

The entire page is framed by a delicate border of autumn leaves in shades of yellow, orange, and red, scattered across the top and sides.

WELCOME

October



Announcements & 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 week's 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
- Autumn Tasting
 - Dinner Service – RSVP to Dining at Ext. 335

Cancelling- If your plans change and you're no longer able to attend an event you've RSVP'd for, **please remember to cancel your RSVP as soon as possible.** Many of our events have waitlists, and canceling promptly gives other residents a heads up & opportunity to participate.

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.

Moravian Village Singers Practice- Beginning in October Chorus practice will begin at 2:15PM in the Chapel.

Please do not enter the Chapel until Bible Study finishes

Bus Trips

Oktoberfest- Oktoberfest at SteelStacks features brews, food, live music, local artisans, as well as activities like the fan-favorite dachshund races and more on Sunday, October 4th. Residents will meet in the Atrium at 12PM and return at approximately 3PM.

Harvest Fest- Celebrate the best of fall in Historic Downtown Bethlehem featuring live music, local shopping, family-friendly activities, and all the sights, sounds, and flavors of the season on Saturday, October 10th. Residents will meet in the Atrium at 12PM and return at approximately 2:30PM.

Bach at Noon- The monthly concert series hosted by the Bach Choir of Bethlehem at Central Moravian Church will take place on Tuesday, October 13th. Residents will meet in the Atrium at 11:30AM.

Scholl's Orchard- Shop Scholl Orchards Farm Market featuring fresh produce and more on Wednesday, October 14th at 11AM. Residents will return at approximately 12PM.

Ott's Exotic Plants- Ott's in Schwenksville has transformed its grounds into a vibrant mountain of mums, creating a lively celebration of autumn's favorite flower. Residents can see the mum mountain and shop the greenhouse on Friday, October 16th. Residents will meet in the Atrium at 10AM and return at approximately 1:30PM.

Palmer Park Mall- Residents can shop at Boscov's, Hallmark, Bath & Body Works, and more on Thursday, October 22nd at 1PM. Residents will return at approximately 4PM.

Community Kitchen

Charcuterie Workshop- Learn how to put together a charcuterie box on Thursday, October 15th at 3PM in the Private Dining Room.

English Pear Trifle- Join Kate and Betsy in another Community Kitchen adventure with seasonal pears on Monday, October 26th at 3PM in the Community Event Center.

Mad Hatter Tea Party- Join the Community Kitchen for a plated tea party on Saturday, October 31st at 1PM in the Private Dining Room.

The Creative Corner

Harvest Wreath Creation- Using leaves, and other festive fall materials, residents can make a wreath on Tuesday, October 13th at 2PM in the Private Dining Room.

Painting with Kelsey- Kelsey will lead residents in painting a fall scene on Thursday, October 29th at 2:30PM in the Activity Center.

Dining

Oktoberfest Dinner- Traditional Oktoberfest offerings on Thursday, October 8th from 4:30-6PM, followed by music at 7PM by John Stevens in the Atrium. Please call Dining at Ext. 335 for reservations.

Sip into Fall- Sip, savor, and celebrate the season with a tasting of delicious fall-inspired drinks and flavors on Monday, October 26th at 7:30PM in the Main Dining Room! Please RSVP on the ICON App, or call Life Enrichment.

Chef's Table- Join Chef Pete for a 5-course pairing menu on Wednesday, October 28th at 6PM. This experience is limited to 20 residents; interested residents should call Dining at Ext. 335. The cost of the pairing is \$65 which will be billed to your monthly statement, meal plans are not accepted.

Halloween Dinner- Friday, October 30th from 4:30-6PM. Please call Dining at Ext. 335 for reservations.

Discussions & Presentations

The Six Pillars of Brain Health- This presentation by Howard & Alice Lieberman on Wednesday, October 7th at 2:30PM in the Main Dining Room will provide tips and strategies for maintaining brain health and will covers topics such as physical exercise, mental stimulation, and social engagement

New Great Courses with Martin- Martin will begin the topic of “Great Rivers that Shaped History” on Tuesday, October 13th at 7PM in the Community Event Center.

