

APRIL 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 April Fools' Day 8:30 APARTMENT INSPECTIONS 10:00 Exercise: Joyful Joints 11:00 Speaker: COVID Vaccine Facts from LVHN 12:30 Second Harvest 2:00 Church (Spanish)	2 Good Friday 9:30 Shopping at CVS Pharmacy	3
4 Easter	5 9:00 CLINIC: Millis Eye Associates 9:30 Shopping at WALGREENS 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: The Lost Husband 2:00 Walker's Club	6 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 CLINIC: Blood Pressure Checks 2:00 Church	7 9:00 Shopping at WEGMANS 10:00 Exercise: Fit for Life 11:00 Specialty Exercise: Managing Hip Pain 12:30 Bible Study 1:00 Shopping at WEGMANS 2:00 Pastor Movie: Risen 2:00 Walker's Club	8 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church	9 9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: The Healer 2:00 Walker's Club	10
11	12 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Documentary: Jane 2:00 Walker's Club	13 Ramadan Begins 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 GENERAL MEETING	14 9:00 Shopping at VALLEY FARMS 10:00 Exercise: Fit for Life 11:00 Specialty Exercise: Meditation and Stretch 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 2:00 Pastor Clark Movie: I Can Only Imagine 2:00 Walker's Club	15 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church	16 9:00 Great News! 9:30 Shopping at GIANT 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Documentary: Greta 2:00 Walker's Club	17

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LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Greater 2:00 Walker's Club	20 9:30 Shopping at WEIS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 1:00 Speaker: COVID Vaccine Facts from LVHN 2:00 Speaker: Senior Scams	21 9:00 Shopping at WALMART 10:00 Exercise: Fit for Life 11:00 Specialty Exercise: Improve your Posture 12:30 Bible Study 1:00 Shopping at WALMART 2:00 Pastor Clark Movie: Abraham 2:00 Walker's Club	22 Earth Day 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 11:30 Documentary: Before the Flood 2:00 Church 3:00 Webinar: 10 Tips to Boost your Energy	23 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: Julie & Julia 2:00 Walker's Club	24
25	26 9:30 Shopping at VALLEY FARMS 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 2:00 Pastor Clark Movie: Sight and Sound: Jonah 2:00 Walker's Club	27 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 CLINIC: TDAP Vaccine 2:00 Flute Performance: Baroque & Beyond	28 9:00 Shopping at GIANT 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at GIANT 2:00 BINGO 2:00 Walker's Club	29 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church	30 9:00 Great News! 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 2:00 Walker's Club	