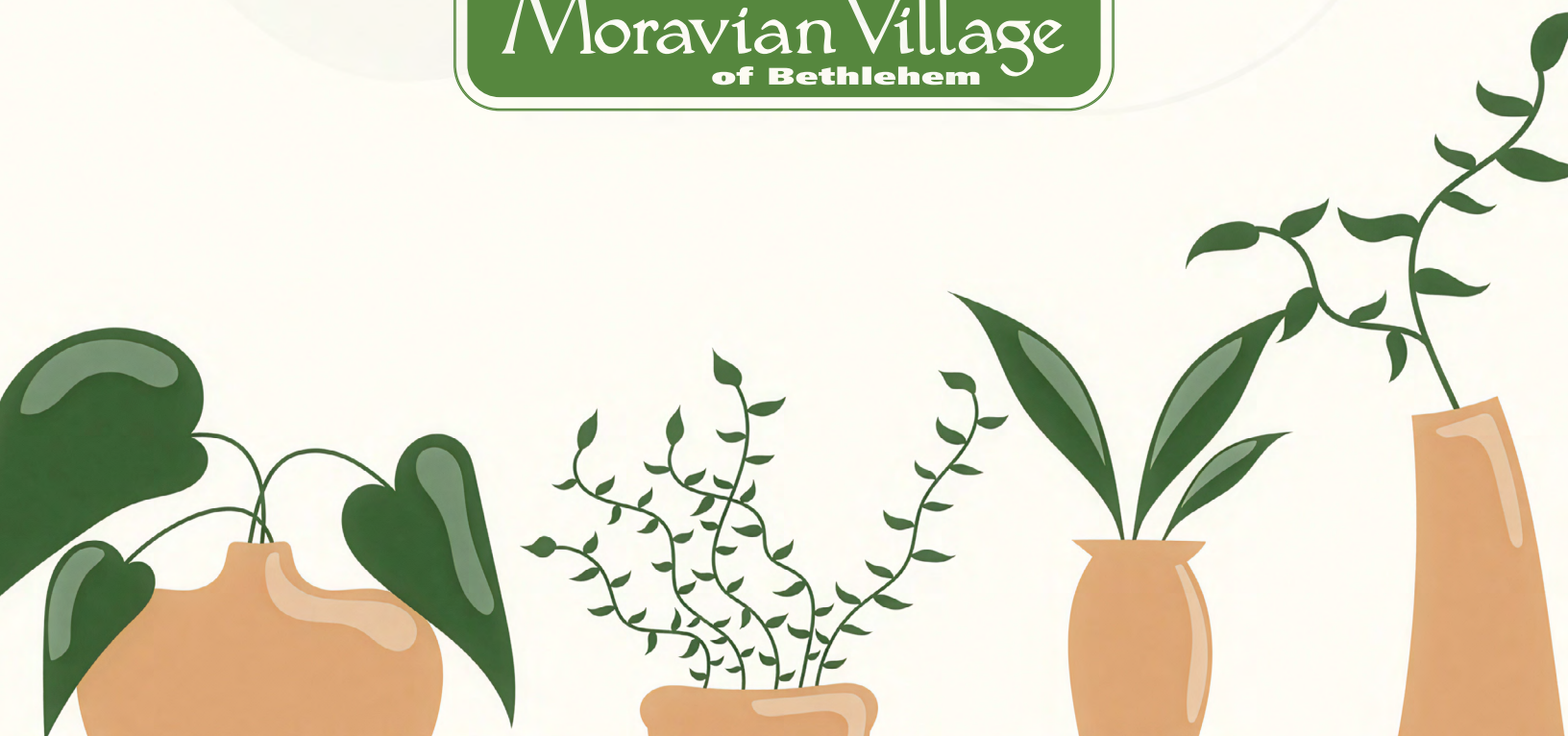


Welcome
AUGUST



Reminders

Signing Up for Classes / Events- The following classes and events require signing up through the ICON App or by calling Life Enrichment. Residents can register for the following weeks classes every Monday at 12:30PM.

