

NOVEMBER 2023

PURSUIT

Pursue things to do, learn and share at MMC every day!

Join us...
YULETIDE AT WINTERTHUR

Pursue things to do, learn & share at MMC!

CALENDAR KEY	
Weekly Reoccurring	LOCATIONS CC = Center Court CP = Corner Pocket CR = Conference Room FSL = Fire Side Lounge GC = Gallery Café GCDR = Garden Court Dining Room GP = Gathering Place HOF = Hall of Fame LRC = Lititz recCenter SH = Steinman Hall SFS = Smart Fit Studio TON = The Owl's Nest WG = Woods Garage WP = Woodlands Pavilion ZR = Zinzendorf Room
Bi-Weekly Reoccurring	
Monthly Reoccurring	
Featured Events & Excursions — pages 4-5	
COMMUNITY LIFE CONTACTS Jennifer Shutt • 717-625-6106 jennifers@moravianmanor.org Jeanne Griffith • 717-625-6000 jeanneg@moravianmanor.org	
Date	Time & Program (Location)
Wednesday, November 1	7:30 am Men's Bible Study/Breakfast (FSL)
	9:00 am Coffee Club (GC)
	9:30 am Qi Gong & Tai Chi (SH)
	9:30 am Ladies Bible Study (HOF)
	10:00 am Exercise with Steve (ZOOM)
	10:30 am Qi Gong & Tai Chi (WP)
	12:00 pm Beginner's Exercise w/Steve (ZOOM)
	12:00 pm Low Vision Support Group (TON)
	12:45 pm Men's Poker (CP)
	1:00 pm Bocce/weather permitting (Bocce Ct.)
	1:00 pm Garage Games/Corn Hole and Ladder Golf (WG)
	1:00 pm EKG Group (HOF)
Thursday, November 2	5:30 pm 11th Annual Engaging Community Reception (The Ware Center)
	9:00 am Chair Yoga (ZOOM)
	9:30 am Corn Hole (WG)
	1:00 pm Wood Carving (GP)
	2:00 pm Lit Wits Book Club (HOF)
	2:00 pm Mahjong Instruction (GP)
	2:00 pm Pinochle (FSL)
Friday, November 3	4:15 pm Meditation with Mark (ZOOM)
	10:00 am Exercise with Steve (ZOOM)
	1:00 pm Hand Knee & Foot Card Game (FSL)
	1:00 pm SAGES Orchestra Practice (SH)
	4:01 pm The 401 Club, Happy Hour Group (HOF)
Saturday, November 4	5:00 pm Men's Pool (HOF)
Saturday, November 4	10:00 am Chair Yoga (ZOOM)
Sunday, November 5	2:30 pm Vespers (SH)
Sunday, November 5	5:30 pm Manipulation Card Game (GP)

