

Lutheran Manor of the Lehigh Valley

APRIL

2085 Westgate Drive, Bethlehem, PA, 18017

Office Hours

Monday-Thursday

8:30AM-4:30PM

Friday 8:30AM-1:00PM

Office Closed

April 2nd for

Good Friday

General Meeting

Tuesday, April 13th

Channel 98

"In order to carry
positive action, we
must develop here a
positive vision" -Dalai
Lama



Welcome
New Resident

Jeannette H.
- Apartment 1002 -

*Spring is
Finally
Here!*



Love, Winston & Addie

Office Notes



Lutheran Manor will begin the project of sealing our duct work.

*Beginning **Tuesday April 6th, 2021** until approximately **Tuesday, April 13th 2021.**

*Approximately from **8:30AM- 5:00PM**

*We recommend you vacate your apartment for a 3 hour time period. Please see the chart below for your riser/stack schedule. More details pertaining to specific time slots will be in your information packets.

Tuesday, April 6th	Wednesday April 7th	Thursday, April 8th	Friday, April 9th	Monday April 12th	Tuesday April 13th
<u>Riser 8</u> Apartments ending in 08	<u>Riser 9</u> Apartments ending in 09	<u>Riser 4</u> Apartments ending in 04	<u>Riser 12</u> Apartments ending in 12	<u>Riser 15</u> Apartments ending in 15	<u>Riser 19</u> Apartments ending in 19
<u>Riser 6</u> Apartments ending in 06	<u>Riser 7</u> Apartments ending in 07	<u>Riser 3</u> Apartments ending in 03	<u>Riser 10</u> Apartments ending in 10	<u>Riser 14</u> Apartments ending in 14	<u>Riser 18</u> Apartments ending in 18
	<u>Riser 5</u> Apartments ending in 05	<u>Riser 2</u> Apartments ending in 02		<u>Riser 13</u> Apartments ending in 13	<u>Riser 17</u> Apartments ending in 17
		<u>Riser 1</u> Apartments ending in 01		<u>Riser 11</u> Apartments ending in 11	<u>Riser 16</u> Apartments ending in 16



Movie Days

Movie 1: The Lost Husband



Monday, April 5th 1:00 PM

Trying to put her life back together after the death of her husband, Libby and her children move to her estranged Aunt's goat farm in central Texas.

Movie 2: The Healer



Friday, April 9th 1:00PM

A young man discovers that he has a mysterious ability to heal people. He meets a teenage girl with cancer who convinces him to embrace his gift.

Movie 3: Greater



Monday, April 19th 1:00 PM

Told he wasn't good enough to play Division I football, Brandon Burlsworth took a risk and walked on in 1994, and he became the most respected player in the history of the game.

Movie 4: Julie & Julia



Friday, April 23rd 1:00 PM

Frustrated with a soul-killing job, New Yorker Julie Powell embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking."

All movies will be live-streamed on channel 98

Holy Communion

WE WILL CELEBRATE HOLY COMMUNION (the Eucharist) at Worship on the following date:



Thursday April 29th 2021

A Sealed communion cup with juice and wafer is available for this service *(as well as worship announced last month on April 1st & 4th).*

Please indicate below if you would like one brought to your apartment prior to the worship.

(Note: The Communion Cup will be delivered at approximately 11 AM that morning.)



Communion Registration

Full Name: _____

APT#: _____

Phone: _____

____ I would like a sealed Communion cup/juice and wafer for worship on

Thursday, April 29th at 2pm

**Please return slip to Main Office No later than
Thursday April 22nd.**

BINGO

Lutheran Manor will be hosting Bingo

DATE: *Wednesday, April 28th , 2021*

TIME: *2:00pm*

LOCATION: *Lounge*

**Please note: space is limited to 25
residents**



BINGO

Wednesday, April 28th 2021

2:00pm

Full Name: _____

APT#: _____

Phone: _____



***Please return slip to Main office no later than**

Friday, April 23rd, 2021

From the Chaplain

EVERY MORNING IS EASTER MORNING!!