New Great Courses with Bob- Bob will begin the topic of “Beethoven – His Life & Music” on Thursday, October 15th at 7PM in the Activity Center

A Guide to Using AI- Resident Joe Szmania will present on tips for using AI effectively and safely on Wednesday, October 21st at 2:30PM in the Main Dining Room.

I’m Dead, Now What- Learn information about belongings, business affairs, and wishes on Wednesday, October 28th at 2:30PM in the Main Dining Room.

Entertainment

John Stevens- Celebrate Oktoberfest with John Stevens on Thursday, October 8th at 7PM in the Atrium.

Events

Welcome to the Village- Join us as we introduce and welcome our newest residents on Friday, October 2nd at 3PM in the Atrium.

S'mores Social- Enjoy themed treats and great company on Wednesday, October 14th from 2-3PM in the Atrium.

Neighbors & Novels Book Club- Katelynn and Kara will be leading a discussion about The Frozen River by Ariel Lawhon on Friday, October 16th at 2PM in the Chapel. All residents are welcome to attend!

Pink Out Happy Hour- Wear Pink during Happy Hour on Friday, October 16th at 3PM in the Atrium to support Breast Cancer Awareness Month.

Satin Hands- Resident Arlene will lead residents in a satin hands pampering class where residents can deeply moisturize, exfoliate, and soften their skin on Monday, October 19th at 1PM in the 2nd Floor North Lounge. *RSVP on the ICON App or call Life Enrichment*

Moravian Academy Visit- Students from Moravian Academy will visit and bring a variety of games to play with residents on Friday, October 23rd from 10:20-11AM in the Atrium.

Health & Wellness

Food is Fuel Workshop- Melissa will cover the benefits of choosing more whole, minimally processed foods and teach residents how the foods we eat can support overall wellness and help reduce inflammation on Saturday, October 17th at 11AM in the Community Event Center.

In recognition of Breast Cancer Awareness Month, we'll also discuss healthy ways to reduce stress on the body through nourishing foods, movement, walking, meditation, and other everyday wellness practices.

Movies

You've got Mail- Friday, October 2nd at 7PM in the Activity Center.

Book superstore magnate Joe Fox and independent book shop owner Kathleen Kelly fall in love in the anonymity of the Internet, both blissfully unaware that he's trying to put her out of business.

23 Walks- Friday, October 9th at 7PM in the Activity Center.

A gentle, sweet, funny, romantic story of love in later life following a couple in their sixties, Dave and Fern, who get to know one another over the course of 23 dog walks.

The Odyssey- Friday, October 16th at 7PM in the Activity Center.

Odysseus, king of Ithaca, embarks on a perilous journey to return home after the Trojan War. Crossing the Mediterranean Sea with his fellow soldiers, they soon find themselves battling not only the elements, but an array of deadly obstacles and mythical creatures along the way.

Wicked: For Good- Friday, October 23rd at 7PM in the Activity Center.

The epic conclusion to the untold story of the witches of Oz begins. Elphaba, demonized as The Wicked Witch of the West, lives in exile, fighting for truth. Glinda, the symbol of Goodness, reigns in Emerald City. But when the angry citizens of Oz rise up against the Wicked Witch, the two must reunite and truly see each other to change themselves, and all of Oz, for good.

Practical Magic- Friday, October 30th at 7PM in the Activity Center.

Two witch sisters who try to overcome a family curse that threatens their romantic lives.

Spiritual Life

Adventures in Faith- Join Chaplain Molly for a discussion surrounding different faiths on Thursday, October 8th at 2PM in the Chapel.

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

Contemplative Labyrinth Walk- Join Spiritual Life in an ancient, meditative practice that uses a single, winding path to guide your physical steps inward to a center and back out again on Thursday, October 29th from 10AM-12PM in the Main Dining Room.

Catholic Mass- The monthly service will take place on Wednesday, October 28th at 2PM in the Chapel.

Support Groups

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

Men's Caregiver Support Group- Resident Rev. Dr. Mark Summer will lead the monthly support group for men on Thursday, October 8th and 22nd at 10AM in the Chapel.

Parkinson's Support Group- Virgen will lead her monthly support group on Monday, October 12th and 26th from 11AM-12PM in the Chapel.