Monday, November 6	9:00 am Qi Gong & Tai Chi (SH)
	10:30 am Qi Gong & Tai Chi (WP)
	10:35 am Lunch Bunch: Fox Meadows Creamery & Country Market
	11:00 am Exercise with Steve (ZOOM)
	1:00 pm Ladies Bible Study (HOF)
	2:00 pm Hand and Foot Card Game (FSL)
	6:30 pm Lancaster Symphony Orchestra Quartet (SH)
Tuesday, November 7	9:30 am Bocce/weather permitting (Bocce Ct.)
	9:30 am Chair Yoga (ZOOM)
	9:30 am Garage Games/Corn Hole and Ladder Golf (WG)
	10:30 am Ukulele Group (HOF)
	1:00 pm Chorus Practice (SH)
	1:00 pm Non-Duplicate Bridge (FSL)
	2:00 pm BUNCO (GCDR)
	4:15 pm Meditation with Mark (ZOOM)
Wednesday, November 8	7:30 am Men's Bible Study/Breakfast (FSL)
	9:00 am Coffee Club (GC)
	9:00 am Qi Gong & Tai Chi (SH)
	9:30 am Ladies Bible Study (HOF)
	10:00 am Exercise with Steve (ZOOM)
	10:30 am Qi Gong & Tai Chi (WP)
	12:45 pm Men's Poker (CP)
	1:00 pm Bocce/weather permitting (Bocce Ct.)
	1:00 pm Garage Games/Corn Hole and Ladder Golf (WG)
	1:00 pm Herb and Garden Society (FSL)
	3:00 pm Book Mobile Founders Campus
	4:00 pm Book Mobile Woodlands Campus
	4:30 pm Good Grub Supper Club: John J. Jeffries
Thursday, November 9	9:00 am Chair Yoga (ZOOM)
	9:30 am Corn Hole (WG)
	9:30 am Silver Tenders Train Group (GCDR)
	1:00 pm Wood Carving (GP)
	2:00 pm Life Writing Group (CC)
	2:00 pm Mahjong (GP)
	2:00 pm Pinochle (FSL)
	4:15 pm Meditation with Mark (ZOOM)
Friday, November 10	6:30 pm Coffee House Music & Open Mic: Sage Brush (SH)
	9:30 am Mahjong Day (GCDR)
	9:30 am Pins and Needles (GP)
	10:00 am Exercise with Steve (ZOOM)
	1:00 pm Duplicate Bridge (FSL)
	1:00 pm SAGES Orchestra Practice (SH)
Saturday, November 11	4:01 pm The 401 Club, Happy Hour Group (HOF)
	5:00 pm Men's Pool (HOF)
	9:00 am Veterans' Day Breakfast (GCDR)
	10:00 am Chair Yoga (ZOOM)

Sunday, November 12	2:30 pm Vespers (SH)
Sunday, November 12	5:30 pm Manipulation Card Game (GP)
Monday, November 13	9:00 am Qi Gong & Tai Chi (SH)
	10:30 am Qi Gong & Tai Chi (WP)
	11:00 am Exercise with Steve (ZOOM)
	1:00 pm Ladies Bible Study (HOF)
	2:00 pm Hand and Foot Card Game (FSL)
Tuesday, November 14	8:00 am LGH Lab Service (CC)
	9:30 am Bocce/weather permitting (Bocce Ct.)
	9:30 am Chair Yoga (ZOOM)
	9:30 am Garage Games/Corn Hole and Ladder Golf (WG)
	10:00 am Poetry #2 Group (GP)
	10:30 am Ukulele Group (HOF)
	1:00 pm Chorus Practice (SH)
	4:15 pm Meditation with Mark (ZOOM)
Wednesday, November 15	6:30 pm Sock Hop: Let's Rock Around the Clock with the JCM Band! (SH)
	7:30 am Men's Bible Study/Breakfast (FSL)
	9:00 am Coffee Club (GC)
	9:00 am Medicare Annual Open Enrollment Information Session (SH)
	9:00 am Qi Gong & Tai Chi (SH)
	9:30 am Ladies Bible Study (HOF)
	10:00 am Exercise with Steve (ZOOM)
	10:30 am Qi Gong & Tai Chi (WP)
	12:45 pm Men's Poker (CP)
	1:00 pm Bocce/weather permitting (Bocce Ct.)
	1:00 pm Garage Games/Corn Hole and Ladder Golf (WG)
	1:00 pm EKG Group (FSL)
	3:30 pm Clío's Book Club (HOF)
Thursday, November 16	8:00 am The Breakfast Book Club (TON)
	9:00 am Chair Yoga (ZOOM)
	9:30 am Corn Hole (WG)
	10:00 am Flagship Therapy Meet the Therapist (SH)
	1:00 pm The Bookies Book Club (HOF)
	1:00 pm Wood Carving (GP)
	2:00 pm Mahjong Instruction (GP)
	2:00 pm Pinochle (FSL)
Friday, November 17	4:15 pm Meditation with Mark (ZOOM)
	10:00 am Exercise with Steve (ZOOM)
	1:00 pm SAGES Orchestra Practice (SH)
	2:00 pm BUNCO (FSL)
	2:00 pm Peeling the Onion and Freedom of Speech: Contemporary Issues Program (ZOOM)
	4:01 pm The 401 Club, Happy Hour Group (HOF)
Saturday, November 18	5:00 pm Men's Pool (HOF)
	10:00 am Chair Yoga (ZOOM)
Saturday, November 18	3:00 pm Allegro Orchestra Lancaster Shuttle: Don Quichotte

