

Why did the golfer bring an extra pair of pants?

Incase he got a hole in one.

Ah, the modern days...

I just saw a grandpa help a youngster who was staring into his phone cross the street.

I'm not hard of hearing... I've just heard enough.

Boy: "Wow so many scars. You must have had an adventurous life!"
Old Man: "No, I just have a cat"

September is Healthy Aging Month!

Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

Get Moving:

- Adults should aim for at least 150 minutes of moderate-intense physical activity each week.
 - Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go. (Join our walking club!)
 - Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.

Maintain a Healthy Diet:

- Eat proper portion sizes.
 - Overeating can lead to obesity and increase the risk of diabetes and heart disease.
 - Eat a variety of fresh fruits and vegetables and have them make up half of your plate.
- Avoid excess processed foods.
- Stay hydrated- adults should drink between 10-16 cups of water per day, depended on gender, living environment, and activity level.

Stay Social:

- You guys are fortunate enough to live where there is a Senior Center! Make sure to take advantage of that!

Balance your body and mind:

- Keep a positive attitude.
- Keep your mind active by reading or doing puzzles.

Be proactive:

- Receive regular checkups, physicals and medical tests when needed, as many diseases can be prevented when caught early.

September 2024

Moravian Messenger



BUILDING #1- 737 MAIN STREET
P: 610-691-8409 F: 610-936-9379
BUILDING #2- 701 MAIN STREET
P: 610-861-0717 F: 610-866-6236
BUILDING #3- 133 WEST UNION
BOULEVARD
P: 610-691-3808 F: 610-936-9275
BUILDING #4- 70 WEST NORTH STREET
P: 610-691-8409 FAX: 610-963-9379



HAPPY FALL YA'LL

Fall is the time of year where it's a wonderful time to get comfy and cozy! It's time to bring out your favorite sweater, drink your favorite hot beverage, and curl up in a comfy chair with a good book, or with your pet.



Why did the Apple pie go to the dentist?

Because it needed a filling

Why shouldn't you tell secrets in a cornfield?

Because the corn has ears

Why did the apple pie cross the road?

It saw a fork up ahead.

Manager's Memo September 2024

MHI Hallway Floors

This is an ongoing project throughout 2024. Management and staff want to thank our Tenants in advance for their cooperation and understanding during this time.

Inspections

Management has started the annual inspections for each building. MHIII will be starting in October. If you have a pet and would like to schedule an appointment, please contact Jessica at 610-691-3808 ext.131. All appointments will be held on **Oct. 29th**.

Welcome

Please welcome Matthew to the Moravian House maintenance team! Matthew joins the crew bringing experience and passion for his craft as well as being bilingual. When you see Matthew give him a warm Moravian House greeting!

Tenants Association Memo

- **Kitchen reopens Thursday September 19th from 4-5pm.**
- **Bingo returns to 6pm September 19th.**
- **Friday, September 20th- Tenants Association Meeting in the Senior Center at 6 pm.**

script for the bloodwork ready, and make sure you



ize for her work at age 69. wn as Grandma Moses, didn't inting because she could no th no formal art training, her useum of Modern Art in New he died at 101 years young! who have done amazing things ey did not stop learning and gives you inspiration to do ave always wanted to do!!
crochet!! 😊

17th
in the
regional
market

MANICURES



Manicure appointments can be made by calling Michelle **484-951-0524**.

SECOND HARVEST

Second Harvest delivery is on the **FIRST** Thursday of the month from **12:00-2:00**. If you are interested in signing up for Second Harvest, please fill out an application with Zuheydi.

