



June 2021

Lutheran Manor of the Lehigh Valley

2085 Westgate Drive, Bethlehem, PA, 18017

Office Hours

Monday-Thursday

8:30AM-4:30PM

Friday 8:30AM-1:00PM

**JOIN US IN PERSON
FOR SPEAKERS!
CONTACT BRENDA OR
KIERRA TO SIGN UP.
All speakers will still
stream on channel
98.**

"All you need is the
plan, the road map,
and the courage to
press on to your
destination." - Earl
Nightingale



**Activities are Back on
the Schedule!**

*Please read the
highlights carefully so
you don't miss any
changes or new
activities!*

Announcements can be made
daily regarding COVID-19.

**Watch Channel 99 daily
for updates, precautions,
and protocols.**

Office Notes

Pastor Clark can't Wait to See You!

Bible Study every **Wednesday at 12:30pm**

Chat room every **Thursday at 10:00am**

Contact Pastor Clark to sign-up for these in-person activities. *All COVID precautions will be followed.*



COFFEE & DONUTS ARE BACK!



The Residents Association will be selling coffee & donuts in the lounge on the first Saturday of each month, 9:00am-10:00am

~TAKEOUT ONLY~



VAN TRIP

with Kierra to a local Park. Join me for a nice morning walk!

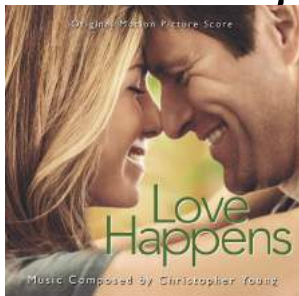
July 20th at 9:00am

Sign up on van trip sheet and contact Kierra for details

ALL RESIDENTS AND GUESTS MUST STILL SANITIZE THEIR HANDS UPON ENTRY TO THE BUILDING. AT THIS TIME, MASKS ARE STILL REQUIRED IN COMMON AREAS OF OUR BUILDING.

Movie Days

Movie 1: Love Happens



Friday, June 4th 1:00 PM

Dr. Burke (Aaron Eckhart) is a self-help guru who is on the verge of a lucrative multimedia deal. But there's a problem: though he advises his patients to confront their pain, Burke has never come to terms with his wife's death. Eloise Chandler (Jennifer Aniston) has had enough of men and dating, and is busy concentrating on her floral business. When they meet, Burke and Eloise feel an instant attraction, but wonder if they'll be able to let go of their painful pasts and embrace the future.

Movie 3: Saving Mr. Banks



Monday, June 21st 1:00 PM

Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition.

Movie 2: John Q



Friday, June 11th 1:00 PM

Story centers on a man whose nine-year-old son is in desperate need of a life-saving transplant. When he discovers that his medical insurance won't cover the costs of the surgery and alternative government aid is unavailable, John Q. Archibald (Denzel Washington) takes a hospital emergency room hostage in a last-ditch attempt to save his child.

Movie 4: Safety



Friday, June 25th 1:00 PM

Aided by his teammates and the community, Clemson University football player Ray McElrathbey succeeds on the field while simultaneously raising and caring for his 11-year-old brother, Fahmarr.

All movies will be live-streamed on channel 98

Residents Association Bingo

BINGO will return on Monday Nights!

**The residents association will
begin hosting BINGO again, but
will continue to follow COVID
precautions.**

*Space is limited to 30 residents. Please choose
which TWO sessions you'd like to attend below:*



Residents Association Bingo

| Place a check mark | |
|------------------------------|--|
| Monday, June 7th 6:00 PM | |
| Monday, June 14th 6:00 PM | |
| Monday, June 21st 6:00 PM | |
| Monday, June 28th 6:00 PM | |

Full
Name: _____

APT#: _____

Phone: _____

*Please return slip to Main
office no later than

Friday, June 4th 2021

Lutheran Manor BINGO

LUTHERAN MANOR WILL BE HOSTING **BINGO**

DATE: Wednesday, June 23rd

TIME: **1:45 PM**

LOCATION: **Lounge**



Please note:

Space is limited to 30 residents



Lutheran Manor BINGO

Wednesday, June 23rd, 2021

1:45pm (Lounge)

