



LUTHERAN MANOR  
OF THE LEHIGH VALLEY

January 2022

2085 Westgate Drive, Bethlehem, PA, 18017

**Office Hours**


Monday-Thursday  
8:30am - 4:30pm

Friday  
8:30am - 1:00pm

**Fitness Center**

Every Day  
6:00am - 7:00pm

CLOSED IN OBSERVANCE OF



**Martin Luther  
King Jr. Day**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
January 17th

**Welcome  
New Resident**



*Judith M.  
Floor 4*

**General Meeting**

*Don't miss important updates  
happening in our community.*

**January 11th @ 2:00pm**

~Lounge & Channel 98

# Office Notes

# THANK YOU!!!

Lutheran Manor Staff would like to send out a great big hug to each and every one of you. We appreciate all of your gifts, treats, cards and well wishes during this wonderful holiday season. Your generosity and thoughtfulness are greatly appreciated.

*Happy  
New  
Year*

*Courtney, Michelle, Mona, Brenda, Ken L., Donny, Kevin, Pete, Judy, Chentelle, Yesenia, Pastor Clark, Joe & Ken C.*

## A Note About COVID-19:

**Masks highly recommended in common areas.** Please continue to social distance & use good hygiene practices, including, but not limited to: washing your hands and sanitizing your hands often.

These guidelines could change at any time according to changes in our local area, CDC guidance, or Pennsylvania Health department.

**\*Check channel 99 regularly for updates!\***

When snow is expected in the weather forecast, we may ask you to move your vehicle in order to clean the parking lot. We apologize for any inconvenience.



## Pastor Clark's MOVIES

January 5th - "Unlawful"

January 12th - "Reckoning"

January 19th - "Sonshine Ministries"

January 26th - "The King's Speech"

Wednesdays at 2:00pm

Live-Streamed on Channel 98



## Sunday Praise

with David Garcia

January 9th at 11:00am

Community Room

**Social Security will increase 5.9% in January. PLEASE bring your new award letter to the Main Office to be copied for your file.**

# Movie Days

## A Boy Called Christmas



**MONDAY, JANUARY 3RD @ 1:00PM**

An ordinary young boy called Nikolas sets out on an adventure into the snowy north in search of his father who is on a quest to discover the fabled village of the elves, Elfhelm. Taking with him a headstrong reindeer called Blitzen and a loyal pet mouse, Nikolas soon meets his destiny.

## The Dig



**MONDAY, JANUARY 10TH @ 1:00PM**

In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground.

## The Butler



**MONDAY, JANUARY 24TH @ 1:00PM**

After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when he is hired as a butler at the White House. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son.

## Yes Day



**MONDAY, JANUARY 31ST @ 1:00PM**

Always feeling like they have to say "no" to their kids, Allison and Carlos decide to give their three kids a "Yes Day," during which the kids have 24 hours to make the rules.

**~All LM movies live-streamed on channel 98 every Monday at 1:00pm~**





# APARTMENT INSPECTIONS

Dear Residents,

We are required by the Department of Housing & Urban Development to bi-annually inspect all equipment in Lutheran Manor's units. This inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting and paint. Due to our tight schedule, the maintenance department will start their inspections at 8:30am on the following dates:

<b>Tuesday, Jan 25</b>	<b>Floors 11,10,9</b>
<b>Wednesday, Jan 26</b>	<b>Floors 8, 7, 6</b>
<b>Thursday, Jan 27</b>	<b>Floors 5, 4, 3</b>
<b>Friday, Jan 28</b>	<b>Floors 2, 1</b>

You DO NOT have to do anything for this inspection.  
You DO NOT HAVE TO BE HOME. If you are not home during your scheduled date/time, maintenance will enter your apartment and do their inspection.

*We thank you in advance for your cooperation in this matter. If you should have any concerns or conflicts, please contact the Main Office immediately.*

*~Ken, Donny, Kevin~*  
MAINTENANCE DEPARTMENT



**Lutheran Manor BINGO**

**LUTHERAN MANOR WILL BE HOSTING**

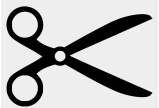


**DATE: *Wednesday, January 19th***

**TIME: *1:45 PM***

**LOCATION: *Lounge***

Please note: Space is limited to 30 residents



**Lutheran Manor BINGO**



***Wednesday, January 19th @ 1:45pm***

Full Name: \_\_\_\_\_

Apt #: \_\_\_\_\_ Phone: \_\_\_\_\_

**\*Please return slip to MAIN OFFICE no later than  
Friday, January 7th**

# From the Chaplain

## TV MINI SERIES: 'THE CHOSEN' SEASON TWO

The Life of Jesus Through the Eyes of Those Who Knew Him



**WEDNESDAY, JANUARY 5TH @ 2:00PM 'UNLAWFUL'**

Matthew and Simon try to get along as they search for Mary in dark places. The group fears for Mary as they struggle with lack of food and bad news about John the Baptist. Meanwhile, Jesus continues to upset Pharisees across multiple regions.

