life is a journey filled with events to enrich your life

Mornin\~gstar Living Catalog of Events

JULY - DECEMBER 2019

Event FULL Living

Featured Artist
Enjoy changing art exhibits, featuring a different artist each month.

Performances
Which show are you looking forward to most?

A Stowaway Ukulele Revealed
Learn how this tiny instrument traveled on the 1926 Byrd Polar Expedition.
# Meet the Artist
- Tracing Moravian Roots - Mike Riess
- Summer Scenes and Skies - Nicholas Mandell
- Artistic Expressions from Heritage Village
- Watercolors & Drawings - Brenda Messinger-Voll
- Student Art Showcase - Nazareth High School
- Artwork of Joe Dragotta

# Entertainment
- The Matt Daniel Band
- Lou Dottoli
- Glenn Miller: One Man Band
- Cantata
- A Favorite Holiday Performance
- Lovefeast and Candle Service

# Health & Wellness
- Mindful Grilling
- It's a Balancing Act!
- The Walk to End Alzheimer's, Lehigh Valley
- Holiday Breakfast Collection

# Care Giving | Planning | Advocacy
- Doing Well by Doing Good
- Memory Lane: Lifestyle Choices and Brain Health for Everyone
- Life Care at Home
- Memory Lane: What is a Memory Café?

# Special Interest Topics
- What was Life Really Like at the Bethlehem Steel Plant?
- Bats: A Gardener's Friend
- A Stowaway Ukulele Revealed
- Scarecrows in the Garden

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**What is EventFULL Living**

Morningstar Living's way of enriching life's journey for you and other citizens in our community. Whether you live at home or at one of our communities, you're invited to be a part of something “big”.

This 6-month calendar provides ways to enrich your life with events that keep you engaged and connected to a network with others in our community for education, recreation, entertainment, health and fitness. Reserve your place today in as many programs as you like.

**Reservations are required as seating is limited.**
Call 610.746.1000 or make your reservation online at www.MORAVIAN.com.

Unless otherwise indicated, all programs are held at Moravian Hall Square.
175 W. North Street • Nazareth, PA 18064

Programs are “free of charge” except where noted.

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Programs are “free of charge” except where noted.
The language of art, expressed through colors, shapes, lines, and images speaks in ways that words cannot. Enjoy these changing art exhibits on display in The Commons.

**JULY**

**Tracing Moravian Roots - Mike Riess**

The roots of the modern-day Moravian Church in America lie in the Czech Republic and Germany. In 2015, Mike Riess joined a tour of Moravians from America to trace those roots and mark the 600th anniversary of the martyrdom of Jan Hus. From the streets of Prague to the mountains and farmlands of Bohemia to the church’s spiritual home in Herrnhut, Germany, Mike’s images illustrate many of the places and events that tell the history of one of the world’s oldest Protestant denominations.

**AUGUST**

**Summer Scenes and Skies - Nicholas Mandell**

Nicholas Mandell has enjoyed taking and producing photos for decades. Early roots in yearbook staff to professional wedding and portrait photography, Nick now turns to the outdoors for inspiration. Nature offers the artistry that Nicholas captures through the lens.

**SEPTEMBER**

**Artistic Expressions from Heritage Village**

The talents of Morningstar Living's Heritage Village residents will be featured with a wide array of artistic renderings. Haunani Kekuna, Deb Hatch and Christel Schuhmann will display a variety of original creations using Needlework, Acrylic, Pastel, Pen & Ink and Jewelry design.

**OCTOBER**

**Watercolors & Drawings - Brenda Messinger-Voll**

Brenda Messinger-Voll is a graduate of Kutztown University. Through galleries and juried art shows, many of her watercolors and drawings have found happy homes. She has painted on a variety of surfaces, from a harpsichord lid to wedding gowns, and has illustrated children's books and self-published a cookbook, “Growing, Eating, Painting: Vegetables”. Brenda also gives adult art classes and is the Visual Arts Coordinator at Nazareth Center for the Arts.

