

OCTOBER 2021

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Brunch at Bethlehem Diner 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne	2 9:00 Coffee and Donuts (Takeout ONLY)
3 Active Aging Week! See Kierra for Activities this Week	4 9:30 Shopping at CVS Pharmacy 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 SPEAKER: Active Aging Week Activities 2:00 Basic Balance 3:30 Meditation 6:00 Residents Association Bingo	5 9:30 Shopping at WALGREENS Pharmacy 10:00 Joyful Joints 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 SPEAKER: How to Get Up From a Fall 3:30 Meditation 6:30 Heavenly Bible	6 9:00 CLINIC: Blood Pressure Check from LifeSpring 9:30 Shopping at WEIS 10:00 SPEAKER: 'COVID Booster' 10:00 Fit for Life 11:00 Basic Balance 2:00 Pastor Clark Chosen Series: Season 2 Ep. 1 (98) 3:30 Meditation	7 10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 12:30 Mobile Market 12:30 Second Harvest 1:00 Balance at the Barre 2:00 Church (Spanish) 3:30 Meditation	8 9:30 Morning Meditation 9:30 Shopping at RITEAID Pharmacy 10:00 Qi Gong Tai Chi with Joanne 11:00 Game Time! 12:30 CLINIC: OOA Podiatry 2:00 Specialty Exercise: Tips for Back Pain	9
10	11 Columbus Day CLOSED in observance of Columbus Day 6:00 Residents Association Bingo	12 10:00 Joyful Joints 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 GENERAL MEETING 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood	13 9:30 Shopping at VALLEY FARMS 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 2:00 Pastor Chosen Series: Season 2 Ep. 2 (98) 3:30 Meditation	14 9:30 Shopping at DOLLAR TREE 10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 11:00 SPEAKER: Cantelmi Funeral Home 'End of Life Planning' 12:30 Mobile Market 1:00 Balance at the Barre	15 9:30 Morning Meditation 9:30 Shopping at GIANT 10:00 Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: Lorri & Jim Duet 1:00 Movie: Worth (98)	16

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18 9:30 Shopping at TARGET 10:00 Fit for Life 11:00 SPEAKER: Bayada-'Hospice 101' 11:00 Stand Up for Strength 1:00 Movie: Best Sellers (98) 2:00 Basic Balance 3:30 Meditation	19 10:00 Joyful Joints 11:00 Yoga DVD 1:00 Balance at the Barre 2:00 ENTERTAINMENT: Meredith Twardowski, Flautist 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood	20 9:30 Shopping at ALDI 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 1:45 Lutheran Manor BINGO 2:00 Sonshine Ministry Worship DVD (98) 3:30 Meditation	21 10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	22 9:30 Morning Meditation 9:30 Shopping at WALMART 10:00 Qi Gong Tai Chi with Joanne 1:00 Movie: 12 Mighty Orphans (98)	23
24	25 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: Jungle Cruise (98) 2:00 Basic Balance 3:30 Meditation 6:00 Residents Association Bingo	26 9:30 Autumn Stroll in the Park with Kierra 10:00 Joyful Joints 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 Church 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood	27 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 2:00 Pastor Movie: Miracles from Heaven (98) 3:30 Meditation	28 9:00 CLINIC: HealthDrive Eye 9:03 Shopping at WEGMANS 10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	29 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne 5:00 Dinner at FIAMMA ITALIAN RESTAURANT	30
31 Halloween 4:00 RA Halloween Social						