

What Do Trumpet players in a spring parade do?

March!

Why did the Leprechaun bring a ladder to the bar?

Because he heard the drinks were ON the house!



St Patty's Party!

Date: March 17th

Time: 1pm – 3pm

Fee: \$5.00

Entertainment: Sugar Spice & Time trio to play

Sign up with Steffie in the Senior Center!



Find the Leprechaun and win a prize!
There are 3 Leprechauns the Senior Center if you find 1
you get a prize!

To make it fair; we are allowing 1 prize per person so if
you find more than 1 leprechaun leave it there for
someone else to find 😊

March 2026

Moravian Messenger



By March, the worst of the winter is over. The snow thaws, the rivers begin to run, and the world wakes into itself again.



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March is National Nutrition Month

At the end of a long day, figuring what to eat can feel like a chore. But, if you keep these five foods on hand, a healthy and delicious dinner can be done in no time.

Here are five foods to refresh your pantry:

Canned fish or chicken. Very low sodium canned albacore tuna, packed in water, or chicken can be a go-to for sandwiches. Instead of mayo, stir in fat-free or low-fat plain yogurt. Not in the mood for a sandwich? Stir canned tuna or chicken into a low-sodium pasta sauce or add as a protein to a green salad.

Canned beans and vegetables. Canned vegetables and beans can help make a meal in minutes. Add canned beans to a salad for a vegetarian entree. Or sauté beans in a small amount of olive oil with garlic, add low-sodium tomato sauce and serve over whole-grain pasta. Be sure to rinse and drain them to remove more sodium.

Canned fruits. Canned fruits are canned at the peak of their freshness and may be less expensive, so they make for a nutritious and affordable option. Look for canned fruit with no added sugars and save the juice for a smoothie or a mocktail.

Whole grains. Brown rice, and other whole grains like couscous and quinoa are healthy and versatile. Add old-fashioned oats to fat-free or low-fat plain or no-sugar-added yogurt, mix in unsalted nuts and/or berries and store in your fridge overnight for a quick on-the-go breakfast! Or add grilled or steamed vegetables to quinoa for a quick one-pot meal.

Nuts, seeds, and nut butters. Enjoy nuts, seeds and nut butters for a snack or toss into salads. A little bit goes a long way, so be sure to watch your portion size. Look for the unsalted or lightly salted varieties.

The best part? Many of these items can be bought in bulk to save money. Plus, canned foods have a long shelf life, so you can stock up and have them ready to go for a snack or to put a meal together. Let your pantry work for you!

Happy Birthday Happy Birthday

MHI

Gladys T- 3/2
 Frank C- 3/3
 Eveliz L- 3/5
 Sandra V- 3/8
 Marilyn H- 3/9
 Noah F- 3/9
 Sarah G- 3/16
 Paul A- 3/17
 Teresa R- 3/19
 James S- 3/20
 Susan P- 3/20
 Clarissa J- 3/20
 Rosemary S- 3/21
 Stephen G- 3/23
 Andrea C- 3/23
 Dolores S- 3/24
 Robert C- 3/25
 Nicholas G- 3/25
 Maxine F- 3/27
 Robert H- 3/30
 Jeffrey M- 3/30

MHII

Richard K- 3/2
 Jay V- 3/5
 Clara C- 3/8
 Dorothea S- 3/11
 Miae P- 3/13
 Rosalina M- 3/16
 Hannah M- 3/17
 Karen P- 3/20
 Cheryl B- 3/21
 Helene B- 3/22
 June R- 3/24
 Sandra K- 3/27

MHIII

Michael H- 3/3
 Wilfredo A- 3/10
 Jeannette H- 3/13
 Ana A- 3/17
 Sheila K- 3/21



BINGO

BINGO is every Thurs. at 5:00PM

Everyone is welcome to come join the fun!

RELIGIOUS ACTIVITIES

CHURCH SERVICE:
 Fridays at 9:45

Bible Study:
 Tuesdays at 5:00pm
 Wednesdays at 2:00pm

Rosary:
 Mondays at 10:00am

Manager's Memo- March 2026

Thank you for all of those that participated in February's Pneumonia/Shingles/Tetanus Clinic! It was a success! The next clinic will be coming in June so keep your eyes open for more information.

Shopping Carts- Please remember that there is a limited amount of shopping carts for Tenant use. When you are done using the shopping cart, please return to the ground floor of the building you got it from.

Snow Days- During inclement weather, Management needs to reserve 4-6 spots (depending on snow accumulation) in the parking lot between Moravian House I and Union Blvd. If you are parked in these spots, you will be called and asked to move your vehicle.

Call Boxes- Moravian Houses are secured buildings with each building having a callbox in the vestibule areas. If you receive a call from the callbox and are unfamiliar with the person who is trying to enter the building, please do not let them in and tell them to contact the tenant they are here to visit for entry. If you are having trouble receiving calls from the callbox, make sure that the number is **not blocked** on your phone. If you are unsure, stop in the office with your phone and someone can check for you.

Work Orders- ALL work orders MUST go through the offices. Maintenance cannot take work orders and will NOT relay a work order to the office to be entered. Please call the office 610-691-8409.

Parking Registration & Insurance- Please make sure you have your vehicle registration and insurance up to date with the office! Reminder- it is a requirement to have this updated to keep your spot within the lot.

Packages- Please do **NOT** take packages that are not addressed to you.



Lab-Work

Wednesday, March
4th, & 18th

Health Network Lab will be drawing blood in the HealthCheck office in Bldg. 1 starting at 7:30am. It is first come first served, and the lab technician will be leaving after she finishes with the last client. Please try to be there by 7:30am to sign-in.



CENTRAL MORAVIAN FOOD BAGS

The food bags are delivered on the 4th Wednesday 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 on the free table in the Senior Center.

Do not leave them in common areas!

MANICURES

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



MEN & WOMENS HAIRCUTS Quick Cuts by Joiel

Call ahead to make an appointment.
610-984-4165
Please wash your hair prior to the appointment.
If you need to cancel, please call.



Welcome back the Variety Store!

The Variety Store will be returning to the Senior Center on Wednesday March 18th.

The Store will be carrying essentials that you may have forgotten on your shopping trip or things you might've just run out of!

Stop by to check out things like toothpaste, dish soap, toilet paper, stationary and more!

This is CASH ONLY. Please come with small bills or exact change!

We look forward to seeing you there!

CONNECTIONS

One of my favorite quotes comes from Maya Angelou who was a civil rights activist, an author, and wrote poets. She wrote: "People may not remember what you did or what you said, but they will always remember how you made them feel."

That is such a true statement. I'm sure many people come into our minds when we think about someone and how they made you feel. I have read somewhere that "we all want to know what we do, who we are, and what we say really matters. Human beings, by design, desire a need to connect with someone: to share in a collective experience and to be in community with one another." So, I started thinking about that and wanted to ask you some questions for you to reflect on and imagine.

Who do you surround yourself with?

What relationships in your life are important? What relationships no longer serve you well and should be released? What qualities make a good friend? Are you that good friend to someone else?

I would love to hear your thoughts if you want to share and connect.

Kristel

REMEMBER TO



SPRING AHEAD!