Easter Sunday, April. 4th, also known as Resurrection Sunday, is a Christian celebration which remembers Jesus death on a cross (Good Friday) and celebrates His resurrection from death, promising eternal life to all believers.

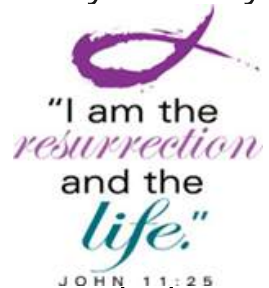
Even though we may get distracted with the egg hunts, Easter baskets and tales of the Easter bunny, the resurrection of Jesus Christ has a powerful, eternal, and life-changing significance. Many Christian Churches celebrate the Easter message for fifty days...a week of weeks... because of its central importance to our faith.

Almost every Easter Sunday, our children's choir would sing a song with the first line, ***"Every morning is Easter Morning from now on. Every day's resurrection day, the past is over and gone!"***

Easter isn't meant to be a once-a-year celebration, but a daily reminder that through our faith in Jesus, we each have access to His resurrection power in every ordinary moment of our lives.

When the challenges and troubles of this world bear down on us, Jesus is our example, our comfort, our hope and our peace.

Together we shout: "He is risen! "– And with him, so is all of life!



Alleluia! – thanks be to God! A Happy, blessed Easter, Pastor Clark

WEEKLY WORSHIP ON CHANNEL 98 AT 2PM (except *)

HOLY THURSDAY, April 1st– Holy Communion (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton.

***EASTER SUNDAY, * April 4th-6:30 am ***, Holy Communion, Pastor Werner Koch, St. Stephen Lutheran, Bethlehem.

TUESDAY, April 6th– Father Kevin Bobbin, Notre Dame RC Church, Bethlehem.

THURSDAY, April 8th-- Pastor Marion Johnson, Church of the Manger, Bethlehem.

THURSDAY, April 15th– Pastor Dan Miller, Edgeboro Moravian, Bethlehem.

THURSDAY, April 22nd– Pastor Richard Nahodil, Christ EC, Allentown.

WEDNESDAY, *April 28th– 9 amCalvary Baptist: Sonshine Worship DVD

THURSDAY, April 29th–Holy Communion, Pastor Lisa Borrell, Friedens Lutheran, Center Valley.

BIBLE STUDY- The Book of Psalms- Every Wednesday at 12:30 PM

LIVE-STREAMED ON CHANNEL 98

From the Chaplain

Risen



Wednesday, April 7th 2:00 PM

A more recent addition to the list of Easter movies, *Risen* takes a rather creative approach to the events surrounding Easter. Set in 33 A.D., a Roman man is given an assignment that will change his life—and the world—forever: find the body of Jesus Christ.

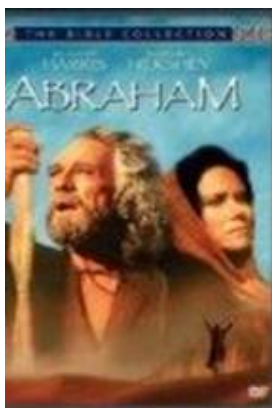
I Can Only Imagine



Wednesday, April 14th 2:00 PM

This inspiring, true story behind the beloved, chart topping song by the Christian band Mercy Me is a gripping reminder of the power of true forgiveness.

Abraham



Wednesday, April 21st 2:00 PM

This episode of "The Bible Collection" tells the Old Testament story of Abraham and the trials he endures. God commanded him to lead his family to the promised land of Canaan and gave him the promise that, if he does so, his descendants will become a great and numerous tribe. His obedience, as well as that of his children and grandchildren, is severely tested as they prove their faith to God.

Sight and Sound Cast: Jonah



Monday, April 26th 2:00 PM

You'll be on the edge of your seat as the Bible's most reluctant, stubborn, yet lovable prophet comes to life. Filmed in high-definition with a live audience, this production features soul-stirring music, spectacular sets, amazing costumes, and a breathtaking underwater scene that includes a 40-foot whale with a big appetite.

ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98

Kierra's Words of Wellness

In Person **FITNESS CLASSES**

to Resume

Monday, April 5th

Sign up with Kierra - Masks required.



WALKER'S CLUB IS BACK!

All fitness levels are welcome! Join us Mondays, Wednesdays, and/or Fridays at 2:00 pm for an outdoor walk (meet at the entrance of the fitness center). Attend at least once a week to receive a free T-shirt!

SPEAKER: **COVID Vaccine Facts**

with Dr. Alex Benjamin, Chief of
Infection Control and Hospital
Epidemiology.

April 1st at 11:00am
April 20th at 1:00pm



MASKS ARE REQUIRED

KIERRA VARCOS

FITNESS SPECIALIST

610-866-6010 x208

TIME SLOTS TO EXERCISE ARE REQUIRED

MONDAYS-FRIDAYS 8:00 AM- 4:00 PM

Happy Easter!

From Diane, Lorri, and Marcie



*When you come in for
your appointment,
guess the number
of jelly beans
in the jar
to win a
prize!*



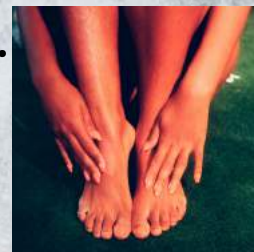
April Showers Bring May Flowers



*If you have any ideas about the salon, please share with us or
just leave a helpful note. We would love to hear from you!
Thank you for your continued support.*

April Specials

- Receive 50% off your next service when you refer a new client to the beauty salon!
- Schedule a pedicure every 6 weeks and you will receive your 4th pedicure free!
- All pedicures include free shaping of fingernails.
- Ask about our punch Card Rewards system!



MASKS ARE REQUIRED AT ALL TIMES

APPOINTMENTS / 610 - 866 - 6010 X209

TUESDAYS 9:30AM - 3:00PM

THURSDAYS 9:00AM - 3:00PM

APRIL 2021

LUTHERAN MANOR
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>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)</p>	<p>2 Good Friday 9:30 Shopping at CVS Pharmacy</p>	<p>3</p>
	<p>4 Easter 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</p>	<p>6 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 CLINIC: Blood Pressure Checks 2:00 Church</p>	<p>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</p>	<p>8 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church</p>	<p>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</p>	<p>10</p>
	<p>11 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</p>	<p>13 Ramadan Begins 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 GENERAL MEETING</p>	<p>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</p>	<p>15 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church</p>	<p>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: Greia 2:00 Walker's Club</p>	<p>17</p>
	<p>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</p>	<p>13 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 GENERAL MEETING</p>	<p>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</p>	<p>15 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church</p>	<p>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: Greia 2:00 Walker's Club</p>	<p>17</p>

APRIL 2021

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
All Worship, Exercise, Movies, speakers, and other activities are Live-Streamed on Ch. 98 unless otherwise noted*	9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Greater Walkers Club	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	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	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	10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: Julie & Julia 2:00 Walker's Club	
25	26	27	28	29	30	
	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: Slight and Sound: Jonah 2:00 Walkers Club	10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 CLINIC: TDAP Vaccine 2:00 Flute Performance: Baroque & Beyond	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	10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance 2:00 Church	9:00 Great News! 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 2:00 Walker's Club	

Religious Activities

<u>Activities</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Bible Study	Every Wednesday	12:30 PM	Live Streamed Channel 98
Chat Room	Every Thursday	10:00 AM	Canceled until further Notice
Church (English)	1st Tuesday & 2nd, 3rd and 4th Thursday	2:00 PM	Live Streamed Channel 98
Church (Spanish)	1st Thursday of the Month	2:00 PM	Live Streamed Channel 98

