

Why do pirates like swimming so much? They love all the cannonballs

How do seashells stay clean? They wash up on the beach.

Where do birds go on summer vacation? The Canary Islands!

## Manager's Memo

### **Labor Day – September 1st**

Moravian House Offices and Senior Center will be closing early on Friday August 29<sup>th</sup> and closed on Monday September 1<sup>st</sup> in observance of Labor Day.

### **Laundry Rooms**

The laundry facilities in each building are for the exclusive use of tenants only. Friends, family members, aides, are NOT to-do their personal laundry in Moravian House laundry rooms.

### **Work Orders**

ALL work orders **MUST** go through the offices. Maintenance cannot take work orders. Please call the office 610-691-8409.

### **2024 Rent Rebate**

**July 1-** Rebates will begin to be issued. Payments will be made by direct deposit or check mailed to the applicant, depending on the payment option you choose on your application. Should you have any questions on your rebate status please contact Rep. Steve Samuelson's office at 610-867-3890.

### **Save the Date - Tenant Appreciation Picnic**

Please join us on August 27<sup>th</sup> from 11-2pm for our Moravian House Tenant Appreciation Picnic! There will be more details to follow...stay tuned!

### **MHI Hallway Floors**

This is an ongoing project throughout 2025. Management and staff want to thank our Tenants in advance for their cooperation and understanding during this time.

### **Renter's Insurance**

If anyone is interested in obtaining renter's insurance or learning more about it, please come to the office in your building and get a brochure for "ERenterPlan". They also have a website where you will put in your zip code and then choose the Moravian House that you live in to get an accurate quote: [www.erenterplan.com](http://www.erenterplan.com). There are many affordable options to fit your needs. Moravian House is not affiliated with "ERenterPlan" in any way.

August 2025

# Moravian Messenger



Moravian House Apartments  
701 & 737 Main Street  
133 W. Union Blvd.  
Bethlehem, PA 18018  
Phone: 610-691-8409



Why do bananas use sunscreen in August? Because they peel

Looking for a hot date? Pick any day in August, they don't get much hotter than that!

## New Yoga Class for Seniors- Gentle Movements, Big Benefits!

We're excited to introduce a new Yoga class designed especially for our senior community!

This gentle, accessible practice focuses on improving flexibility, balance, and overall wellbeing, without the strain.

Whether your brand new to yoga or have some experience, this class offers a welcoming space to move at your own pace, connect with others, and support your body, mind, and soul.

Join us to breath, stretch, and strengthen; one peaceful post at a time.



# Top 10 Health Tips for the Month of August

**Stay Hydrated, Stay Refreshed:**

With the summer heat in full swing, it is essential to keep yourself hydrated. Aim to consume a lot of water each day. You can infuse your water with fresh fruits and herbs for a refreshing twist.

**Embrace Seasonal Produce:**

August is a bountiful month for fresh fruits and vegetables. Load up on juicy watermelons, berries, tomatoes, and leafy greens. These meals are full of antioxidants, vitamins, and minerals that promote your general health.

**Savour Outdoor Workouts:**

Take advantage of the nice weather by going on a brisk walk.

**Prioritise Sun Protection:**

While enjoying the outdoors, do not forget to protect your skin from harmful UV rays. Apply sunscreen with at least SPF 30, wear sunglasses, and opt for a wide-brimmed hat to shield your face.

**Practise Mindful Eating:**

Pay attention to your meals. Eat slowly, take your time, and pay attention to your body's hunger cues. You may appreciate your meal more and avoid overeating by practising mindful eating.

**Get Adequate Sleep:**

Quality sleep is crucial for overall health. Establish a bedtime routine that promotes relaxation, limit screen time before sleep, and aim for 7-9 hours of restful sleep each night.

**Manage Stress Through Relaxation:**

Find stress-relief activities that work for you, such as meditation, deep breathing, or journaling. Taking time to unwind can have positive effects on your mental and emotional well-being.

**Stay Socially Connected:**

August is a great time to connect with friends and family. Maintain social connections, whether through in-person gatherings, virtual meetups, or a simple phone call. Social interaction contributes to a sense of belonging and happiness.

**Set Small, Achievable Goals:**

Whether it is related to fitness, nutrition, or personal growth, set realistic goals for the month. Achieving these milestones can boost your confidence and motivation.