**NOVEMBER**

**Student Art Showcase - Nazareth High School**

From the Eagle’s Nest Gallery to ours, Nazareth High School students showcase their works of art. Various mediums are used in these compositions.

**DECEMBER**

**Artwork of Joe Dragotta**

The artwork of Joe Dragotta features edited photography turned into photo art. Joe's canvases feature iconic structures, cityscapes, landscapes and skylines and creates distinctive original art pieces. Many local images are captured in his work.
Listening to live music is a powerful tool for improving overall health and well-being.

**JULY | TUESDAY 9**\(^{th}\) | 7:30 PM

**The Matt Daniel Band**
Matt Daniel is an immensely talented musician with a high-energy repertoire that includes his original compositions. Matt performs with his 15-year-old brother, Albert, who plays the drums. Recently, Albert's drumming skills were featured in a J.C. Penney commercial. The two were invited to perform at the 2013 Humanitarian Awards Ceremony, celebrating the 68th Anniversary of the United Nations. Together, they breathe new life into a novel musical program that incorporates new genres of music, making the performance a more exciting experience for the audience.

**OCTOBER | FRIDAY 4**\(^{th}\) | 7:30 PM

**Lou Dottoli**
The recipient of several awards for top performer and entertainment contributions from the Order Sons of Italy, YouTube and others, Lou Dottoli covers Frank Sinatra’s songbook and other great entertainers of the genre including Tony Bennett and Dean Martin. A client favorite with hundreds of song titles, former model and actor Dottoli knows how to please his audience.

**NOVEMBER | FRIDAY 15**\(^{th}\) | 7:00 PM

**Glenn Miller: One Man Band**
Truly a real entertainer and live one man band named after the famous Glenn Miller! A favorite at retirement communities, special events, fairs, corporate events, parties and even clean comedy! Glenn has performed with The Don Ho Show in Hawaii and many other legends in music, and is an annual favorite at the Great Allentown Fair for 20 years!

**DECEMBER | SUNDAY 15**\(^{th}\) | 2:30 PM

**Cantata**
The Moravian Hall Square choir performs a seasonal musical message of hope and joy during this worship program.

**DECEMBER | TUESDAY 17**\(^{th}\) | 10:30 AM

**A Favorite Holiday Performance**
Join us for this favorite holiday performance. Barbara Abel and friends share the joy of the season as they perform a medley of Christmas Carols and Holiday songs... with lots of opportunity to sing along! This is a favorite tradition at Moravian Hall Square that is special for everyone who attends. *Please note: Donations of canned food items are appreciated to present to the Nazareth Food Bank.*

**DECEMBER | SUNDAY 22**\(^{nd}\) | 6:30 PM

**Lovefeast and Candle Service**
Moravian traditions of music, sugar cake lovefeast meal and beeswax candles are featured in this evening worship service for all ages.
Opportunities to nourish and expand your dimensions of wellness through fitness, nutrition, knowledge and community involvement!

**AUGUST | WEDNESDAY 14th | 10:30 AM**

**Mindful Grilling**

Join us for this tasty outdoor event with our Executive Chef Matt Sweitzer. Chef Sweitzer will demonstrate healthy grilling and smoking techniques and share recipes to enjoy all year long. Outdoor seating is limited for this event.

**SEPTEMBER | WEDNESDAY 25th | 1:00 PM**

**It’s a Balancing Act!**

September is National Fall Prevention Month. Join us as Annette Frederick, CRNP, St. Luke’s Senior Care, discusses how falling is the leading cause of injury, hospital admissions, and death in older adults. Falls are costly - in dollars and in quality of life. Learn helpful balancing tips and fall prevention strategies that will reduce your fall risk and help you remain healthy, happy and independent.

