

DECEMBER 2021

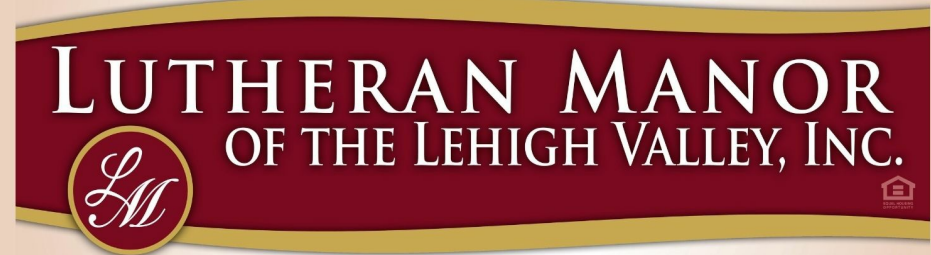
LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 CLINIC: Blood Pressure Check from LifeSpring 9:00 Walker's Club 10:00 Exercise DVD (98) 12:30 Bible Study 2:00 Pastor Movie: The Perfect Opportunity	2 10:00 Chat Room 10:00 ENTERTAINMENT: Painting with a Twist 10:00 Exercise DVD(98) 11:00 Fit for Life(98) 12:30 Second Harvest 2:00 Church (Spanish)	3 9:00 Walker's Club 9:30 BANKS 10:00 Exercise DVD(98) 10:00 Qi Gong Tai Chi with Joanne 12:30 CLINIC: OAA Podiatry	4 9:00 Coffee and Donuts
5	6 9:00 Walker's Club 9:30 RITEAID/CVS 11:00 Fit for Life(98) 1:00 MOVIE: Red Notice 6:00 Resident's Association Bingo	7 9:30 WEIS 11:00 Everybody's Yoga(98) 2:00 LVHN Info Session: Hip Pain (98)	8 9:00 Walker's Club 9:30 BETHLEHEM DINER 12:30 Bible Study 2:00 Pastor Movie: Spirit	9 10:00 Chat Room 11:00 SPEAKER: Cantelmi Long Funeral Home 11:00 Fit for Life(98) 2:00 Church	10 9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 ENTERTAINMENT: Sing for America 2:00 SPEAKER: Stress and Your Health with Capital Blue	11 10:00 CLINIC: Phone/Tablet Basics 101
12 11:00 Sunday Praise with David Garcia	13 9:00 Walker's Club 9:30 VALLEY FARMS 11:00 Fit for Life(98) 1:00 MOVIE: Jungle Cruise 6:00 Resident's Association Bingo	14 11:00 Everybody's Yoga(98) 2:00 GENERAL MEETING	15 9:00 Walker's Club 9:30 DOLLAR TREE 12:30 Bible Study 2:00 Pastor Movie: Come to the Stable	16 9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 11:00 Fit for Life(98) 2:00 Church	17 9:00 Walker's Club 10:00 Qi Gong Tai Chi with Joanne 5:00 MILLER'S ALE HOUSE	18 10:00 CLINIC: Phone/Tablet Help (20 minute timeslots)

All activities are in-person now, and some are on channel 98 as well. Movies are ONLY on channel 98.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20 9:00 Walker's Club 9:30 GIANT 11:00 Fit for Life(98) 1:00 MOVIE: Love Hard 6:00 Resident's Association Bingo	21 Winter Begins 11:00 Everybody's Yoga(98) 2:00 ENTERTAINMENT: Meredith Twardowski, Flautist	22 9:00 Walker's Club 9:30 WALMART 11:00 Holiday Meal Distribution 12:30 Bible Study 2:00 Pastor Movie: Sunshine Ministry	23 9:30 ALDI 10:00 Chat Room 11:00 Fit for Life(98) 2:00 Church	24 Christmas Eve	25 Christmas Day
26 Kwanzaa Begins	27 9:00 Walker's Club 9:30 WEGMANS 11:00 Fit for Life(98) 1:00 MOVIE: Let It Snow 6:00 Resident's Association Bingo	28 9:30 DOLLAR TREE 11:00 Everybody's Yoga(98) 1:00 OnSite Dermatology 2:00 Church	29 9:00 Walker's Club 12:30 Bible Study 2:00 Pastor Movie: Best Pageant Ever	30 9:30 WEIS 10:00 Chat Room 11:00 Fit for Life(98)	31 New Year's Eve	

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