**Practice Gratitude:**

Cultivate an attitude of gratitude by reflecting on the positive aspects of your life. Consider starting a gratitude journal where you jot down things, you are thankful for each day.

## MEN & WOMENS HAIRCUTS

To schedule an appointment, call Joiel directly at **(610) 984-4165** and leave a message. 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.



Mobile Market will be in the Senior Center. Local and regional produce. They accept Farmers Market Vouchers

Friday August 29th: 11:15-12:30 PM  
Friday September 26th: 11:15-12:30 PM

Invite your friends and families!

## CENTRAL MORAVIAN FOOD BAGS

The food bags are delivered on the 4<sup>th</sup> Thursday of the month at 12:00pm 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.

**Do not leave them in common areas!**

## MANICURES

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



**Movie days:**

**August 7<sup>th</sup>**

**Movie: The Curious Case of Benjamin Button**  
**Romance/ Fantasy**

**August 21<sup>st</sup>**


**Movie: Going in Style**  
**Crime/ Comedy**

**Health Network Lab-Work**  
**Weds. Aug. 6<sup>th</sup> & 20<sup>th</sup>**

Health Network Lab draws blood in the HealthCheck office in Bldg. I at 7:30am. It is first come, first served. The Lab Technician will be leaving when they finish with the last client signed in. Please be there by 7:30am to sign-in. They will NOT wait for anyone. Please have your script for the bloodwork ready, and make sure you have followed the instructions on the lab slip.

Have you ever wanted someone to change their behavior, and then when that person didn't change, you got upset? Did you ever think, "I just don't understand why he/she doesn't do what I'm asking them to?" I know I have done that in my lifetime in different situations. The problem is that "when you push someone, it only makes the person push back. You're working against the fundamental law of human nature. People need to feel in control of their decisions. You want people in your life to change but pressuring them creates resistance to it." (Mel Robbins, Let Them Theory)

Although you may think you are acting with the best of intentions, it's not yielding the result you want. You are fighting against human nature and will lose every time. People only change when they feel like changing. This is where influencing someone comes into play. Accept that person as they are! Don't expect them to change because you will resent them when they don't. Again, accept that person where they are. Then once you have accepted them as they are, model the behavior change you want to see. People's behavior is contagious. Let your influence inspire someone to change! (Mel Robbins, Let Them Theory)



## RELIGIOUS ACTIVITIES

Bible Study:

- Tuesdays at 6:00PM  
Wednesdays at 2:00PM
- Rosary Mondays at  
10:00
- Church Services 9:55  
Fridays

Whether it's a gentle walk in the park, joining a group activity, or trying something new like our upcoming Yoga class for Seniors, staying active can boost your mood, energy, and overall health. Don't forget! We offer exercise classes every Tuesday and Thursday at 10:00 am right here in the Center! These classes are a fun, low-impact way to keep your body moving and your energy up. Remember, it's not about how much you do- its about doing what feels good to your body and spirit.

This month, we encourage you to stay connected, hydrate well, and enjoy the simple pleasures of summer.

Let's keep moving, smiling, and growing together!

**MH1**

Amelia K- 8/2  
 Carlos R- 8/3  
 Sarah B- 8/4  
 Cindy S- 8/5  
 Niyonteze R- 8/8  
 Robert K- 8/9  
 John R- 8/9  
 Peter B- 8/11  
 Mercedes B- 8/14  
 Krysia M- 8/18  
 Luis P- 8/25  
 Susan J- 8/30

**MH2**

Luz R- 8/3  
 Luis S- 8/3  
 Nelson C- 8/4  
 Victoria M- 8/7  
 Christina G- 8/9  
 Michael S- 8/10  
 Alba S- 8/11  
 Helen S- 8/16  
 Luis C- 8/17  
 Leonilda B- 8/18  
 Mara t- 8/25  
 Maria S- 8/29

**MH3**

Lawrence B- 8/13  
 Hilda O- 8/19  
 Sue L- 8/31

**MH4**

Sandra N- 8/3

**HAPPY BIRTHDAY**



**Win Cash Prizes**

**Thursdays @ 5:00**

**Keep Cool During the Dog Days of Summer!**