Sunday, November 19	2:30 pm Vespers (SH)
Sunday, November 19	5:30 pm Manipulation Card Game (GP)
Monday, November 20	9:00 am Qi Gong & Tai Chi (SH)
	10:30 am Qi Gong & Tai Chi (WP)
	11:00 am Exercise with Steve (ZOOM)
	1:00 pm Ladies Bible Study (HOF)
	2:00 pm Hand and Foot Card Game (FSL)
Tuesday, November 21	2:00 pm Monday Movie Matinee: Dave (SH)
	5:00 pm Community Table: Dining for Singles and Solos (TON)
Tuesday, November 21	9:30 am Bocce/weather permitting (Bocce Ct.)
	9:30 am Chair Yoga (ZOOM)
	9:30 am Garage Games/Corn Hole and Ladder Golf (WG)
	10:30 am Catholic Mass (SH)
	10:30 am Ukulele Group (HOF)
	1:00 pm Book Club Book Buddies (HOF)
	1:00 pm Non-Duplicate Bridge (FSL)
	2:00 pm Education Program: General Ulysses S. Grant (SH)
Wednesday, November 22	4:15 pm Meditation with Mark (ZOOM)
	7:30 am Men's Bible Study/Breakfast (FSL)
	9:00 am Coffee Club (GC)
	9:00 am Qi Gong & Tai Chi (SH)
	9:30 am Ladies Bible Study (HOF)
Wednesday, November 22	10:00 am Exercise with Steve (ZOOM)
	10:30 am Qi Gong & Tai Chi (WP)
	12:45 pm Men's Poker (CP)
	1:00 pm Bocce/weather permitting (Bocce Ct.)
	1:00 pm Fulton Theater Shuttle: Joseph and the Amazing Technicolor Dream Coat
Thursday, November 23	1:00 pm Garage Games/Corn Hole and Ladder Golf (WG)
	1:30 pm Poetry Group (HOF)
Thursday, November 23	
HAPPY THANKSGIVING!	
Friday, November 24	9:30 am Pins and Needles (GP)
	10:00 am Exercise with Steve (ZOOM)
	1:00 pm Duplicate Bridge (FSL)
	1:00 pm SAGES Orchestra Practice (SH)
	4:01 pm The 401 Club, Happy Hour Group (HOF)
Saturday, November 25	5:00 pm Men's Pool (HOF)
Saturday, November 25	10:00 am Chair Yoga (ZOOM)
Saturday, November 25	4:00 pm 4th Saturday Social (CC)
Sunday, November 26	2:30 pm Vespers (SH)
Sunday, November 26	5:30 pm Manipulation Card Game (GP)