Full Name: _____

APT#: _____

Phone: _____

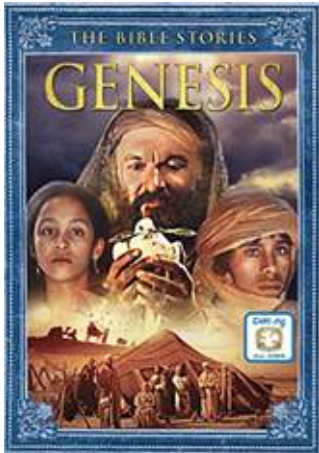


*Please return slip to Main office no later than

Friday, June 18th 2021

From the Chaplain

The Bible Stories: Genesis



Wednesday, June 2nd 2:00 PM

Genesis traces the beloved Christian stories of creation, Adam and Eve in Paradise until they are tempted by the snake, the trials of Cain and Abel as Abel is driven to murder his brother and recounts the epic story of Noah and the Ark.

HYMN SING: Heaven's Jubilee



Wednesday, June 16th 2:00 PM

This DVD features almost 2 hours of the music you love to sing... 24 of your all-time favorite Hymns and Classic Gospel songs, 1400 Voices, and the amazing Choir of First Baptist Indian Trail...You re not just watching a concert...you can get involved in the experience! Crank up the volume and sing along!

Worship DVD: Sonshine Ministry



Wednesday, June 30th

9:00 AM

Recorded at the Calvary Baptist Church, Easton.

**ALL MOVIES WILL BE
LIVE-STREAMED ON CHANNEL 98**

Singing in the Rain



Wednesday, June 30th 2:00 PM

A 1952 American musical romantic comedy film starring Gene Kelly, Donald O'Connor, and Debbie Reynolds. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies".

Not Rated

From the Chaplain

OUR FATHER, WHO ART IN HEAVEN...

Jesus taught us to begin our prayer, OUR FATHER, with that informal Hebrew word, ABBA. It is Hebrew meaning “papa” or “daddy”. Jesus used it frequently (200+ times) because he wants us to know that our heavenly God is our father, our abba. Pastor Max Lucado tells a story of his family visiting Jerusalem several years ago. They were coming out of the old city when they found themselves behind an orthodox Jewish family. The family, father, mother, and three daughters, when suddenly the youngest daughter, about 5 years old, got separated from her family in the busy crowd. Next, Max heard this little voice cry out “Abba, Abba.” Max watched what her “abba” would do. The father looked through the crowd until he spotted her, ran to her, and then got down to her eye level, gave a small word of scolding, took her hand, and hugged her close. Moments later, as the family entered the intersection, the little girl began to run again and daddy quickly grabbed her close and picked her up as she giggle and the family continued on their way. That’s all we need, isn’t it... an abba. An abba who reaches down and takes our hand when we feel weak and lost. An abba who will guide us through the hectic intersections of our lives. An abba who will lift us up into his arms and carry us to our home.

We celebrate our earthly Fathers on June 20th. Thank you, men of faith and love. But let’s make room for our heavenly Father who **is** our ever-present “abba” always! -Pastor Clark

Worship in the Community Room

Worship will be at 2:00 PM on the dates listed below, and you may attend in-person or continue to watch on channel 98. COVID guidelines will be followed, so space will be limited to 30 people. Attendance will be first come, first served and overflow will be in the game room. Contact Pastor Clark with any questions!

| |
|---|
| Tuesday, June 1st- Father Kevin Bobbin, Notre Dame RC Church, Bethlehem, PA |
| Thursday, June 3rd- (Spanish) Pastor Jonny Villamar, Cornerstone Church, Easton |
| Thursday, June 10th- Pastor Rick Sergi, Emmanuel’s EC Church, Bethlehem |
| Thursday, June 17th- Pastor Beth Goudy, Metropolitan Community Church, Bethlehem |
| Thursday, June 24th- Pastor Dan Brettell, St. Paul’s Lutheran, Easton |

Kierra's Words of Wellness

SPEAKER:

*Capital Blue Cross
will be here to talk about
Men's Health Month*



June 9th at 11:00am
Channel 98

Great Outdoors **MONTH**

Meet Kierra by the fish pond
for an outdoor exercise class!

**Tuesdays
at 10:00am**

We Have Expanded Our Hours!

