

# MARCH 2021

 LUTHERAN MANORS  
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Worship, Exercise, Movies, speakers, and other activities are Live-Streamed on Ch. 98 unless otherwise noted*</p>	<p><b>1</b> <b>Women's History Month</b></p> <p>9:30 Weekly Update with Kerira 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Educational DVD: In Defense of Food 3:00 Surprise Episodes: Staff Choice</p>	<p><b>2</b></p> <p>9:30 Shopping at WEIS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 Blood Pressure Checks 2:00 Church 3:00 Surprise Episodes: Staff Choice</p>	<p><b>3</b></p> <p>10:00 Shopping at CVS Pharmacy 10:30 Exercise: Fit for Life 11:30 Specialty Exercise: Basic Balance 12:30 Bible Study 1:00 Shopping at WALGREENS Pharmacy 2:00 Pastor Movie: David</p>	<p><b>4</b></p> <p>10:00 Exercise: Joyful Joints 11:00 Documentary: Food Choices 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Surprise Episodes: Staff Choice</p>	<p><b>5</b></p> <p>9:00 Great News! 9:30 Shopping at GIANT 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 3:00 CLINIC: Covid Vaccine (2nd Dose) 3:00 Surprise Episodes: Staff Choice</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b></p> <p>9:30 Weekly Update with Kerira 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Documentary: RBG 3:00 Surprise Episodes: Staff Choice</p>	<p><b>9</b></p> <p>10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 <b>GENERAL MEETING</b> 3:00 Surprise Episodes: Staff Choice</p>	<p><b>10</b></p> <p>9:00 Shopping at VALLEY FARMS 10:30 Exercise: Fit for Life 11:30 Specialty Exercise: Knee Pain Solutions 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie: Riverdance</p>	<p><b>11</b></p> <p>10:00 Exercise: Joyful Joints 11:00 Educational DVD: Improving Brain Function 2:00 Church 3:00 Surprise Episodes: Staff Choice</p>	<p><b>12</b></p> <p>9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: Pilgrimage 3:00 Surprise Episodes: Staff Choice</p>	<p><b>13</b></p>
<p><b>14</b> <b>Daylight Saving Begins</b></p>	<p><b>15</b></p> <p>9:30 Weekly Update with Kerira 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Brooklyn 3:00 Surprise Episodes: Staff Choice</p>	<p><b>16</b></p> <p>9:30 Shopping at WEIS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 3:00 Surprise Episodes: Staff Choice</p>	<p><b>17</b> <b>St. Patrick's Day</b></p> <p>9:00 Shopping at WALMART 9:00 TAXES: Freedom Financial Resources 10:30 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at WALMART 2:00 Pastor Movie: St. Patrick-Irish Legend</p>	<p><b>18</b></p> <p>9:00 TAXES: Freedom Financial Resources 10:00 Exercise: Joyful Joints 11:00 Speaker: Activities to Challenge Your Mind 2:00 Church 3:00 Surprise Episodes: Staff Choice</p>	<p><b>19</b></p> <p>9:00 Great News! 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Speaker: Healing Sleep 3:00 Surprise Episodes: Staff Choice</p>	<p><b>20</b> <b>Spring Begins</b></p>
<p><b>21</b></p>	<p><b>22</b></p> <p>9:30 Shopping at SHOPRITE 9:30 Weekly Update with Kerira 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Leap Year 3:00 Surprise Episodes: Staff Choice</p>	<p><b>23</b></p> <p>10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 Fule Performance: The Sound of Spring 3:00 Surprise Episodes: Staff Choice</p>	<p><b>24</b></p> <p>9:00 Shopping at WEGMANS 10:30 Exercise: Fit for Life 11:30 Specialty Exercise: Guided Meditation 12:30 Bible Study 1:00 Shopping at WEGMANS 2:00 Pastor Movie: S'gt and Sound Cast "Noah"</p>	<p><b>25</b></p> <p>9:00 CLINIC: Millie Eye Associates 10:00 Exercise: Joyful Joints 11:00 Educational DVD: Eating Like a Nutritarian 2:00 Church 3:00 Surprise Episodes: Staff Choice</p>	<p><b>26</b></p> <p>10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: Catch me if You Can 3:00 Surprise Episodes: Staff Choice</p>	<p><b>27</b> <b>Passover Begins</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p>9:30 Shopping at VALLEY FARMS 9:30 Weekly Update with Kerira 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 3:00 Surprise Episodes: Staff Choice</p>	<p><b>30</b></p> <p>8:30 APARTMENT INSPECTIONS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 CLINIC: Shingles vaccine (2nd dose)</p>	<p><b>31</b></p> <p>8:30 APARTMENT INSPECTIONS 9:00 Shopping at GIANT 9:00 Worship DVD 10:30 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at GIANT 2:00 Pastor Movie: Son of God (98)</p>			