Monday, November 27	9:00 am	Qi Gong & Tai Chi (SH)
	9:30 am	Elite Coach Trip: Yuletide at Winterthur
	10:30 am	Qi Gong & Tai Chi (WP)
	11:00 am	Exercise with Steve (ZOOM)
	1:00 pm	Ladies Bible Study (HOF)
Tuesday, November 28	2:00 pm	Hand and Foot Card Game (FSL)
	8:00 am	LGH Lab Service (CC)
	9:30 am	Bocce/weather permitting (Bocce Ct.)
	9:30 am	Chair Yoga (ZOOM)
	9:30 am	Garage Games/Corn Hole and Ladder Golf (WG)
Wednesday, November 29	10:00 am	Life Long Enrichment's Aging Well Series(ZR)
	10:30 am	Ukulele Group (HOF)
	1:00 pm	Chorus Practice (SH)
	1:00 pm	"Woodie Bookies" Book Club (HOF)
	1:30 pm	"Book Club Trois" (various locations)
Thursday, November 30	4:15 pm	Meditation with Mark (ZOOM)
	7:30 am	Men's Bible Study/Breakfast (FSL)
	9:00 am	Coffee Club (GC)
	9:00 am	Qi Gong & Tai Chi (SH)
	9:25 am	Penn Cinema Movie Matinee
	9:30 am	Ladies Bible Study (HOF)
	10:00 am	Exercise with Steve (ZOOM)
	10:30 am	Qi Gong & Tai Chi (WP)
	12:45 pm	Men's Poker (CP)
	1:00 pm	Bocce/weather permitting (Bocce Ct.)
	9:00 am	Chair Yoga (ZOOM)
	9:30 am	Corn Hole (WG)
	1:00 pm	Quilters and Sewers (HOF)
	1:00 pm	Wood Carving (GP)
	2:00 pm	Mahjong (GP)
	2:00 pm	Pinochle (FSL)
	4:15 pm	Meditation with Mark (ZOOM)

FOUNDERS CAMPUS

MCCLOUD CAMPUS CENTER

Gallery Café

Open for Breakfast & Lunch

Monday – Friday 7:30 am – 2:30 pm

Saturday & Sunday 11:00 am – 2:00 pm

Call Ahead To Go Orders: 717-625-6358

Garden Court Dining Room

Open for Dinner

Monday – Friday 4:30 pm last seating at 6:30 pm

Reservations and Call Ahead

To Go Orders: 717-625-7616

CONTACT THE DINING TEAM:

Bill Zimnoch 717-625-6118

Terry Wilson 717-625-6133

Bill Bundy 717-625-6117

WARWICK WOODLANDS CAMPUS

OAKS CAMPUS CENTER

The Owl's Nest Restaurant & Sippery

Open for Breakfast, Lunch & Dinner

717-626-3559

Monday – Friday 7:30 am – 8:00 pm

Saturday Closed

Sunday Closed

CONTACT THE DINING TEAM:

Joni Cromer 717-625-6775

Ed Koporowicz 717-625-6776

Thanksgiving Day Dining Hours

The Owl's Nest and the Gallery Café will be closed on Thanksgiving Day.

The Garden Court Dining Room will be open from 11:30 am – 2:30 pm for Thanksgiving Dinner. Menu and Reservation information will be forwarded.



HOLIDAY BAKE SALE! - FIRESIDE LOUNGE

Tuesday, November 21, 11:30 am – 1:30 pm

11th Annual Engaging Community Reception
John Quinones, ABC News Veteran,
Creator and Host of “What Would You Do?”

MONDAY, NOVEMBER 1

5:30 pm • The Ware Center

From the Barrio to Network Television:

John Quinones' Inspiring Journey



Lunch Bunch – Fox Meadows Creamery &
Country Market

MONDAY, NOVEMBER 6

Departing the Founders Campus at 10:35 am and the Woods Apartment Building at 10:40 am

This month all are invited for lunch at the Fox Meadows Creamery & Country Market in Leola! The menu includes your choice between the Stone Ridge Smokehouse Burger, Basil Pesto Chicken Panini, half of the Brioche Grilled Cheese and cup of Tomato Bisque, or Fresh Fruit and Chicken Salad, and fountain soda. Farm-Fresh Ice Cream available for purchase. Following lunch, we will have time to shop for regional small business products in their Country Market.

Cost \$20. Register on CATIE or with Jeanne.

Lancaster Symphony Orchestra Quartet

MONDAY, NOVEMBER 6

6:30 pm • Steinman Hall

We have received the gift of music! What a joy to welcome a Quartet from the Lancaster Symphony Orchestra to our stage in Steinman Hall. Plan to attend this evening of incredible music!