October 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:

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

Thursday, 1st		
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
2-3PM	Ping Pong	Community Event Center
7-8PM	Great Courses with Bob Burcaw: <i>"Tchaikovsky—His Life and Music"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 2nd		
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, 2nd (Continued)		
9:30AM	Thomas Jefferson Joy Readers. <i>Registered volunteers please RSVP on the ICON App or contact Amanda at Ext. 362.</i>	Meet in the Atrium
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
3-4:30PM	Welcome to the Village! <i>Join us as we introduce and welcome our newest residents</i>	Atrium
7PM	Movie Night: You've got Mail	Activity Center

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

Sunday, 4th		
12-3PM	Bus Trip: Oktoberfest at SteelStacks	Meet in the Atrium
2PM	Worship & Communion with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 5th		
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
1-1:50PM	Bible Study: The Book of Proverbs. <i>Hosted by Rev. Dr. Mark Summer</i>	Chapel
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:15-3:15PM	New Time! Moravian Village Singers Practice. <i>All residents are welcome to join!</i>	Chapel
2:30-3:30PM	Ping Pong	Community Event Center

Monday, 5th (Continued)		
7-8PM	Trivia with David	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Tuesday, 6th		
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
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
3-4:30PM	Bell Choir Practice	Activity Center
7-8PM	Great Courses 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, 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	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
2:30PM	Presentation: The Six Pillars of Brain Health <i>by Howard & Alice Lieberman</i>	Main Dining Room
7PM	Solar Systems, Planets, & more <i>led by David</i>	Activity Center

Thursday, 8th		
Great Courses & Happy Hour is Cancelled		
9:30-10:15AM	Gentle Strength & Balance with Shelby	Wellness Room at Community Event Center

Thursday, 8th (Continued)		
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
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
2-3PM	Adventures in Faith <i>led by Chaplain Molly</i>	Chapel
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
4:30-6PM	Oktoberfest Dinner! <i>Call Dining at Ext. 335 for reservations.</i>	Community Event Center
7PM	Oktoberfest Performance <i>by John Stevens</i>	Atrium
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
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
7PM	Movie Night: 23 Walks	Activity Center

Saturday, 10th		
9-10:30AM	Community Coffee	Atrium
12-2:30PM	Bus Trip: Harvest Fest in Downtown Bethlehem <i>featuring live music, local shopping, family-friendly activities, and all the sights, sounds, and flavors of the season</i>	Meet in the Atrium

Sunday, 11th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 12th		
Chair Zumba & Full Body Stretch is Cancelled		
9:15-9:45AM	Meditation with Kristel	Wellness Room at Community Event 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
1-1:50PM	Bible Study: The Book of Proverbs. <i>Hosted by Rev. Dr. Mark Summer</i>	Chapel
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:15-3:15PM	Moravian Village Singers Practice. <i>All residents are welcome to join!</i>	Chapel
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, 13th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-10:45AM	Core with Melissa	Activity Center
9:30AM & 1:30PM	Grocery Shopping: Valley Farms	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center

Tuesday, 13th (Continued)		
11:30AM-1PM	Bus Trip: Bach at Noon at Central Moravian Church	Meet in the Atrium
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
2-3PM	Harvest Wreath Creation <i>led by Kara</i>	Private Dining Room
3-4:30PM	Bell Choir Practice	Activity Center
7-8PM	New Course! Great Courses with Martin Richter: <i>"Great Rivers that Shaped History"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 14th 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
11AM-12PM	Bus Trip: Scholl's Orchard	Meet in the Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
2-3PM	S'mores Social! <i>Enjoy themed treats and great company!</i>	Atrium
7PM	Solar Systems, Planets, & more <i>led by David</i>	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
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
2-3PM	Ping Pong	Community Event Center

Thursday, 15th (Continued)		
3-4PM	Charcuterie Workshop <i>led by the Community Kitchen</i>	Private Dining Room
7-8PM	Great Masters with Bob Burcaw: <i>"Beethoven – His Life & Music"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 16th Chair Zumba is Cancelled		
10-1:30PM	Bus Trip: Ott's Exotic Plants	Meet in the Atrium
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 Discussion: The Frozen River by Ariel Lawhon	Chapel
3-4:30PM	Pink Out Happy Hour. <i>Join us in wearing Pink for Breast Cancer Awareness Month!</i>	Atrium
7PM	Movie Night: The Odyssey	Activity Center