**WEDNESDAY, JANUARY 12TH @ 2:00PM 'RECKONING'**

After learning of Jesus' whereabouts, Quintus sends Gaius to arrest him. The disciples lose control as they argue about how to respond. While seeking information about where Jesus has been taken, Andrew and Philip encounter old friends.



## WORSHIP DVD: SONSHINE MINISTRY

**WEDNESDAY, JANUARY 19TH @ 2:00PM**

*\*Recorded at Calvary Baptist Church, Easton*

## THE KING'S SPEECH

**WEDNESDAY, JANUARY 26TH @ 2:00PM**

The King's Speech (2010) is a fantastic perspective on the real life verbal melees that King George VI suffered with his whole life as he attempts to overcome his speech impediment stammer. With the support of an eccentric speech therapist, his family, his government and Winston Churchill, the King will overcome his stammer and deliver a radio address that inspires his people and unites them.



# From the Chaplain

## NEW YEAR'S RESOLUTIONS

I read that about 40% of people make New Year's resolutions and of those people about half give up within three weeks. As we begin 2022, we may have some things we want to be different in our lives. Of course, change doesn't come easily. It takes hard work. The more ingrained a bad habit is in your personal life, the more effort it takes to get rid of it.

Creating change takes time.

The Psalmist writes... **Teach us to number our days and recognize how few they are; help us to spend them as we should (Psalm 90:12 LB)**

David is saying "Every single day counts, and how we spend each day adds up to the sum total of what our life becomes."

If you want to create lasting change in your life, you can. But remember, you change your life one day at a time. You have to create a daily routine that takes you where you want to go. Do you want a close relationship with God? You grow closer by walking with Him day by day by day. That's how God wants us to number our days and make them count for eternity.

Have a blessed, Happy New Year! *-Pastor Clark*

## Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW & ALSO STREAMED ON CH 98.  
\*COVID GUIDELINES WILL BE FOLLOWED\*

Thursday, Jan 6	Pastor Jonny Villamar, Cornerstone Church, Easton- ~Spanish/English
Thursday, Jan 13	Pastor Jack Tanis, Calvary Baptist, Easton
Thursday, Jan 20	Pastor George Eckstein, St. Mark's UCC, Allentown
Tuesday, Jan 25	Father Bernard Ezaki, Notre Dame RC Church, Bethlehem
Thursday, Jan 27	Memorial Worship- Pastor Clark Kuntz, Chaplain- *Holy Communion

**\*Please note:** If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark. Also, please submit names of persons who died during 2021 to be remembered in our Memorial Service on Thursday, January 27th. (submission form/instructions included in this Newsletter).



# From the Chaplain



## Memorial Service

*January 27 @ 2:00pm*

A time to remember all those friends and family who died **DURING 2021**.  
\*You may include residents of Lutheran Manor and/or friends and family.

Name: \_\_\_\_\_ Date/Death \_\_\_\_\_

Name: \_\_\_\_\_ Date/Death \_\_\_\_\_

Name: \_\_\_\_\_ Date/Death \_\_\_\_\_

Name: \_\_\_\_\_ Date/Death \_\_\_\_\_

Apt# \_\_\_\_\_

*PLEASE RETURN SLIP TO THE MAIN OFFICE NO LATER THAN THURSDAY, JANUARY 20TH.*



## Worship Services 2022



Once again, it is time to schedule Clergy for our 2022 Worship Services. Your help is needed. Take this opportunity to talk to your pastor(s) and inquire if they would be interested in leading worship. Be sure to tell them that our Worship Services are held on Thursdays at 2:00pm.