Herb and Garden Society

WEDNESDAY, NOVEMBER 8,

1:00 pm • Fireside Lounge

Join MMCs Herb and Garden Society to decorate a fall pumpkin for your fall table with dried herbs and flowers. Perfect for a Thanksgiving centerpiece! Sue Burrell will lead this hands-on session.

Registration is not necessary. Cost is \$5 for materials. Register on CATIE or with Jeanne



Good Grub Supper Club – John J. Jeffries

WEDNESDAY, NOVEMBER 8

Departs the Woods Apartment Building at 4:30 pm

Join The Good Grub Supper Club for the opportunity to enjoy fine dining without the drive! This month, we head to John J. Jeffries in Lancaster. There is no select menu for this event, participants will have the opportunity to order from the entire menu.

Cost is \$3.00 for the shuttle, meal is on your own. Registration is necessary and limited to 10 guests. Register on CATIE or with Jeanne.

Featured Events & Excursions

Coffee House Music and Open Mic – Sage Brush

THURSDAY, NOVEMBER 9
6:30 pm • Steinman Hall

Our Performing Arts Group is pleased to offer our third Coffee House! Featured entertainment is the Sage Brush with Pam Hagen, Sally Doane, Jeff Doane, Joe Moore, Mark Hirschman, and Rich Barbour. Others are welcome to share poetry, sing, perform stand-up comedy, or demonstrate other talents during the evening. Refreshments will be served. Residents are welcome to BYOB.

Registration is not necessary.



Mahjong Day

FRIDAY, NOVEMBER 10
9:30 am • Garden Court Dining Room

Do you enjoy playing Mahjong? Hatsy Droke is arranging a day of Mahjong Fun! Participants will gather at 9:30 am for coffee, tea, juice, and morning snacks. Play begins at 10:00 am and ends at 3:00 pm with a break for lunch. Afternoon snacks will also be provided.

Cost is \$10 per person and includes snacks and soup, salad, and sandwich lunch buffet. Registration through Hatsy Droke at hdroke552@gmail.com. Registration is limited to 24.



Veterans’ Day Breakfast

SATURDAY, NOVEMBER 11
9:00 am • Garden Court Dining Room

All Veterans and spouses of Veterans are invited for a FREE breakfast in your honor. We want to recognize and thank all men and women in the Armed Forces who served and sacrificed for the freedom of your nation.

Register on CATIE or with Jeanne.



Sock Hop – Let’s Rock Around the Clock with the JCM Band!

TUESDAY, NOVEMBER 14
6:30 pm • Steinman Hall

Get ready to kick up your heels for a 50s/60s–style Sock Hop led by the JCM Band of the Harrisburg area. We will enjoy the dances of the Stroll, Jitterbug, and the Twist. Period dress is optional. Get your hips limbered for a hula hoop contest! Refreshments will be served.

Register on CATIE or with Jeanne



Medicare Annual Open Enrollment Information Session

WEDNESDAY, NOVEMBER 15
9:00 am • Steinman Hall

Medicare’s Annual Open Enrollment period is your chance to look at our current insurance coverage and determine if the plan you have continues to meet your needs. During this time, we encourage you to review your current coverage, compare your plan cost and benefits and make changes, if desired. This will be an information session provided by the Lancaster Office of Aging, along with MMC Social Service and Business Office staff persons. Refreshments will be served.

Registration is not necessary

Peeling the Onion and Freedom of Speech – Contemporary Issues Program

FRIDAY, NOVEMBER 17
2:00 pm on ZOOM

What really happened to “Dilbert”? “Dilbert” creator Scott Adams stirred a hornet’s nest last February after calling Black Americans a “hate group” and advising whites to “get the hell away” from Blacks. The backlash led to the cancellation of “Dilbert” in over 200 newspapers, the end of a book deal, and a disavowal of “all forms of racism and discrimination,” by the National Cartoonists Society. On its surface, the issue concerns Adams’ comments, but deeper questions arise about how polling questions are framed and what motivates the choice of questions.