Saturday, 17th		
9-10:30AM	Community Coffee	Atrium
11AM	Wellness Workshop: Food is Fuel <i>led by Melissa</i>	Community Event Center

Sunday, 18th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 19th Bible Study 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
10-10:45AM	Full Body Stretch with Shelby	Activity Center

Monday, 19th (Continued)		
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
1PM	Satin Hands Pampering Session <i>led by Arlene</i>	2 nd Floor North Lounge
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:15-3:15PM	Moravian Village Singers Practice. <i>All residents are welcome to join!</i>	Chapel
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, 20th		
9:30-10:30AM	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 Cindy	Activity Center
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
3-4:30PM	Bell Choir Practice	Activity Center
7-8PM	New Course! Great Courses with Martin Richter: <i>"Great Rivers that Shaped History"</i>	Lower Level of Community Event Center
7-8PM	Present Heart Sangha Meditation	Chapel
7-8:30PM	Bingo	Activity Center

Wednesday, 21st		
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

Wednesday, 21st (Continued)		
2:30PM	Presentation: A Guide to Using AI <i>presented by Dr. Joseph Szmania</i>	Main Dining Room
7PM	Solar Systems, Planets, & more <i>led by David</i>	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>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
1-4PM	Bus Trip: Palmer Park Mall	Meet in the Atrium
2-3PM	Ping Pong	Community Event Center
2:30-4PM	Zentangle with Maryam	ZOOM (link in ICON Calendar)
4-5:30PM	Happy Hour! <i>Non-Alcoholic Beverages are available!</i>	Community Event Center
7-8PM	Great Masters with Bob Burcaw: <i>"Beethoven – His Life & Music"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 23rd		
9-9:45AM	Chair Zumba with Danny	Lower Level of Community Event Center
10-10:45AM	Chair Zumba with Danny	Activity Center
10-11AM	Community Coffee	Community Event Center
10:20-11AM	Moravian Academy Visit!	Atrium
11AM-12PM	Cornhole	Atrium
11AM-12PM	Neighborhood Conversations	Community Event Center

Friday, 23rd (Continued)		
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-1:30PM	Episcopal Service with Communion	Chapel
1-2PM	Bingo	Activity Center
7PM	Movie Night: Wicked for Good	Activity Center

Saturday, 24th		
9-10:30AM	Continental Community Coffee	Gallery
1-4PM	Charity Fair! <i>Residents and Staff will be selling homemade and handcrafted items to raise money for local charities of their choice</i>	Atrium

Sunday, 25th		
2PM	Worship with Chaplain Molly	Chapel
2:45-3:30PM	Community Fellowship	Atrium

Monday, 26th		
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
1-1:50PM	Bible Study: The Book of Proverbs. <i>Hosted by Rev. Dr. Mark Summer</i>	Chapel
1-2:15PM	Intermediate Bridge	Card Room at Community Event Center
1:30-2:30 PM	Community Bingo	HCC 1 st Floor Dining Room
2:15-3:15PM	Moravian Village Singers Practice. <i>All residents are welcome to join!</i>	Chapel
2:30-3:30PM	Ping Pong	Community Event Center
6:30-7:30PM	Time Change: Trivia with David	Activity Center

Monday, 26th (Continued)		
7:30PM	Sip into Fall Drink Tasting <i>led by Rob Irving! Sample seasonal cocktails and beverages.</i>	Main Dining Room
7-9PM	Mahjong	Card Room at Community Event Center

