.

Sample five delicious, infused water recipes, vote for your favorite, and take home a reusable water bottle and recipe card to help make hydration a daily habit on Saturday, July 15th at 11AM in the Community Event Center.



July 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


Wednesday, 1st		
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 <i>led by David Seaman</i>	Chapel
2-3PM	Presentation: The Population Conundrum- Too Few or Too Many? <i>by Joe Szmania</i>	Main Dining Room
3-4PM	Propagation Box Workshop <i>presented by Gallivanting Greenhouse</i>	Activity Center
7-8PM	Around the World with David	Activity Center

Thursday, 2nd Strength & Stretch 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
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
1-1:30PM	Meditation with Kristel	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center

Thursday, 2nd (Continued)		
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	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center



Friday, 3rd		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Chair Zumba with Danny	Activity Center
10-11AM	Community Coffee	Community Event Center
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
2-3PM	Red, White, and Yum Dirt Cup Creation <i>led by Betsy, Kate, and Kara</i>	Private Dining Room
5:15PM	Bus Trip: Liberty Ignited at Coca Cola Park. <i>*For Previously Registered Residents*</i>	Meet in the Atrium at 5:15PM
7PM	Movie Night: National Treasure	Activity Center



Saturday, 4th Community Coffee is Cancelled		
11:30AM-1:30PM	4th of July Picnic Lunch. <i>Please call Dining at Ext. 335 for reservations.</i>	Main Dining Room
2PM	Performance: Pioneer Band of Allentown	Atrium

Sunday, 5th		
2PM	Worship & Communion with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 6th Meditation & Chair Zumba are Cancelled

9:15-9:45AM	Meditation with Kristel	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	Seated Exercise with Tonya	Activity Center
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:30-3:30PM	Ping Pong	Community Event Center
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 7th Total Conditioning is Cancelled

9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Valley Farms	Meet in the Atrium
10-10:45AM	New Class! Core Pilates with Melissa	Activity Center
10-11:30AM	Card Creations led by Linda Lennon	Card Room at the Community Event Center
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center
1-2PM	Billiards & Pool	Game Room
7-8PM	Great Courses with Martin Richter: <i>"The Celtic World"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 8th 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
2:30PM	Presentation: Cybersecurity <i>presented by Dan Soos, CEO</i>	Main Dining Room
7-8PM	Around the World with David	Activity Center

Thursday, 9th Strength & Stretch 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
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11AM-1PM	Bus Trip: Jimmy's Hot Dog Stand & The Cup! <i>*Residents are responsible for purchasing any items of their choice.*</i>	Meet in the Atrium at 1PM
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
2-3PM	Self-Care with Caitlin. <i>Makeup, Skincare, and Facials 101</i>	Private Dining Room
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
7-8PM	Great Courses with Bob Burcaw: <i>"Notorious London: A City Tour"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 10th 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
1-2PM	Bingo	Activity Center
2-3PM	World Cup Confections! <i>Join Betsy & Kara for a special soccer-themed treat-making activity.</i>	Community Event Center
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium
7PM	Movie Night: The Boys in the Boat	Activity Center

Saturday, 11th		
9-10:30AM	Community Coffee	Atrium
7PM	Cornhole	Community Event Center

Sunday, 12th		
12-3PM	Bus Trip: America250: A Bethlehem Block Party	Meet in the Atrium at 12PM
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 13th Chair Zumba is Cancelled		
9:15-9:45AM	Meditation with Kristel	Wellness Room at Community Event Center
10-10:45AM	Full Body Stretch with Shelby	Activity Center
11AM-12PM	Parkinson's Support Group. <i>Hosted by Virgen.</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	Seated Exercise with Tonya	Activity Center
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:30-3:30PM	Ping Pong	Community Event Center
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 14th Tai Chi is Cancelled		
10AM & 1PM	Grocery Shopping: Giant	Meet in the Atrium
10-10:45AM	New Class! Core Pilates with Melissa	Activity Center
11:30AM-12:15PM	Total Conditioning with Casandra	Activity Center
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
2:30PM	Berry & Brownie Kabobs <i>led by Betsy, Kate, and Kara</i>	Community Event Center
7-8PM	Great Courses with Martin Richter: <i>"The Celtic World"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 15th Chair Zumba & Qigong are Cancelled		
9-9:45AM	Circuit Training with Angie	Wellness Room at Community Event 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	Presentation: Scott Paul Gordon <i>presenting on Moravians & The Revolution</i>	Main Dining Room
7-8PM	Around the World with David	Activity Center

Thursday, 16th Meditation & Tai Chi are Cancelled		
9:30-10:15AM	Gentle Strength & Balance with Shelby	Wellness Room at Community Event Center
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
1-1:45PM	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>"Notorious London: A City Tour"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 17th Chair Zumba is Cancelled		
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
2-3PM	Neighbors & Novels Book Club. <i>For residents who have read Theo of Golden.</i>	Chapel
4:30-7PM	Bus Trip: Blast Furnace Blues Festival	Meet in the Atrium at 4:30PM