Our presenter is Rob Hays, a Pittsburgh native. He has worked as an editor and award-winning columnist at The Express-Times in Easton before becoming coordinator of the journalism program at Northampton Community College in Bethlehem. He also served as an adviser to *The Commuter*, the college’s award-winning student news organization.

The ZOOM link will be emailed the morning of the presentation.



Allegro Orchestra Lancaster Shuttle – Don Quichotte

SATURDAY, NOVEMBER 18
Departs the Woods Apartment Building at 3:00 pm

This afternoon’s repertoire includes Telemann’s Don Quichotte, Linda Robbins Coleman’s Hibernia Suite, and Bach’s Brandenburg No. 4.

Residents are asked to pre-purchase their tickets. Shuttle cost is \$3.00. Register for the shuttle on CATIE or with Jeanne



Dave – Monday Movie Matinee

MONDAY, NOVEMBER 20
2:00 pm • Steinman Hall

This comedy is about an uncanny Presidential lookalike named Dave who is recruited by the Secret Service to become a momentary stand-in for the President of the United States. However, things don’t turn out exactly as planned and Dave finds himself continuing his masquerade as Chief of Staff indefinitely.

Snacks and beverages will be sold by the Lamplighters Association (benefit Benevolent Care). Registration is not necessary.



Community Table – Dining for Singles & Solos

MONDAY, NOVEMBER 20
5:00 pm • The Owl’s Nest

The philosophy of the Community Table is to provide an opportunity for single and solo diners to come together in a casual, social, vibrant, and enjoyable atmosphere at one of our dining venues. Do you like meeting new people and dining with others? Then the Community Table is for you! Seating will be determined by “pick a number” to mix things up.

Register by calling 717-626-3559.

Featured Events & Excursions



Education Program – General Ulysses S. Grant

TUESDAY, NOVEMBER 21

2:00 pm • Steinman Hall

The Education Committee is pleased to welcome General Ulysses S. Grant to learn about some of the myths and misunderstandings about him through his years between 1822 and 1866. He will tell us about his youth, his years at West Point, the Mexican War, and up through the end of the Civil War.

Registration is not necessary



Fulton Theater Shuttle – Joseph and the Amazing Technicolor Dream Coat

WEDNESDAY, NOVEMBER 22

Departs the Woods Apartment Building at 1:00 pm

An Old Testament story told entirely through song, Joseph ... Follows the story of Jacob's favorite son, Joseph. After being sold into slavery by his brothers, Joseph ingratiates himself with Egyptian noble Potiphar, but ends up in jail after refusing the amorous advances of Potiphar's wife. While imprisoned, Joseph discovers his ability to interpret dreams and soon finds himself in front of the mighty but troubled, Elvis-inspired, Pharaoh. Joseph's solution to Egypt's famine elevates him to Pharaoh's right-hand man and reunites him with his family.

Residents are asked to pre-purchase their tickets. Shuttle transportation is reserved for Season Ticket holders. A limited number of shuttle seats remain for individual ticket holders. Register for the shuttle on CATIE or with Jeanne.



Elite Coach Trip – Yuletide at Winterthur

MONDAY, NOVEMBER 27

Departs the Woods Apartment Building at 9:30 am

Winterthur is the premier museum of American decorative arts, with an unparalleled collection of nearly 90,000 objects made or used in America since 1640. The collection is displayed in this magnificent 175-room house, much as it was when the family of founder Henry Francis DuPont called it home. Enjoy visions of the holiday past, including those of the gilded age. From exquisitely decorated rooms to sparkling trees, celebrate the wonder of the holidays.

Registration CLOSED.

Life Long Enrichment's Aging Well Series

TUESDAY, NOVEMBER 28

10:00 am • Zinzendorf Room

The Aging Well sessions continue with a discussion on ageism. How do you feel about aging? What are your beliefs and perceptions about getting older? How are older people viewed by others? Join us for a Ted Talk and lively discussion about ageism and its relevance today.