- Bus Trips
 - Grocery Shopping – RSVP to Teri at Ext. 331
- Community Kitchen Classes & Events
- Creative / Art Classes
- Wellness Classes and Workshops
- Wine, Martini, Drink Tastings
 - Chef's Table & Dinner Service – RSVP to Dining at Ext. 335

Bus Trip Cost- If you sign up for an event where the tickets are purchased ahead of time and you cannot go and a replacement is not found, you will be billed accordingly.

Bus Trips

Musikfest- Enjoy a variety of performances, vendors, food, drinks and more on the following trips:

- Saturday, August 1st 2-5PM – Performances by The Artisan Jazz, Trio, Wood n' Strings & more
- Monday, August 3rd 5-7:30PM – Performances by Jazz Standards, Billy Bauer, Dave Fry & more
- Wednesday, August 5th 12-2:30PM – Performance by The Steelworkers Polka Band, Cate Great, Liberty Jams & more
- Thursday, August 6th 4:30-7PM – Vesper Concert Series featuring the Bel Canto Youth Chorus of the Bach Choir & Summer Harmony Choir

Shopping at Southmont Plaza- Shop at the Dollar Tree, Michaels, Barnes & Noble, and more on Thursday, August 13th. Residents will meet in the Atrium at 11AM.

Trip to Nick's on Main & Hotel B Ice Cream Parlor- Residents can take a trip to Nick's on Main in Bethlehem for lunch, followed by ice cream at the Hotel B Ice Cream Parlor on Thursday, August 20th. Residents will meet at 11AM and return around 1PM. **Residents are responsible for purchasing any items of their choice.**

Community Kitchen

Spring Roll Making Class- Jenny and Roy Lim have over 50 years of combined restaurant experience. After closing their South Side Bethlehem restaurant, they continue serving the Lehigh Valley through Malaysian-inspired pop-ups, cooking classes, and private catering. Join them on Thursday, August 6, at 1PM in the Community Event Center to learn how to make fresh spring rolls.

Sips & Sunflower- Join the Community Kitchen for a plated tea party on Saturday, August 15th at 1PM in the Private Dining Room.

Lemon Raspberry Delight- On Friday, August 28th create a refreshing summer treat, raspberry and lemon curd ladyfinger bars at 2PM in the Private Dining Room.

The Creative Corner

Zentangle- Beginning in August, Zentangle will be held every other week instead of weekly, and will be held on August 13th will be held on ZOOM, and on August 27th Maryam will hold the class in person at the Community Event Center.

Greeting Card Creation Group- Linda Lennon has started a greeting card creation group in which residents can meet on the first Tuesday of every month. This months group will meet on August 4th at 10AM in the Community Event Center. Residents will create cards to be given as thank you cards to staff, as well as get well cards, and various others.

Paint like Van Gogh- This class by Alexandra will walk students through completing a painting in the style of Vincent Van Gogh, offering guidance and structure from start to completion. Residents will work from reference imagery, going on to choose their own landscape and create a totally unique style painting, exploring and familiarizing themselves with color, mark making, impasto and light depiction on Saturday, August 8th at 11AM in the Activity Center.

Decoupage Vase Creation- Join Kara in transforming thrifted vases into a work of art using decorative paper and decoupage techniques on Wednesday, August 19th at 1:30PM in the Activity Center.

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!

Dining

Rock & Roll Chef's Table- Join Chef Pete for a 5-course pairing menu on Thursday, August 27th at 6PM. This experience is limited to 20 residents; interested residents should call Dining at Ext. 335. The cost of the pairing is \$50 which will be billed to your monthly statement, meal plans are not accepted.

Martini Tasting- From dirty martinis to espresso martinis and more, sample a variety with Rob on Monday, August 31st at 7:30PM in the Main Dining Room. Please RSVP on the ICON App or call Life Enrichment to attend.

Discussions & Presentations

Solar System, Planets, & More- Join David every Wednesday for a discussion surrounding different planets, moons, and more, beginning on August 5th at 7PM in the Atrium.