**SEPTEMBER | SATURDAY 28th | 8:00 AM - depart from MHS**

**Walk to End Alzheimer's, Lehigh Valley**

Take the first step and join the Morningstar All-Stars Team to support a world without Alzheimer’s. This inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together we can advance research to treat and prevent Alzheimer's and provide programs for support. To join our team, please call 610-746-1000. After registration, our team captain will contact you. We would be honored if you joined us! Transportation provided from Moravian Hall Square at 8:00 am; walk begins at 9:30 am at the Arts Quest Center at the Steel Stacks in Bethlehem.

**NOVEMBER | all month long**

**Holiday Breakfast Collection**

Help us brighten the holiday season for those less fortunate. During the month of November, we are collecting donations of food and money for this Nazareth Community project.

We are collecting the following food items: Pack of fully cooked bacon (2.6 oz); Pancake Mix (32 oz); Pancake Syrup (24 fl.oz); Hot Chocolate Mix (box of 12 individual packs). On November 29th, Morningstar Living residents and staff will assemble the Holiday Breakfast Bags for delivery to the Nazareth Food Bank. To donate food or money to this cause, call 610.746.1000.
Take advantage of professional education and resources to help you navigate today's complex health care system.

Support Groups for Caregivers

9:30 a.m. and 6:00 p.m.
First Wednesday of Every Month
Galilee House at Moravian Hall Square
175 W. North St., Nazareth, PA 18064

If you’re caring for someone who has dementia you can get guidance and instruction in a small group setting. Support groups offer you a way to share your challenges, exchange ideas and create strategies with others in similar situations. Our professional group facilitators are trained by the Alzheimer’s Association. If you would like your loved one to participate in an activity at our community while you’re attending the support group meeting, please call 610.746.1000 in advance.

SEPTEMBER | WEDNESDAYS 4TH & 11TH | 4:30 - 5:45 PM
Doing Well by Doing Good
Touch the future by planning for your own financial wellness and to give to the people and causes you care about. This two-part financial series is presented by local professionals with expertise to assist with personal financial planning considerations to maximize your overall financial wellness goals.

Session 1 (Sept 4) focuses on taking a look at financial assets. What do you have? What do you want from your assets? What strategies do you need to implement?

Session 2 (Sept 11) focuses on control. What are the core things you care about most? How can your assets help? What tools are available to meet your objectives?

The course is intended for mature adults who are looking to explore financial planning and planned giving for themselves. Course registration is for both sessions and is limited to 25 registrants.

SEPTEMBER | THURSDAY 26TH | 6:00 PM
Memory Lane | Lifestyle Choices and Brain Health for Everyone
Research indicates that your lifestyle choices can impact your brain health. In this seminar, guest speaker Dr. Kelly Carney, Ph.D., ABPP, CMC will discuss the lifestyle choices associated with good brain health. In particular, Dr. Carney will explore how healthy lifestyle choices can reduce the risk for dementia, stave off onset of symptoms and slow the course of decline in dementia.

OCTOBER | TUESDAY 15TH | 10:30 AM
Life Care at Home
Friends Life Care and Morningstar Living invite you to an informational seminar to learn what options are available if you want to remain in your home for the rest of your life. Learn the difference between long-term care insurance and membership in a Friends Life Care plan. Whether you are actively working, considering retirement, or already semi- or fully-retired, it's never too early to consider your future.

NOVEMBER | THURSDAY 21ST | 6:00 PM
Memory Lane | What is a Memory Café?
The Neighborhood Memory Café is a wonderfully welcoming place where individuals with memory loss and their care partners can get together in a safe, supportive, and engaging environment. It is a place to socialize, laugh, learn, develop friendships, benefit from the support of others on this journey, and find acceptance. Guest speakers Sandy Massetti, LSW, NHA, Chief Operating Officer, Morningstar Living and Joyce Weishaupt will discuss the concept of a Memory Café and the benefits to both the individual who has dementia and the person who cares for them.
Joyful pursuits are what make us feel truly alive, engaged, and connected. Find joy in learning about a new subject that interests you.