Penn Cinema Movie Matinee

THURSDAY, NOVEMBER 30

Departs the Founders Campus at 9:25 am and Woods Apartment Building at 9:30 am

We take over Penn Cinema for our choice of two feature films.

See CATIE for film selection. Cost is \$7 per person. Register on CATIE or with Jeanne and indicate whether you need shuttle transportation.

Coming Soon



"ILLUMINATION"

AN IMMERSIVE HOLIDAY CONCERT
DECEMBER 1 AT PRIMA THEATER

Experience the holiday season like never before with an enchanting theater-in-the-round concert. Let the warm and inviting glow of candlelight surround you as extraordinary musicians and singers perform awe-inspiring renditions of your favorite holiday songs. The elegant baby grand piano at the center of the room sets the tone for a truly magical evening.

Cost is \$75. Register on CATIE or with Jeanne.

RESIDENTIAL LIVING HOLIDAY MEAL

December 11, 12, and 13

MMC CHORALE CHRISTMAS PROGRAM

December 19

"POLAR EXPRESS" WITH COOKIES AND COCOA

December 20

Art Gallery Exhibition

During the month of November, **IRENE MILLER** will display her works of art in the McCloud Campus Center Art Gallery on the Founders Campus.



Irene is a watercolor artist. However, she will tell you, "I do watercolor, (but) I don't do the traditional watercolors," meaning that her work does not have the fluid appearance often associated with watercolor. She enjoys painting Lancaster County Farms, as her way of preserving them. She is a self-taught painter who has been painting her whole life.

A Grand Opening Wine and Cheese Reception will be held in November.

SUPPORT OUR ORGANIZATION!

On November 17, donate online at [ExtraGive.org](https://extragive.org) and your generous gift will go even further thanks to the Stretch Pool and prizes from the Community Foundation and many extraordinary sponsors.

LET'S GO THE EXTRA MILE TOGETHER!

NOVEMBER 17

EXTRAGIVE.ORG

LANCASTER COUNTY COMMUNITY FOUNDATION

CHIGH FOUNDATION

MURRY FOUNDATION

Go with the Flow: The Health Benefits of Tai Chi

Research has found that seniors who regularly practice Tai Chi enjoy benefits such as:

- Improved balance
- Decreased risk of high blood pressure
- Improved physical strength
- Improved hand-eye coordination
- Increased blood circulation
- Improved sleep quality
- Improved cognitive function and memory
- Reduced depression and anxiety

Tai Chi will keep you on your feet and help prevent falls. It also can enhance fitness without breaking a sweat!

Moravian Manor Communities is pleased to offer complimentary Tai Chi on **Monday** and **Wednesday** at **9:00 am** in **Steinman Hall** and **10:30 am** in the **Woodlands Pavilion** with instructor Jonathan Lind. Jonathan will adapt all moves to your mobility level ... which includes seated Tai Chi. Come join us and learn to go with the flow!



IU-13 Interns!



MMC is pleased to be a site for the IU-13 Work Immersion Program! The 2023-2024 interns have started their internships and will be working in Grounds, Housekeeping, Laundry, Dining Services, The Owl's Nest, and new for this year, Maintenance. It is a very enthusiastic and energetic group this is thrilled to be interning at MMC and gaining meaningful job experience.

Need help with daily tasks during recovery or long-term illness?
We're here to help



When Home Is Where You Want To Be

If you need some additional assistance, we can be there for as little as a few hours every day, or even 24/7 to meet your changing needs.

717-627-0072
Staff on call 24 hours a day.