New Great Masters with Martin- On Tuesday, August 4th at 7PM in the Community Event Center Martin will begin the topic of *Great Masters: Mozart - His Life and Music*.

Data Centers: The Good, The Bad, The Ugly- Join resident Dr. Joe Szmania for a presentation examining data centers on Wednesday, August 12th at 2:30PM in the Main Dining Room.

Entertainment

Joe Mixon- Joe Mixon brings the vibrant sounds of the islands to our community! Enjoy an afternoon filled with Caribbean, reggae, calypso, and steel drum music on Friday, August 7th from 3:30-4:30PM in Esther's Garden.

Parkland Strolling Strings- Parkland students with violins and violas will stroll among the audience while performing entirely from memory, creating an engaging and interactive musical experience on Wednesday, August 12th at 7PM in the Atrium.

Jazz Rumble- An evening of live jazz featuring a talented group out of Easton. Greg DeLucca on drums, Jack Lamson on sax, Steve Bingham on keys, Gus DeArmas on guitar, and Frank Spano on bass will bring the rhythm and energy to residents on Thursday, August 13th from 4:30-5:30PM in Larry's Garden.

Events

Moravian Platz- Enjoy live music, 'fest foods, and drinks on the following days.

- Friday, August 7th from 3-4:30PM in Esther's Garden
 - Music by Joe Mixon begins at 3:30PM
- Thursday, August 13th from 4-5:30PM in Larry's Garden
 - Music by Jazz Rumble begins at 4:30PM

Scoops & Split Social- Create your own banana split or sundae on Tuesday, August 25th at 2PM in the Atrium.

Neighbors & Novels- Please note that August's Neighbors & Novel discussion of Bittersweet by Collen McCullough will be moved to Friday, September 18th at 2PM in the Chapel.

Health & Wellness

Yogalates- New class on Thursdays at 12PM at the Community Event Center! Yogalates combines the core-strengthening principles of Pilates with the flexibility and mindful breathing of yoga, creating a distinctive fitness experience. This class not only boosts muscular strength and joint flexibility but also provides substantial stress relief, making it an ideal choice for those seeking both physical and mental well-being.

Embracing Wellness Month Workshop- August brings National Wellness Month, a reminder to prioritize self-care, healthy habits, and stress management. It's an especially crucial time for active aging adults, focused on thriving physically, mentally, and emotionally. Join Melissa in an educational workshop and create some delicious energy bites to fuel an active lifestyle on Saturday, August 15th at 11AM in the Activity Center.

Movies

Mamma Mia- Friday, August 7th at 7PM in the Activity Center. On a sunny Greek island, 20-year-old Sophie prepares to marry Sky. Raised by her independent single mother, Donna, Sophie secretly discovers her mother's diary and finds three men who could be her father. She invites all three to the wedding, sparking chaotic romance and musical numbers set to ABBA hits.

Under the Tuscan Sun- Friday, August 14th at 7PM. A heartbroken, recently divorced San Francisco writer who impulsively buys a run-down villa in Italy. Seeking a fresh start, she immerses herself in a life-changing journey of local renovation, colorful new friendships, and romantic second chances set against the idyllic countryside

The Parent Trap- Friday, August 21st at 7PM in the Activity Center. Separated at birth by their parents' divorce, identical twins Hallie and Annie coincidentally meet at a summer camp. After discovering their true identities, they devise a plan to switch places to meet the parent they never knew and ultimately scheme to reunite their family. Separated at birth by their parents' divorce, identical twins Hallie and Annie coincidentally meet at a summer camp. After discovering their true identities, they devise a plan to switch places to meet the parent they never knew and ultimately scheme to reunite their family.

Dirty Dancing- Friday, August 28th at 7PM. Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle.

Support Groups

Hearing Loss Support Group- David will lead his monthly hearing loss support group on Wednesday, August 5th at 1PM in the Chapel.

Parkinson's Support Group- Virgen will lead a Parkinson's Support Group on Monday, August 10th & Monday, August 24th at 11AM in the Chapel.