**JULY | TUESDAY 16th | 10:30 AM**

**What Was Life Really Like at the Bethlehem Steel Plant?**

Have you ever wondered what it was really like to work at the Bethlehem Steel Plant? Representatives from the Bethlehem Steelworkers' Archives will take us on a journey through life at Bethlehem Steel, including firsthand stories and images of the last cast. Presenters (Lester Clore, Bethlehem Steel Rigger; Michael Pron, Beam Yard Employee; Fran Ferencin Rolling Mill Employee, Michael J. Dzwonczyk, Blast Furnace Employee) will share the history of the steelworkers, their rich heritage and diverse cultures, their struggles and their accomplishments.

**AUGUST | TUESDAY 20th | 10:30AM**

**Bats: A Gardener’s Friend**

Bats may look scary, but they help the gardener in many ways. Join us as Pennsylvania Bat Rescue’s Stephanie Stronsick guides us through bat fact and fiction. Stephanie will discuss the natural history of bats, their ecological importance and their impact on the environment. Learn why bats are so important and how you can help these timid, gentle creatures... you may even get to meet one!

**SEPTEMBER | TUESDAY 17th | 10:30 AM**

**A Stowaway Ukulele Revealed**

Author, illustrator, musician and retired Martin Guitar employee of 42 years, Dick Boak, will give a compelling audio-visual presentation about what is arguably the most valuable ukulele ever made. This tiny instrument, owned by seaman Richard Konter, traveled on the 1926 Byrd Polar Expedition and subsequent flight over the North Pole. Konter invited more than 150 famous dignitaries to sign the ukulele, including President Calvin Coolidge, Thomas Edison, Amelia Earhart, Charles Lindbergh, Admiral Byrd, the entire crew of the expedition, and even her majesty, the Queen of Romania.

**OCTOBER | MONDAY 14th - THURSDAY 31st**

**Scarecrows in the Garden**

Morningstar Living invites individuals, school groups and organizations to be part of a special scarecrow exhibit. Original scarecrows will be displayed from October 14th to 31st in the historic Pleasure Garden at Moravian Hall Square. Visitors are welcome to view the Scarecrows in the Garden from 9:00 AM to 5:00 PM daily during the exhibit. Registration forms and additional details will be available on www.moravian.com in August. All those interested in creating a scarecrow display must commit with a form that is due October 1st. Judging will occur by October 15th, and award ribbons will be affixed the scarecrow display.
We need your help! Moravian Hall Square is looking for dedicated volunteers who are keen to engage in meaningful volunteer work that includes social interactions with our residents.

Do you have an outgoing personality and can commit to 3-5 hours a week? There are opportunities available during the daytime, early evening and weekend hours.

Through this unique volunteer opportunity you will make a difference in the lives of others while doing something that you enjoy. We hope you choose to share your special talent with our residents – gardening, baking, cooking, sewing, singing… the list is endless.

Do you have a talent you can share?

If you have a willingness to help others, we’d love to hear from you.

Call Pam Kleckner at 610.746.1120
Come in out of the cold and enjoy a friendly indoor shopping experience!

Community Market Days at Moravian Hall Square
Residents, staff and guests love our community market days! A great way to pick up some special items while supporting local vendors at this indoor shopping experience. Baked goods, jewelry, bags, arts & crafts, lotions, clothing, and more. Our own Good Spirit General Store will have a great sidewalk sale going on.

**OCTOBER | TUESDAY 15**th | 10:00 AM - 1:00 PM

**NOVEMBER | TUESDAY 19**th | 10:00 AM - 1:00 PM

**DECEMBER | TUESDAY 17**th | 10:00 AM - 1:00 PM

Community Market days occur in The Commons at Moravian Hall Square. Ample parking, free admission, budget-friendly prices and buying “local” add up to an enjoyable shopping experience!

For vendor registration or additional information, call Laurie Brunstetter at 610-746-1334.