Exercise Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 AM	Exercise room, & Ch. 98
Joyful Joints	Tuesday & Thursday	10:00 AM	Ex. Room & Ch.98
Stand Up for Strength	Monday	11:00 AM	Exercise Room & Ch. 98
Qi Gong Tai Chi	Friday	10:00 AM	Live Ch. 98
Everybody's Yoga	Tuesdays & Fridays	11:00 AM	Ch. 98 (Live Tuesdays, DVD Fridays)
Walkers Club	Mon., Wed., Fridays	2:00 PM	Outside
Basic Balance	Thursdays	11:00 AM	Exercise Room

April Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Duct Work Project	April 6th- April 13th	All Day	Resident Apartments
Candy/Ice Cream	Every Wednesday	3:00 PM	Lounge
<u>Second Harvest</u> <u>Food Bank</u>	Thursday April 1st	12:30PM	Brenda's Office
Van Trip Drop Off	Thursday April 1st	8:30 AM	Brenda's Office
Weekly Update with Kierra	Every Monday	9:30 AM	Live- Streamed Channel 98
CLINIC: Millis Eye Associates	Monday April 5th	9:00 AM-3:00 PM	Lounge
Clinic: Blood Pressure Checks	Tuesday, April 6th	2:00 PM	Lounge
Pastor Clark Movies	Every Wednesday	2:00 PM	Live- Streamed Channel 98
Great News!	Friday April 16th and 30th	9:00 AM	Live- Streamed Channel 98
General Meeting	Tuesday April 13th	2:00 PM	Live- Streamed Channel 98
Speaker: COVID Vaccine Facts	Thursday April 1st Tuesday April 20th	11:00 AM 1:00 PM	Live-Streamed Channel 98
Speaker: Senior Scams	Tuesday, April 20th	2:00 PM	Liive-Streamed Channel 98
Flute Performance: Baroque and Beyond	Tuesday, April 27th	2:00 PM	Live-Streamed Channel 98
TDAP Clinic	Tuesday, April 27th	2:00 PM-4:00 PM	Lounge
Bingo	Wednesday, April 28th	2:00 PM	Lounge

Clinics

Clinic: **MILLIS EYE ASSOCIATES**

April 5th · 9:00am-3:00pm

Contact Brenda for
an appointment.



CLINIC: **TDAP VACCINE**

April 27th
2:00pm-4:00pm

Sign up with Brenda for
an appointment.



Brenda's Bulletin



Baroque & Beyond: Flute performance by
MEREDITH TWARDOWSKI
Tuesday, April 27 @ 2:00pm
CHANNEL 98



Speaker:
**SENIOR
SCAMS**
April 20th
at 2:00pm

MAY Van Trips

DATE	DAY	DESTINATION	TIME
May 3	Monday	Shopping at CVS	9:30am_____
May 4	Tuesday	Shopping at WALGREENS	9:30am_____
May 5	Wednesday	Shopping at VALLEY FARMS	9:00am_____
May 5	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
May 7	Friday	Shopping at RITEAID	9:30am_____
May 11	Tuesday	Shopping at WEIS	9:30am_____
May 12	Wednesday	Shopping at DOLLAR TREE (378)	9:00am_____
May 12	Wednesday	Shopping at WALMART (248)	1:00pm_____
May 14	Friday	Shopping at SHOPRITE	9:30am_____
May 17	Monday	Shopping at PRICERITE	9:30am_____
May 19	Wednesday	Shopping at GIANT	9:00am_____
May 19	Wednesday	Shopping at GIANT	1:00pm_____
May 21	Friday	Shopping at ALDI	9:30am_____
May 24	Monday	Shopping at TARGET	9:30am_____
May 26	Wednesday	Shopping at WEGMANS	9:00am_____
May 26	Wednesday	Shopping at WEGMANS	1:00pm_____
May 28	Friday	Shopping at VALLEY FARMS	9:30am_____

Full Name:_____

APT#:_____

Phone#:_____

*Forms will be collected starting at 8:30am on
Thursday, April 1st, 2021.*