August 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

Saturday, 1st

9-10:30AM	Community Coffee	Atrium
2-5PM	Bus Trip: Musikfest <i>featuring performances by The Artisan Jazz Trio, Wood n' Strings & more.</i>	Meet in the Atrium at 2PM
7PM	Cornhole	Community Event Center

Sunday, 2nd

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

Monday, 3rd

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	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

Monday, 3rd (Continued)		
5-7:30PM	Bus Trip: Musikfest <i>featuring performances by Jazz Standards, Billy Bauer, and Dave Fry</i>	Meet in the Atrium
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 4th		
9:30-10:15AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-10:45AM	Core with Melissa	Activity Center
10AM & 1PM	Grocery Shopping: Valley Farm	Meet in the Atrium
10-11:30AM	Greeting Card Creation Group <i>led by Linda Lennon</i>	Card Room at the Community Event 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
7-8PM	Great Masters with Martin Richter : <i>"Mozart - His Life and Music"</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
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
12-2:30PM	Bus Trip: Musikfest <i>featuring performances by The Steelworkers Polka Band, Tim Harakal, Liberty Jams & more</i>	Meet in the Atrium
1-2PM	Yoga with Deanna	Activity Center
1-2PM	Hearing Loss Support Group <i>led by David Seaman</i>	Chapel

Wednesday, 5th (Continued)		
7PM	Solar System, Planets, & More <i>led by David Seaman</i>	Atrium

Thursday, 6th		
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 Alicia	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Yogalates with Alicia	Wellness Room at Community Event Center
1-1:30PM	Meditation with Kristel	Chapel
1-1:45PM	Seated Exercise with Tonya	Activity Center
1-2:30PM	Spring Roll Making Class <i>led by Jenny from Jenny's Kual</i>	Community Event Center
2-3PM	Ping Pong	Community Event Center
4:30PM-7PM	Bus Trip: Musikfest Vesper Concert Series <i>featuring the Bel Canto Youth Chorus of the Bach Choir & Summer Harmony Choir</i>	Meet in the Atrium at 4:30PM
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, 7th		
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

Friday, 7th (Continued)		
3-4:30PM	Moravian Platz! <i>Enjoy live music, 'fest food, drinks, and more!</i>	Esther's Garden
3:30-4:30PM	Performance: Joe Mixon brings the vibrant sounds of the islands!	Esther's Garden
7PM	Movie Night- Mamma Mia	Activity Center

Saturday, 8th		
9-10:30AM	Community Coffee	Atrium
11AM	Paint like Van Gogh <i>led by Alexandra</i>	Activity Center
7PM	Cornhole	Community Event Center

Sunday, 9th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 10th		
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	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, 11th		
9:30-10:15AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-10:45AM	Core with Melissa	Activity Center
10AM & 1PM	Grocery Shopping: Wegmans	Meet in the Atrium
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
7-8PM	Great Masters with Martin Richter: <i>"Mozart - His Life and Music"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 12th		
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	Presentation: Joe Szmania on <i>"Data Centers: The Good, the Bad & the Ugly"</i>	Main Dining Room
7PM	Performance: Parkland Strolling Strings	Atrium

Thursday, 13th		
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>led by Rev. Dr. Mark Summer.</i>	Chapel
11-11:45AM	Fit & Strong Bodybuilding with Alicia	Wellness Room at Community Event Center

Thursday, 13th (Continued)		
11AM-2PM	Bus Trip: Shopping at Southmont Plaza. <i>Shop at Dollar Tree, Michaels, Barnes & Noble, & more!</i>	Meet in the Atrium
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Yogalates with Alicia	Wellness Room at Community Event 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)
4-5:30PM	Moravian Platz! <i>Enjoy live music, 'fest food, drinks, and more!</i>	Larry's Garden
4:30-5:30PM	Performance: Jazz Rumble <i>bringing rhythm and energy!</i>	Larry's Garden
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, 14th		
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
1-2PM	Bingo	Activity Center
5:30PM	Bus Trip: Iron Pigs Game. <i>*Previously registered residents*</i>	Meet in the Atrium at 5:30PM
7PM	Movie Night- Under the Tuscan Sun	Activity Center