Clergy's Name: \_\_\_\_\_

Church: \_\_\_\_\_ Phone#: \_\_\_\_\_

Your name: \_\_\_\_\_

Apt#: \_\_\_\_\_

*PLEASE COMPLETE THIS FORM AND RETURN TO PASTOR CLARK SO HE CAN REACH OUT TO YOUR CLERGY TO SET A DATE FOR THE 2022 SCHEDULE.*

**\*Masks are required for EVERYONE when social distancing is not possible\***

# Bellezza Salon and Spa



**Bellezza  
Salon & Spa**

January Specials

- FREE BROW WAX WITH ANY COLOR OR PERM
- MINI FACIAL FOR \$30
- MINI EAR CANDLING \$25
- 50% OFF ALL RETAIL PRODUCTS

Don't forget about your punch cards

## New Year's Basket Drawing

You will be entered into a drawing for any services you receive during the month of January



### Massage Therapy

Contact Karen directly to book appointments.

**610-360-2427**

*\*DO NOT CALL THE SALON FOR MASSAGE APPOINTMENTS\**



**\*Masks are recommended at all times\***

# JANUARY 2022

January 2022

LUTHERAN MANOR  
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b> 9:00 Walker's Club 9:30 Banks 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 1:00 MOVIE:A Boy Called Christmas 6:00 Resident's Association Bingo	<b>4</b> 9:30 WEIS 10:00 Exercise DVD (98) 11:00 Everybody's Yoga(98) 2:00 ENTERTAINMENT: Pianist	<b>5</b> 9:00 Walker's Club 9:30 RITEAID/CVS 10:00 Exercise DVD (98) 12:30 Bible Study 1:00 CLINIC:BP Checks 2:00 PastorMovie: Unlawful 3:00 Snacks/IceCream Sales	<b>6</b> 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 12:30 Second Harvest 2:00 Church (Spanish)	<b>7</b> 9:00 Walker's Club 10:00 Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: Lorri & Jim	<b>8</b> 10:00 CLINIC: Email Basics 101
<b>9</b> 11:00 Sunday Praise with David Garcia	<b>10</b> 9:00 Walker's Club 9:30 GIANT 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 1:00 MOVIE: The Dig 6:00 Resident's Association Bingo	<b>11</b> 9:30 WALMART 10:00 Exercise DVD (98) 11:00 Everybody's Yoga(98) 2:00 GENERAL MEETING	<b>12</b> 9:00 Walker's Club 10:00 Exercise DVD (98) 12:30 Bible Study 1:00 ENTERTAINMENT: Paint with a Twist 2:00 PastorMovie: Reckoning 3:00 Snacks/IceCream Sales	<b>13</b> 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 SPEAKER: Canteimi Long Funeral Home 11:00 Fit for Life(98) 2:00 Church	<b>14</b> 9:00 Walker's Club 9:30 DOLLAR TREE 10:00 Qi Gong Tai Chi with Joanne 12:30 CLINIC: OAA	<b>15</b>
						<b>1</b> New Year's Day 9:00 Coffee and Donuts

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



# JANUARY 2022

January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 Martin Luther King Day	18	19	20	21	22
	OFFICE CLOSED: MILK, Jr Day 9:00 Walker's Club 9:30 VALLEY FARM MKT 6:00 Residents Association Bingo	9:30 BORDERLINE REST 10:00 Exercise DVD (98) 11:00 Everybody's Yoga(98) 2:00 ENTERTAINMENT: Flautist	9:00 Walker's Club 10:00 Exercise DVD (98) 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor/Movie: Sonshine Ministries 3:00 Snacks/IceCream Sales	9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 2:00 Church	9:00 Walker's Club 9:30 ALDI 10:00 Qi Gong Tai Chi with Joanne	10:00 CLINIC: Phone/Tablet Help (20 minute timeslots)
23	24	25	26	27	28	29
4:00 Residents Association SOCIAL	9:00 Walker's Club 9:30 CHRISTMAS TREE SHOPS 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 1:00 MOVIE: The Butler 6:00 Residents Association Bingo	10:00 Exercise DVD (98) 11:00 Everybody's Yoga(98) 1:00 CLINIC: OnSite Derm 2:00 Church 2:15 CLINIC: Tdap Vaccine	9:00 Walker's Club 10:00 Exercise DVD (98) 12:30 Bible Study 2:00 Pastor/Movie: The King's Speech 3:00 Snacks/IceCream Sales 5:00 APPLEBEES	10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 2:00 Church	9:00 Walker's Club 9:30 WEIS 10:00 Qi Gong Tai Chi with Joanne	
30	31					
	9:00 Walker's Club 9:30 VALLEY FARM MKT 10:00 Exercise DVD (98) 11:00 Fit for Life(98) 1:00 MOVIE: Yes Day 6:00 Residents Association Bingo					