Sign up for a time slot anytime between 6 AM- 7 PM Monday through Friday & 8 AM- 12 PM Saturday & Sunday (starting June 1st).

Join Weis Dietician

LYNDI WEIAND

to learn all about what the new Weis store
offers and her nutrition tips for seniors!

June 16th at 11:00am

Sign up with Kierra

MASKS ARE REQUIRED WHEN SOCIAL DISTANCING IS NOT POSSIBLE

KIERRA VARCOS

FITNESS SPECIALIST

610-866-6010 x208

TIME SLOTS ARE REQUIRED TO ACCESS THE FITNESS CENTER

Bellezza Salon and Spa

Happy belated birthday to Marcie (May 1st), and happy birthday to Diane this month!

Bellezza Salon June Specials

HAPPY FATHER'S DAY!

Men receive a free nail file and buff treatment with the purchase of any service. Men can also enter the gift basket drawing when they come into the salon for any service!

Ask About our Punch Card System.

Jelly Bean Jar Winners

Frances Cramer

Lillian Yanzsa

Mothers Day Basket Winner

Claire Farkas



MASKS ARE REQUIRED AT ALL TIMES

APPOINTMENTS / 610 - 866 - 6010 x209

TUESDAYS 9:30AM - 3:00PM

THURSDAYS 9:00AM - 3:00PM

JUNE 2021

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|---|
| | | 1 9:00 Meditation 9:30 Shopping at WEIS 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 2:00 Church | 2 9:00 Shopping at DOLLAR TREE 378 9:00 Walker's Club 10:00 Exercise: Fit for Life 11:00 SPEAKER: Safe Medications 12:30 Bible Study 1:00 Shopping at TARGET 2:00 Pastor Movie: Genesis 3:30 Outdoor Meditation | 3 9:00 Meditation 9:30 Shopping at CVS Pharmacy 10:00 Chat Room 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 12:30 Second Harvest Church (Spanish) | 4 9:00 Walker's Club 9:30 Shopping at WALGREENS Pharmacy 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: EWE's Tribute 11:00 Meditation 1:00 Movie: Love Happens 3:00 Gentle Outdoor Stretch | 5 9:00 Coffee and Donuts (Takeout ONLY) |
| 6 9:00 Walker's Club 9:30 Shopping at RITEAID Pharmacy 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 SPEAKER: All American Care-Disaster Plans 3:30 Outdoor Meditation 6:00 R.A Bingo | 7 9:00 Walker's Club 9:30 Shopping at RITEAID Pharmacy 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 SPEAKER: All American Care-Disaster Plans 3:30 Outdoor Meditation 6:00 R.A Bingo | 8 9:00 Meditation 10:00 Outdoor Exercise 11:00 Exercise DVD: Yoga 2:00 GENERAL MEETING | 9 9:00 Shopping at VALLEY FARMS 9:00 Walker's Club 9:00 Worship DVD: Sonshine Ministry 10:00 Exercise: Fit for Life 11:00 SPEAKER: Men's Health-Capital Blue 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 3:30 Outdoor Meditation | 10 9:00 Meditation 10:00 Chat Room 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 1:00 Specialty Exercise: Ease your Back Pain 2:00 Church | 11 9:00 Walker's Club 9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne 1:00 Movie: John Q 1:00 CLINIC: OAA Podiatry (Appt Only) | 12 |
| 13 | 14 Flag Day 9:00 Walker's Club 9:30 Shopping at PRICERITE 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 SPEAKER: Life Spring Balance 3:30 Outdoor Meditation 6:00 R.A Bingo | 15 9:00 Meditation 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 1:00 Specialty Exercise: Know Your Knees | 16 9:00 Shopping at WALMART 248 9:00 Walker's Club 10:00 Exercise: Fit for Life 11:00 SPEAKER: New Weis Store & Nutrition Tips 12:30 Bible Study 1:00 Shopping at WALMART 248 2:00 Pastor Movie: Hymn Sing 3:30 Outdoor Meditation | 17 9:00 CLINIC: HealthDrive Eye 9:00 Meditation 10:00 Chat Room 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 2:00 Church | 18 9:00 Walker's Club 9:30 Great News! 9:30 Shopping at ALDI 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: Lom & James Duet 11:00 Meditation 3:00 Gentle Outdoor Stretch | 19 Juneteenth |

Movies are live-streamed on channel 98. Worship, exercise, speakers, etc. are noted as live-streamed/in-person or both.