*The Good Spirit General Store is open year-round from Monday to Saturday, 11:00 AM to 3:00 PM. Proceeds benefit the Good Samaritan charitable fund at Morningstar Living.*
Plan on it.
Use this chronological listing of events to plan your calendar with Morningstar Living’s education, recreation, entertainment, health and wellness EventFULL Living™ programs.

**JULY**

*This month’s featured art exhibit is “Tracing Moravian Roots” by Mike Riess. Please see page 2 for details.*

- **Friday 9TH**
  - 7:30 PM
  - The Matt Daniel Band
  - **PAGE 4**

- **Tuesday 16TH**
  - 10:30 AM
  - What was Life Really Like at the Bethlehem Steel Plant?
  - **PAGE 10**

**AUGUST**

*This month’s featured art exhibit is “Summer Scenes and Skies” by Nicholas Mandell. Please see page 2 for details.*

- **Wednesday 14TH**
  - 10:30 AM
  - Mindful Grilling
  - **PAGE 6**

- **Tuesday 20TH**
  - 10:30 AM
  - Bats: A Gardener’s Friend
  - **PAGE 10**

**SEPTEMBER**

*This month’s featured art exhibit is “Artistic Expressions from Heritage Village.” Please see page 2 for details.*

- **Wednesday 4TH**
  - 4:30 PM
  - Doing Well by Doing Good (Session 1)
  - **PAGE 8**

- **Wednesday 11TH**
  - 4:30 PM
  - Doing Well By Doing Good (Session 2)
  - **PAGE 8**

- **Tuesday 17TH**
  - 10:30 AM
  - A Stowaway Ukulele Revealed
  - **PAGE 10**

- **Wednesday 25TH**
  - 1:00 PM
  - It’s a Balancing Act!
  - **PAGE 6**

- **Thursday 26TH**
  - 6:00 PM
  - Memory Lane | Lifestyle Choices and Brain Health for Everyone
  - **PAGE 8**

- **Saturday 28TH**
  - 9:30 AM
  - Walk to End Alzheimer’s, Lehigh Valley
  - *Bus transportation departs MHS @ 8:00 AM
  - **PAGE 6**

**OCTOBER**

*This month’s featured artist is Brenda Messinger-Voll. Please see page 2 for details.*

- **Friday 4TH**
  - 7:30 PM
  - Lou Dottoli
  - **PAGE 4**

- **Tuesday 15TH**
  - 10:30 AM
  - Life Care at Home
  - *Visit the Community Market while you’re here!
  - **PAGE 8**

- **14TH - 31ST**
  - 9:00 AM - 5:00 PM
  - Scarecrows in the Garden
  - **PAGE 10**

**NOVEMBER**

*This month’s art exhibit showcases artwork by the students of Nazareth High School. Please see page 2 for details.*

- **Friday 15TH**
  - 7:00 PM
  - Glenn Miller: One Man Band
  - **PAGE 4**

- **Thursday 21ST**
  - 6:00 PM
  - Memory Lane | What is a Memory Café?
  - **PAGE 8**

- **Throughout November**
  - Holiday Breakfast Collecting
  - **PAGE 6**

**DECEMBER**

*This month’s featured artist is Joe Dragotta. Please see page 2 for details.*

- **Sunday 15TH**
  - 2:30 PM
  - Cantata
  - **PAGE 4**

- **Tuesday 17TH**
  - 10:30 AM
  - Holiday Sing-a-Long
  - *Visit the Community Market while you’re here!
  - **PAGE 4**

- **Tuesday 22ND**
  - 6:30 PM
  - Lovefeast and Candle Service
  - **PAGE 4**

**LIFE**

*Learning Is ForEver*

Morningstar Living is launching a new education initiative called LIFE (Learning Is ForEver). Look out for more information arriving in your mailbox later this year.
Morningstar Living is all about enriching life's journey with opportunities for intellectual development, cultural stimulation, social interaction, technology and recreation. Isn't that what life should be FULL of?

Morningstar Living

175 W. North Street
Nazareth, Pennsylvania 18064