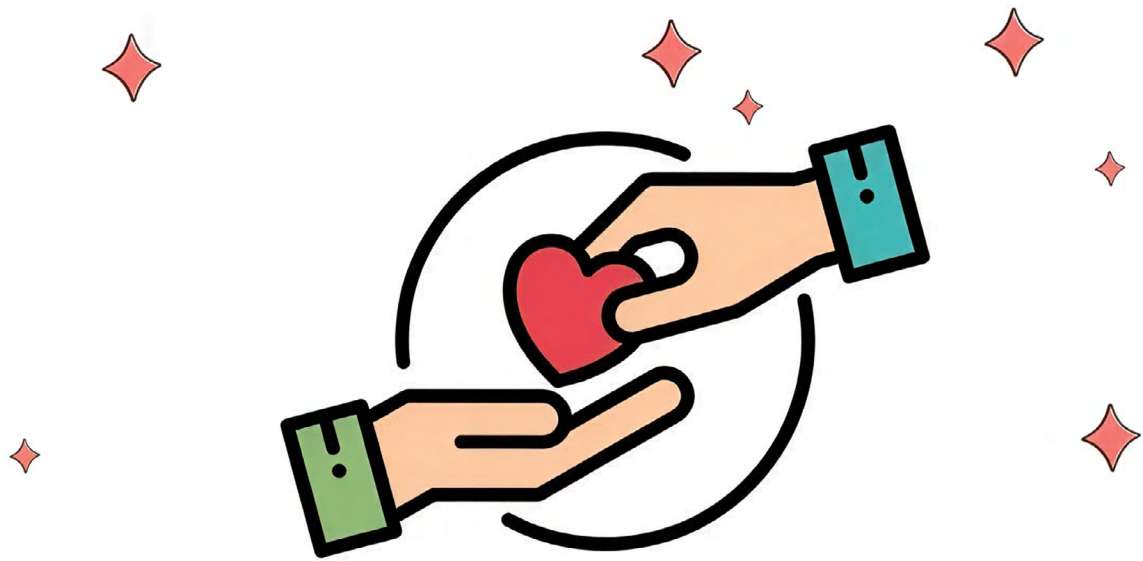
Tuesday, 27th		
9:30-10:30AM	Tai Chi with Kevin	Wellness Room at Community Event Center
10-10:45AM	Core with Melissa	Activity Center
10AM & 1PM	Grocery Shopping: Giant	Meet in the Atrium
11:30AM-12:15PM	Yoga Tone with Cindy	Activity Center
1-1:45PM	Total Conditioning with Casandra	Wellness Room at Community Event Center
3-4:30PM	Bell Choir Practice	Activity Center
7-8PM	New Course! Great Courses with Martin Richter: <i>"Great Rivers that Shaped History"</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	Chapel
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Yoga with Deanna	Activity Center
2PM	Catholic Mass	Chapel
2:30PM	Presentation: "I'm Dead, Now What" <i>Information about belongings, business affairs, and wishes.</i>	Main Dining Room
6PM	Chef's Table. <i>Please call Dining at Ext. 335</i>	Private Dining Room
7PM	Solar Systems, Planets, & more <i>led by David</i>	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
10AM-12PM	Contemplative Labyrinth Walk. <i>Join Spiritual Life for a meditative walk.</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
12:50PM	Broughal Buddies. <i>Registered volunteers please RSVP on the ICON App or contact Amanda at Ext. 362.</i>	Meet in the Atrium
2-3PM	Ping Pong	Community Event Center
7-8PM	Great Masters with Bob Burcaw: <i>"Beethoven – His Life & Music"</i>	Activity Center
7-9PM	Mahjong	Card Room at Community Event Center

Friday, 30th		
Happy Hour 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
11AM-12PM	Cornhole	Atrium
11:30AM-12:15PM	Exercise with Tonya	Activity Center
1-2PM	Bingo	Activity Center
4:30-6PM	Halloween Dinner. <i>Call Dining at Ext. 335 for reservations.</i>	Atrium
7PM	Movie Night: Practical Magic	Activity Center

Saturday, 31st		
9-10:30AM	Community Coffee	Atrium
1PM	Mad Hatter Tea Party <i>hosted by the Community Kitchen</i>	Private Dining Room



MORAVIAN VILLAGE 4TH ANNUAL CHARITY FAIR

Saturday, October 24th

1:00-4:00PM
526 Wood Street
Bethlehem, PA 18018

**Residents and Staff will be selling
homemade and handcrafted items
to raise money for local charities of
their choice**