Saturday, 15th		
9-10:30AM	Community Coffee	Atrium
11AM	Wellness Month Workshop <i>presented by Melissa</i>	Activity Center
1PM	Sips & Sunflowers Tea Party	Private Dining Room
7PM	Cornhole	Community Event Center

Sunday, 16th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 17th		
Chair Zumba is Cancelled		
Trivia with David 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
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
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 18th		
9:30-10:15AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-10:45AM	Core with Melissa	Activity Center
10AM & 1PM	Grocery Shopping: Weis	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Casandra	Activity Center
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
1-2PM	Billiards & Pool	Game Room

Tuesday, 18th (Continued)		
1:30-2:30PM	Cottage Resident Association Meeting. <i>All Cottage Residents are Welcome</i>	Main Dining Room
7-8PM	Great Masters with Martin Richter : <i>"Mozart - His Life and Music"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 19th		
Chair Zumba is Cancelled Circuit Training is Cancelled Yoga with Deanna is Cancelled		
10-11AM	Qigong with Kevin	Activity Center
10:45-11:15AM	Meditation with Kristel	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1:30PM	Decoupage Vases with Kara! <i>Turn thrifted vases into a work of art.</i>	Activity Center
7PM	Solar System, Planets, & More <i>led by David Seaman</i>	Atrium

Thursday, 20th		
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 Alicia	Wellness Room at Community Event Center
11AM-1PM	Bus Trip: Nick's on Main & Hotel B Ice Cream Parlor.	Meet in the Atrium
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Yogalates with Alicia	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
7-8PM	Great Courses with Bob Burcaw: <i>"Notorious London: A City Tour"</i>	Activity Center

Thursday, 20th (Continued)		
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 21st 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
3-4:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Atrium
7PM	Movie Night- The Parent Trap	Activity Center

Saturday, 22nd		
9-10:30AM	Community Coffee	Atrium
7PM	Cornhole	Community Event Center

Sunday, 23rd		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 24th		
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	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

Monday, 24th (Continued)		
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 25th		
9:30-10:15AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-10:45AM	Core with Melissa	Activity Center
10AM & 1PM	Grocery Shopping: Valley Farm	Meet in the Atrium
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	Scoops & Split Social! <i>Create your own banana split or sundae.</i>	Atrium
7-8PM	Great Masters with Martin Richter : <i>"Mozart - His Life and Music"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 26th		
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
2-2:30PM	Catholic Mass	Chapel
7PM	Solar System, Planets, & More <i>led by David Seaman</i>	Atrium

Thursday, 27th		
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, 27th (Continued)		
10AM	Support Group for Men <i>led by Rev. Dr. Mark Summer.</i>	Chapel
11-11:45AM	Fit & Strong Bodybuilding with Alicia	Wellness Room at Community Event Center
11:30AM-12:30PM	Strength & Stretch with Denise	Activity Center
12-12:45PM	Yogalates with Alicia	Wellness Room at Community Event 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	In Person! Zentangle with Maryam	Community Event Center
4-5:30PM	Happy Hour. <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
6PM	Chef's Table <i>led by Pete DiCenso</i>	Private Dining Room
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, 28th		
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
2PM	Community Kitchen: Lemon & Raspberry Delight	Private Dining Room
7PM	Movie Night- Ticket to Paradise	Activity Center

Saturday, 29th		
9-10:30AM	Community Coffee	Atrium
11AM-1PM	Watercolor Workshop <i>led by Rachel</i>	Activity Center

Saturday, 29th (Continued)		
7PM	Cornhole	Community Event Center

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

Monday, 31st		
Full Body Stretch is Cancelled		
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
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
6:30-7:30PM	Time Change: Trivia with David	Atrium
7:30PM	Martini Tasting with Rob!	Main Dining Room
7-9PM	Mahjong	Card Room at Community Event Center