JUNE 2021



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--|--|--|--|---|-----------|
| 20 Father's Day | 21 9:00 Walker's Club 9:30 Shopping at TARGET 10:00 Exercise: Fit for Life 10:00 SPEAKER: Compassus-Hospice Myths (Brenda) 11:00 Exercise: Stand Up for Strength 1:00 Movie: Saving Mr. Banks 3:30 Outdoor Meditation 6:00 R.A. Bingo | 22 9:00 Meditation 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 1:00 Specialty Exercise: Perfect Posture | 23 9:00 Shopping at GIANT 9:00 Walker's Club 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at GIANT 1:45 Lutheran Manor Bingo 3:30 Outdoor Meditation | 24 9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 10:00 Exercise DVD 2:00 Church | 25 9:00 Walker's Club 9:30 Shopping at VALLEY FARMS 10:00 Exercise: Qi Gong Tai Chi with Joanne 1:00 Movie: Safety 3:00 Gentle Outdoor Stretch | 26 |
| 27 | 28 9:00 Walker's Club 9:30 Shopping at DOLLAR TREE 378 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 3:30 Outdoor Meditation 6:00 R.A. Bingo | 29 9:00 Meditation 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 1:00 Specialty Exercise: Building Up Balance | 30 9:00 Shopping at WEGMANS 9:00 Walker's Club 9:00 Worship DVD: Sonshine Ministry 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at WEGMANS 2:00 Pastor Movie: Singing in the Rain 3:30 Outdoor Meditation | | | |

Movies are live-streamed on channel 98. Worship, exercise, speakers, etc. are noted as live-streamed/in-person/or both.

Religious Activities

| <u>Activities</u> | <u>Day(s)</u> | <u>Time</u> | <u>Place</u> |
|--------------------------|---|--------------------|----------------------------|
| Bible Study | Every Wednesday | 12:30 PM | Community Room |
| Chat Room | Every Thursday | 10:00 AM | South Pavilion outside |
| Church (English) | 1st Tuesday & 2nd, 3rd and 4th Thursday | 2:00 PM | Community Room & Ch. 98 |
| Church (Spanish) | 1st Thursday | 2:00 PM | Community Room & Ch. 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 (98) |
| Outdoor Exercise | Tuesdays | 10:00 AM | By the Fish Pond |
| Joyful Joints | Thursday | 10:00 AM | Exercise Room (98) |
| Stand Up for Strength | Monday | 11:00 AM | Exercise Room (98) |
| Qi Gong Tai Chi | Friday | 10:00 AM | Exercise Room (98) |
| Everybody's Yoga | Tuesdays | 11:00 AM | Exercise Room (98) |
| Walkers Club | Mon., Wed., Fridays | 9:00 AM | Outside |
| Basic Balance | Thursdays | 11:00 AM | Exercise Room |
| Meditation | Monday- Friday | Check Calendar | Outside/Exercise Room (98) |
| Specialty Exercise | Tuesdays/Thursdays | 1:00 PM | Exercise Room (98) |

