

*Keeping in touch ...*

## **...from Your Neighbors At Moravian Hall Square**

### **12 Wellness Tips for Christmas**

1. Keep things simple this Christmas. Engage in a few special meals and desserts but keep the food nutritional and simple.
2. Exercise. Remember to keep up with your regular exercise routine. Don't have one?... start today.
3. Relax. Take some time for YOU.
4. Keep hydrated. Drink plenty of water to stay hydrated.
5. Sleep. Get plenty of rest, aim for 7-8 hours every night.
6. Ask for help. Don't try to be Superwomen, ask others to help with food preparations or decorations.
7. Not everything has to be made from scratch. Take advantage of the convenience offered by your local grocery store.
8. Keep things in perspective. The holidays only last a few days, appreciate all the great things you accomplished during the other 350-odd days of the year.
9. Thoughtful gift buying. A thoughtful gift is more appreciated than an expensive gift.
10. Appreciate what you already have. Be grateful for the people and things you have in your life.
11. Pledge to volunteer. Have a meaningful, positive impact on your community - not just at Christmas, for a lifetime.
12. Take time to embrace the reason for the season.

### **Nazareth Candlelight Walking Tour December 10**



*Participants in the 2010 live nativity.*

We are pleased to present a portion of this traditional holiday walking tour throughout the borough of Nazareth.

Residents, volunteers and staff help to present a live nativity scene in the courtyard area complete with some warm and wooly friends.

This year's tour includes the CF Martin Homestead on the corner of Main and North Streets. Additional stops at Holy Family Church, Nazareth Moravian, Nazareth Memorial Library, Whitefield House and Gray Cottage. Tickets for the tour are available at the Whitefield House Museum, Nazareth Memorial Library, Martin Guitar Museum Gift Shop and Moravian Hall Square, main reception.

There is no rain date for this event and participants are asked to dress for the weather.



### **The Candlelight Carolers, December 9<sup>th</sup>**

As part of Moravian Hall Square's Arts & Artists program, The Candlelight Carolers will perform in Kortz Hall at 7 p.m. on Friday, December 9<sup>th</sup> 2011. The Carolers will be decked in elegant Victorian attire and a sparkling holiday spirit, which is warmed with candlelight. Call 610.746.1000 to reserve your seat at this event.



*Moravian*  
HALL SQUARE

*Welcome to our family*

*A Continuing Care Retirement Community*

## Warming Heads and Warming Hearts

Over the years The Knitters of MHS have brightened the holiday season for thousands of Lehigh Valley children by knitting hats in a variety of colors.

Once again Moravian Hall Square had a ceremonial Hanging of the Hats in the Commons. It is a heartwarming sight to see the colorful hats decorating the Commons before being sent to local organizations servicing children.

Knitters meet in the Thaeler Library at Moravian Hall Square each Wednesday throughout the year. Over 300 hats are knitted and sent to community organizations during the holiday season.



## Ecumenical Worship Service

The Nazareth Ministerium will be hosting an ecumenical worship service celebrating Christian Unity on Sunday, January 22<sup>nd</sup> at the Nazareth Intermediate School (Tatamy Road) at 11 a.m. The worship celebration will include clergy from Moravian Hall Square, Nazareth Moravian, St. John's Lutheran, St. John's UCC, Drylands UCC, Schoeneck Moravian, St. Brigid's Episcopal and Trinity Lutheran churches and guest speaker Pastor Tony Sendameyer from First Presbyterian Church in Allentown.

Enhancing the service program with musical talents are the following: Nazareth Community Band, Nazareth Community Chorus, and a special Praise Band. All are welcome to attend this community worship service. Congregants of participating churches are asked to bring their specific church offering envelope. Cash donations will be tallied and gifted to the Nazareth Area Food Bank.

## Community Programs

Moravian Hall Square is proud to host over 30 community programming events for active older adults during the year. A variety of topics are covered under the following program headings: **Senior Pathways, Lunch & Learn, Arts & Artists, Wellness & Vitality.**

*Mark your calendar for the first two January programs!*

<b>January</b> <b>17</b> 10:30 AM	<b>Senior Pathways</b> <b>Regional Cooking – Farm to Table with Locally Grown Products</b> Susan Roth, Culinary Instructor at Northampton Community College
<b>January</b> <b>24</b> 10:30 AM	<b>Wellness &amp; Vitality</b> <b>How to Battle Your Bladder</b> Valerie J. Riley, MD of the Riley Center for Pelvic Health

See a full list of Community Programming Events at [www.moravian.com](http://www.moravian.com). Reserve your seat by calling 610.746.1000.

**If you would like more information from Moravian Hall Square, please use this form or visit our website at [www.MORAVIAN.com](http://www.MORAVIAN.com)**

- Please put me on the mailing list for The Heritage, Moravian Hall Square's seasonal newsletter
- I am interested in learning more about volunteer opportunities
- Please contact me regarding retirement living at Moravian Hall Square

Name: \_\_\_\_\_ Congregation: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Return to: Liz Brandl, Moravian Hall Square, 175 W. North St., Nazareth, PA 18064**