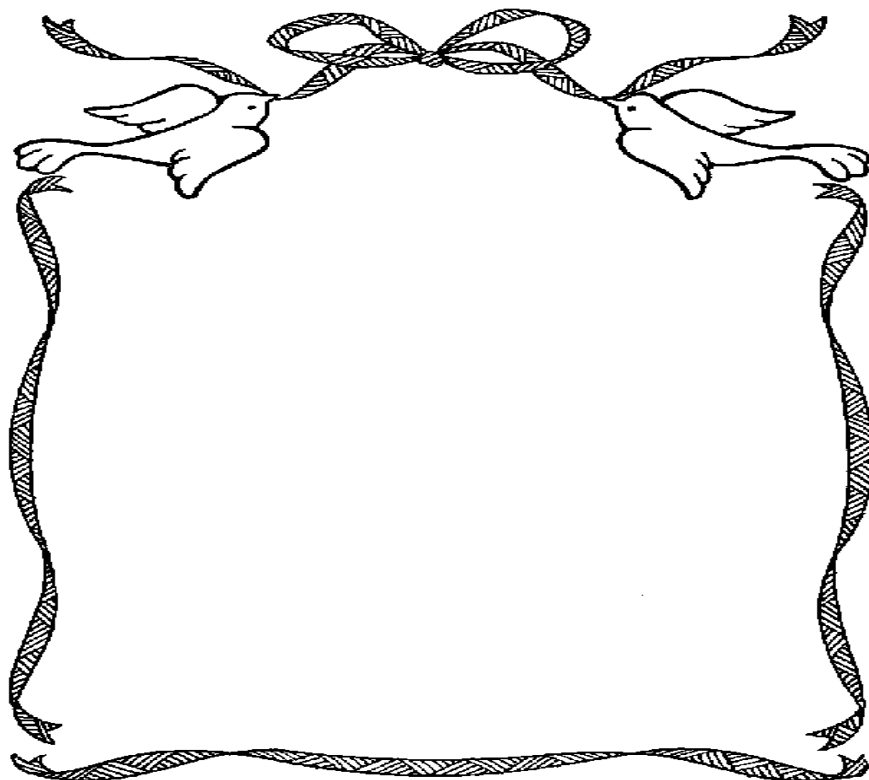


WALK-IN CLINIC IN HEALTHCHECK FRIDAYS – August 9 & August 23 8:45 – 10:45

Advanced Primary Care Assoc. with Paul Hlavinka, a NPS, is taking appointments as well as walk in appointments on Friday mornings. Please call: **(610) 419-8885** for an appointment. If you become sick during the week and cannot get to the doctor's office, you can call Advanced Primary Care Associates and they will try to see you in HealthCheck on a non-scheduled day. If you'd rather, you can make an appointment to be seen in their office at The Medical Arts Building, 701 Union Blvd, **(610) 419-8885**. They accept most major insurances, as well as cash rates for uninsured patients. They are also taking new patients if you need a Primary Care Doctor.

MEN & WOMENS HAIRCUTS

To schedule an appointment, call Joiel directly at 610-984-4165. Please wash your hair prior to appointment. If you need to cancel your appointment, kindly call ahead of time so that someone else can take your spot.



Crocheting with Jess

Crochet class will resume September 18th at 1:00 in the Senior Center. Knitters are welcome as well!



PODIATRY APPOINTMENTS

Dr. Proctor: (610)-437-9343



For an appointment, call the Doctor's office.

CENTRAL MORAVIAN FOOD BAGS

The food bags are delivered on the 4th Wednesday of the month from 12:00-2:00 in the Senior Center. If you are interested in signing up for the food bags, please see Zuheidy in the Senior Center. If there are items in the bag that you do not want, please put them in the Free table located in the Senior Center.

Do not leave them in common areas!



B.I.N.G.O

Thurs. @ 6:00 pm
hosted by
The Tenants
Association

**Everyone is welcome
to join the FUN!**

MH1

Shirley G- 9/2
Beatrice P- 9/5
Qui D- 9/6
Laura P- 9/8
Bonnie W- 9/10
Laura K- 9/13
Jon S- 9/15
Doris P- 9/16
Linda D- 9/18
Wilhermina F- 9/19
Corey T- 9/20
Stephen F- 9/22
James M- 9/22
Shirley S- 9/27
Deborah P- 9/28

MH2

Renee G- 9/2
Arlene M- 9/3
Nancy O- 9/9
Constance C- 9/14
Nanette M- 9/17
Lori W- 9/20
Albert M- 9/24
Gary M- 9/26

Happy
Birthday

MH3

Raymond D- 9/2
**HAPPY 100TH
BIRTHDAY!**
David G- 9/6
Richard R- 9/13
Irene P- 9/25
Sidonia L- 9/27
Rogelia S- 9/29

MH4

Carmen C- 9/1