June Activities

| <u>Activity</u> | <u>Day(s)</u> | <u>Time</u> | <u>Place</u> |
|--|--|--------------------|-------------------------------|
| Candy/Ice Cream | Every Wednesday | 3:00 PM | Lounge |
| <u>Second Harvest Food Bank</u> | Thursday, June 3rd | 12:30 PM | Brenda's Office |
| Van Drop Off | Tuesday June 1st | 9:00 AM | Brenda's Office |
| CLINIC: Blood Pressure Checks | Tuesday June 1st | 2:00 PM | Lounge |
| SPEAKER: Are Aleve & Motrin Safe for Seniors? | Wednesday June 2nd | 11:00 AM | Community Room/ Channel 98 |
| ENTERTAINMENT: Elvis Tribute | Friday June 4th | 11:00 AM | Channel 98/ Community Room |
| Pastor Movies | Wednesdays | 2:00 PM | Channel 98 |
| SPEAKER: All American Care-Disaster Plans | Monday, June 7th | 1:00 PM | Community Room/ Channel 98 |
| General Meeting | Tuesday June 8th | 2:00 PM | Channel 98 |
| Speaker: Men's Health Month | Wednesday, June 9th | 11:00 AM | Channel 98/ Community Room |
| CLINIC: OAA Podiatry | Friday, June 11th | All Day | By Appt. Only |
| SPEAKER: Life Spring Balance | Monday, June 14th | 1:00 PM | Community Room/ Channel 98 |
| SPEAKER: Weis-New Store Info & Nutrition Advice | Wednesday, June 16th | 11:00 AM | Community room/ Channel 98 |
| ENTERTAINMENT: Lorri & James Duet | Friday, June 18th | 11:00 AM | Channel 98/ Community Room |
| CLINIC: HealthDrive Eye | Thursday, June 17th Thursday, June 24th | 9:00AM-1:00PM | Game Room |
| SPEAKER: Hospice Myths | Monday, June 21st | 10:00AM | Community Room/ Channel 98 |

Clinics/Entertainment

CLINIC: OAA Podiatry

They are here to make home visits,
by appointment only. Contact Brenda to
make an appointment.

June 11th
1:00pm - 4:00pm



Clinic: MILLIS EYE ASSOCIATES

June 17th & 24th
9:00am - 1:00pm

Contact Brenda for
an appointment



Entertainment: Jeff Krick is back as Elvis!

June 4th at 11:00am

Channel 98



ENTERTAINMENT:

Lorri & James

Duet Performance - 60s

June 18th
at 11:00am

Channel 98



The Mobile Market RETURNS

XXXXXXXXXXXXXXXXXXXXXXXXXXXX
Thursdays starting June 17th
12:30pm - 2:00pm



Speakers



SPEAKER:

*Don Bastian-Are Aleve
& Motrin Senior Safe?*

June 2nd at 11:00am



SPEAKER:
*All American
Care-Disaster Plans*

June 7th
at 1:00pm



SPEAKER:
**Life Spring Home
Care-Balance Basics**

June 14th at 1:00pm

Contact Brenda for
appointment



Speaker:
**COMPASSUS-HOSPICE
MYTHS**

June 21st at 10:00 AM

Contact Brenda to Sign Up

Brenda Pagan-Fontanez, Service Coordinator **610-866-6010 x4**
Open Office Hours: **Monday-Friday 9:00am-3:00pm**

July Van Trips

| DATE | DAY | DESTINATION | TIME |
|---------|-----------|--|-------------|
| July 1 | Thursday | Shopping at DOLLAR TREE 378 | 9:30am_____ |
| July 6 | Tuesday | Shopping at CVS PHARMACY | 9:30am_____ |
| July 7 | Wednesday | Shopping at WEIS | 9:00am_____ |
| July 7 | Wednesday | Shopping at WEIS | 1:00pm_____ |
| July 9 | Friday | Shopping at WALGREENS Pharmacy | 9:30am_____ |
| July 12 | Monday | Shopping at RITEAID Pharmacy | 9:30am_____ |
| July 14 | Wednesday | Shopping at VALLEY FARMS | 9:00am_____ |
| July 14 | Wednesday | Shopping at VALLEY FARMS | 1:00pm_____ |
| July 16 | Friday | Shopping at SHOPRITE | 9:30am_____ |
| July 19 | Monday | Shopping at TARGET | 9:30am_____ |
| July 20 | Tuesday | A Walk in the Park (contact Kierra for Details) | 9:00am_____ |
| July 21 | Wednesday | Shopping at GIANT | 9:00am_____ |
| July 21 | Wednesday | Shopping at GIANT | 1:00pm_____ |
| July 23 | Friday | Shopping at PRICERITE | 9:30am_____ |
| July 26 | Monday | Shopping at DOLLAR TREE 378 | 9:30am_____ |
| July 28 | Wednesday | Shopping at WEGMANS | 9:00am_____ |
| July 28 | Wednesday | Shopping at WALMART 248 | 1:00pm_____ |
| July 30 | Friday | Shopping at ALDI | 9:30am_____ |

Full Name: _____

Phone#: _____ APT#: _____

Forms will be collected starting at 9:00 am on Tuesday June 1st, 2021.