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

# Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30 PM	Community Room
Chat Room	Every Thursday	10:00 AM	Community Room
Church	4th Tuesday & Every Thursday (1st Thursday- Spanish Service)	2:00 PM	Community Room/Ch98

# Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Everybody's Yoga	Tuesdays	11:00 AM	Exercise Room (98)
Fit For Life	Mondays & Thursdays	11:00 AM	Exercise Room (98)



*Full exercise schedule to resume soon.  
Thank you for your patience.*



# January Activities

Lutheran Manor MOVIES	Every Monday	1:00pm	Community Rm/Ch98
Pastor Clark MOVIES	Every Wednesday	2:00pm	Community Rm/Ch98
Snacks/Ice Cream Sale	Every Wednesday	3:00pm	Lounge
Resident's Association BINGO	Every Monday	6:00pm	Lounge
RA Coffee & Donuts	Saturday, Jan 1	9:00am	Lounge
Van Trip Drop Off	Monday, Jan 3	9:00am	Brenda's Office
ENTERTAINMENT: Pianist	Tuesday, Jan 4	2:00pm	Community Rm/Ch98
CLINIC: BP Checks	Wednesday, Jan 5	1:00pm	Lounge
Second Harvest Food Bank	Thursday, Jan 6	12:30pm	Lounge
ENTERTAINMENT: Lorri & Jim Duet	Friday, Jan 7	11:00am	Community Rm/Ch98
CLINIC: Email Basics 101	Saturday, Jan 8	10:00am	Community Room <i>*Sign up Required</i>
Sunday Praise	Sunday, Jan 9	11:00am	Community Room
<b>GENERAL MEETING</b>	Tuesday, Jan 11	2:00pm	Lounge/Ch98
ENTERTAINMENT: Painting with a Twist	Wednesday, Jan 12	1:00pm	Lounge <i>*Sign up Required</i>
SPEAKER: Cantelmi Long Funeral Home	Thursday, Jan 13	11:00am	Community Rm/Ch98
CLINIC: OAA Podiatry	Friday, Jan 14	12:30pm	Resident Apartments <i>*Sign up Required</i>
ENTERTAINMENT: Flautist	Tuesday, Jan 18	2:00pm	Community Rm/Ch98
Lutheran Manor BINGO	Wednesday, Jan 19	1:45pm	Lounge <i>*Sign up Required</i>
CLINIC: HealthDrive Eye	Thursday, Jan 20	9:00am	Game Room <i>*Sign up Required</i>
CLINIC: Phone/Tablet Help (20 minute timeslots)	Saturday, Jan 22	10:00am	Community Room <i>*Sign up Required</i>
Resident's Association SOCIAL	Sunday, Jan 23	4:00pm	Lounge <i>*Sign up Required</i>
CLINIC: OnSite Derm	Tuesday, Jan 25	1:00pm	Resident Apartments <i>*Sign up Required</i>
CLINIC: Tdap Vaccine	Tuesday, Jan 25	2:15pm	Lounge <i>*Sign up Required</i>



# Brenda's Bulletin

**CLINIC:**  
**Blood Pressure Checks**  
 from LifeSpring Home Care

January 5th  
 at 1:00pm  
 Lounge

**SECOND HARVEST**

Please come down to collect your food box.

January 6th  
 at 12:30pm  
 Lounge

**SPEAKER:**  
 Cantelmi Long Funeral Home  
**"Funeral Planning"**  
 Living Will, Health Care Directive, Last Will & Testament

January 13th  
 at 11:00pm  
 Community Room & Channel 98

**CLINIC:**  
**OAA Orthopedic Specialists**

January 14th at 12:30pm  
 In the comfort of your own home,  
 By appointment only.