510 East Main Street,
Lititz, PA 17543

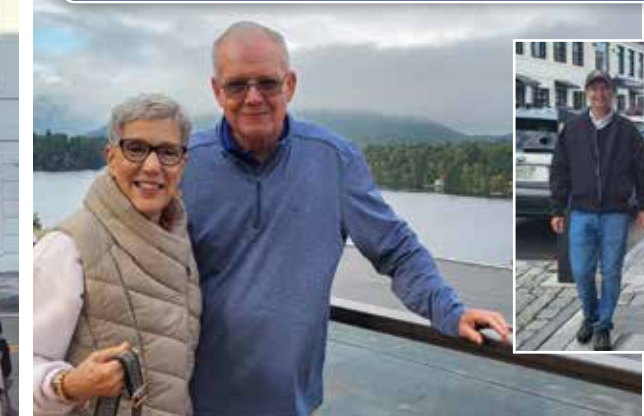


www.YourNeighborhoodConnection.com

MMC Moments



O Canada! & NY Motor Coach Trip



The Competition Heated Up: Senior Games





CELEBRATING BIRTHDAYS THIS MONTH:

NOVEMBER

- 1 Dale Matt
- 2 Lew Ayers
- 6 Polly Gainer
Gloria Ober
- 7 Sue Burrell
Dixie Smith
- 10 Mary Louise Wylie
- 11 Dick Bernhardt
Earl Hudson
Dawn Shultz
- 12 Linda Caldwell
- 13 Peter Brubaker
- 17 Bob Cohen
- 20 Joe Griffiths
- 21 Mike Lambert
- 22 David Birch
- 23 Larry Miller
Margaret Staub
- 24 Helga Johann
- 26 Liliana Teseo
- 27 Kay Bechtold
Eric Thomas
- 29 Erica Bastian
Don Hostetter
Lois Leister
- 30 Elaine Fulmer
Julie Mongiovi



*Welcome New
MMC Residents:*

Sal and Jean Russo
Garden Court Apartment 1002

PURSUIITS AT MMC!

THE ARTS

Embroidering, Knitting & Gabbing
Ukulele Group
Painting
Pins and Needles
Quilters & Sewers
SAGES – Orchestra & Music Groups
Silver Tenders Model Railroad
Wood Carving
Woodshop

CULINARY

Beer Bunch
Dining Round the World
Herbal Society

COMMITTEES

Art
Community Life
Culinary Council
Exploring the Performing Arts
Lamplighter's Auxiliary
Library
Resident Council
Social

FITNESS & WELLNESS

Bike Riding Club
Chair Yoga
Country Line Dancing
Exercise with Steve
Golf Group
LGH Lab Service
Meditation
Pickle Ball
Qi Gong
Tai Chi



GAMES

Bridge, Duplicate
Bridge, Non-Duplicate
BUNCO
Corn Hole
Hand, Knee & Foot Card Game
Hand and Foot Card Game
Ladies Right on Cue
Mahjong
Manipulation Card Game
Men's Poker
Men's Pool
Pinochle

MIND

Book Clubs
Life Writing Group

OUTDOORS

Bocce
Corn Hole
Gardening Club
Putting Green
Shuffleboard

SOCIAL

2nd Sunday Social
4th Saturday Social
Happy Hour
Movies
Musical Entertainment
Singles & Solos Community Dining

SPIRITUAL

Catholic Mass
Episcopalian Service
Ladies Bible Study
Men's Bible Study & Breakfast
Weekly Vespers

TRIPS

Coach Bus Day Trips
Local Arts
Local Cultural

COMMITTEE MEETINGS

Day	Time	Committee	Location
1st Thursday, Nov. 2	10:00 am	Resident Council	ZOOM
2nd Thursday, Nov. 9	10:00 am	Lamplighter's	Hall of Fame
2nd Tuesday, Nov. 14	9:30 am	Culinary Council	Fire Side Lounge
3rd Thursday, Nov. 16	10:00 am	Art Committee	Fire Side Lounge
3rd Friday, Nov. 17	1:00 pm	Library Committee	Library
3rd Friday, Nov. 17	9:00 am	Social Committee	The Owl's Nest
4th Monday, Nov. 27	9:00 am	Community Life Committee	Hall of Fame