Friday, 17th (Continued)		
7PM	Movie Night: The Housemaid	Activity Center

Saturday, 18th		
9-10:30AM	Community Coffee	Atrium
11AM	Watercolor Workshop <i>led by Rachel</i>	Activity Center
7PM	Cornhole	Community Event Center

Sunday, 19th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium
3PM	FIFA World Cup Finale Watch Party! <i>Enjoy soccer-themed snacks & watch the big game!</i>	Community Event Center

Monday, 20th Meditation 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	Seated Exercise with Tonya	Activity Center
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:30-3:30PM	Ping Pong	Community Event Center
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 21st		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	Grocery Shopping: Wegmans	Meet in the Atrium
10-10:45AM	New Class! Core Pilates with Melissa	Activity Center
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center

Tuesday, 21st (Continued)		
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
3-4:30PM	Guided Painting Class led by Kelsey from <i>The Art Den</i>	Activity Center
7-8PM	Great Courses with Martin Richter: <i>"The Celtic World"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 22nd Meditation 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
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
2-2:30PM	Catholic Mass	Chapel
7-8PM	Around the World with David	Activity Center

Thursday, 23rd Meditation 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
11-11:45AM	Fit & Strong Bodybuilding with Angie	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
1-1:45PM	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)
7-8PM	Great Courses with Bob Burcaw: <i>"Notorious London: A City Tour"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 24th		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Chair Zumba with Danny	Activity Center
10-11AM	Community Coffee	Community Event Center
11AM-12PM	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. <i>Non-Alcoholic Beverages are available!</i>	Atrium
6:30-8:30PM	Concert in the Garden: Friction	Larry's Garden

Saturday, 25th		
9-10:30AM	Community Coffee	Atrium
11AM	Wellness Workshop: Hydration <i>led by Melissa</i>	Community Event Center
7PM	Cornhole	Community Event Center

Sunday, 26th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 27th		
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.</i>	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:45PM	Seated Exercise with Tonya	Activity Center
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room

Monday, 27th (Continued)		
2:30-3:30PM	Ping Pong	Community Event Center
6:30-7:30M	Time Change: Trivia with David	Atrium
7-9PM	Mahjong	Card Room at Community Event Center
7:30PM	Cocktail Tasting with Stephany	Main Dining Room

Tuesday, 28th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10AM & 1PM	New Store! Grocery Shopping: Weis	Meet in the Atrium
10-10:45AM	New Class! Core Pilates with Melissa	Activity Center
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room
2-3PM	Greeting Card Creation <i>led by Liz</i>	2 nd Floor North Lounge
7-8PM	Great Courses with Martin Richter: <i>"The Celtic World"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 29th Circuit Training is Cancelled		
9-9:45AM	Chair Zumba with Danny	Activity 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
2-3:30PM	Volunteer Orientation. <i>For any current or interested volunteers, attendance is mandatory.</i> <i>*Please RSVP on the ICON App or to Life Enrichment*</i>	Main Dining Room
7-8PM	Around the World with David	Activity Center

Thursday, 30th Fit & Strong is Cancelled		
9:30-10:15AM	Gentle Strength & Balance with Shelby	Wellness Room at Community Event Center

Thursday, 30th (Continued)		
9:30-10:30AM	Tai Chi with Kevin	Activity 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. <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
7-8PM	Great Courses with Bob Burcaw: "Notorious London: A City Tour"	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 31st		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Chair Zumba with Danny	Activity Center
10-11AM	Community Coffee	Community Event Center
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
7PM	Movie Night: Remarkably Bright Creatures	Activity Center

★ CELEBRATE ★ INDEPENDENCE DAY

★ *in the Lehigh Valley!* ★

THREE GREAT WAYS TO CELEBRATE



★ LIVE MUSIC. FAMILY FUN. FIREWORKS. MEMORIES THAT LAST. ★



PAYROW PLAZA

Independence Day Celebration

SATURDAY, JULY 4 • 7:30–9:00 PM

Enjoy a patriotic concert by the **BETHLEHEM MUNICIPAL BAND** followed by Bethlehem's fireworks display at approximately 9:15 PM.

FEATURING:

- ★ Bethlehem Municipal Band
7:30–9:00 PM
- ★ Fireworks
Approximately 9:15 PM



STEELSTACKS

Independence Day Celebration

BEGINNING AT 5:30 PM

Enjoy **FREE** live music, activities, and food vendors all evening long!

- ★ Free live music beginning at 5:30 PM
- ★ Activities for all ages
- ★ Food vendors
- ★ Excellent, unobstructed view of Bethlehem's city-wide fireworks from nearby Sand Island



ALLENTOWN

Independence Day Celebration

SATURDAY, JULY 4 • 12:00–10:00 PM

Cedar Beach Park / J. Birney Crum Stadium
101 N. Ott St., Allentown

Allentown's free flagship event runs from 12:00 PM to 10:00 PM. Park activities run through the afternoon, followed by live music and the fireworks display at 9:15 PM.

- ★ Free community event
- ★ Park activities throughout the afternoon
- ★ Live music in the evening
- ★ Fireworks display at approximately 9:15 PM

★ ONE REGION. THREE GREAT CELEBRATIONS.
One Unforgettable Fourth of July! ★