**CLINIC:**  
**Health Drive Eye**

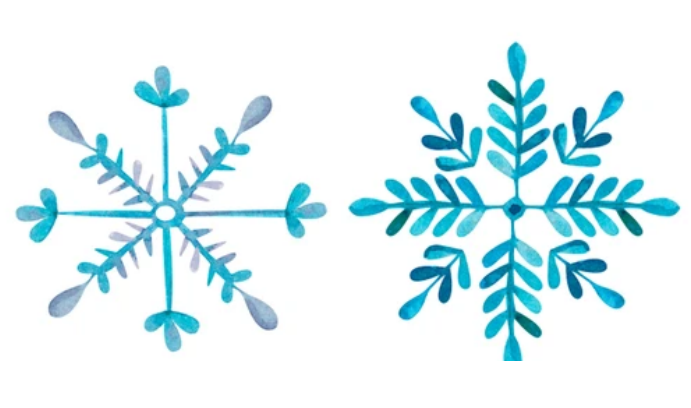
January 20th  
 9:00am-1:00pm  
 By Appointment only.  
 Game Room

**CLINIC:**  
**On Site DERMATOLOGY**  
 In the comfort of your own home

January 25th at 1:00pm  
 By appointment only.

**CLINIC:**  
**TDAP VACCINE**

January 25th  
 2:15pm-3:15pm  
 Lounge  
 Contact Brenda





# Brenda's Bulletin

Entertainment:

**Jose Torres, Pianist**

January 4th @ 2:00pm

COMMUNITY ROOM & CHANNEL 98

*Spanish & English  
Christian Hymns*



Entertainment:

**Lorri & Jim Duet**

January 7th  
at 11:00am

Community Room & Channel 98



Entertainment:  
**PAINTING  
WITH A TWIST**  
with Judy Peters

Enjoy some wine with brushstrokes.  
Limited to 10 people.

January 12th at 1:00pm  
Lounge



Entertainment:  
**Meredith  
Twardowski**

*'A Winter Journey' Flautist*

January 18th at 2:00pm

Community Room & Channel 98



CLINIC:  
**Email Basics 101**  
with Melissa & Eve

Learn the basic steps on how to open  
and use an email. Limited to 10 people.

January 8th at 10:00am  
Community Room



**Phone & Tablet  
Assistance One on One**

January 22nd at 10:00am

Sign up for a 20 minute time slot for help with any device,  
Limited to 10 people.

Community Room



Office Hours: Monday - Friday 9:00am - 3:00pm

*Brenda Pagan-Fontanez, Service Coordinator*

610-866-6010 x4

# February Van Trips

**LIMIT OF 13 PASSENGERS PER TRIP**

Feb2	Wednesday	Shopping at TARGET	11:00a_____
Feb3	Thursday	Banks _____ (Write your bank name)	9:30a_____
Feb4	Friday	Shopping at WEIS	9:30a_____
Feb7	Monday	Shopping at RITEAID/CVS	9:30a_____
Feb8	Tuesday	Shopping at GIANT	11:00a_____
Feb10	Thursday	Breakfast at PALACE RESTAURANT	9:30a_____
Feb14	Monday	Shopping at ALDI	9:30a_____
Feb16	Wednesday	Shopping at WALMART 248	9:30a_____
Feb18	Friday	Shopping at BOSCOV and Lunch at DUNDERBAK's	10:00a_____
Feb21	Monday	Shopping at VALLEY FARMERS MKT	10:00a_____
Feb21	Monday	Shopping at VALLEY FARMERS MKT	1:00p_____
Feb22	Tuesday	Dinner at TEXAS ROADHOUSE 248	5:00p_____
Feb24	Thursday	Shopping at CHRISTMAS TREE SHOPS	11:00_____
Feb28	Monday	Shopping at WEIS	11:00_____

**\*\$5.00 FEE WILL BE CHARGED FOR ANY CANCELLATIONS WITHOUT 24HR NOTICE**

**\*\*VAN TRIPS WILL BE CANCELED IF LESS THAN FIVE RESIDENTS ARE SIGNED UP**

**Full Name:** \_\_\_\_\_

**Phone#:** \_\_\_\_\_ **Apt#:** \_\_\_\_\_

*Van Trip forms will be collected starting at  
9:00 am on Monday, January 3rd.*



# Resident's Association

## Resident's Association SOCIAL

Entertainment by Bill Reese's At The Hop.  
Get your dancing shoes on & have fun  
enjoying oldies music and country classics.

January 23rd at 4:00pm

Doors open 4:00pm , Food served 5:00pm  
Sign up required, Limited Capacity



# Resident's Association

## Resident's Association Social

Sunday, January 23rd

FULL NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

APT#: \_\_\_\_\_



Please return this completed form to Main Office no  
later than Friday, January 14th.





CHEERS TO A NEW  
YEAR AND THE  
CHANCE FOR US  
TO GET IT RIGHT!

*~Oprah Winfrey*

