

December 2024

~ Lutheran Manor of the Lehigh Valley ~

2085 Westgate Drive, Bethlehem, PA 18017

Office Hours

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

Fridays 8:30am - 1:00pm

Fitness Center

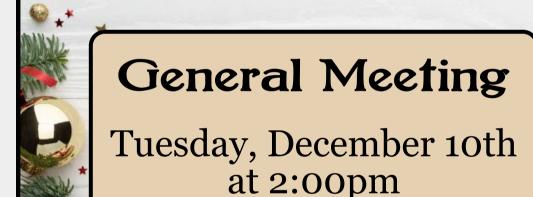
Every Day 6:00am - 9:00pm

Staff Birthdays

Michelle - 12/14 Pastor Clark - 12/17 Courtney - 12/21

WELCOME New Residents

Diane D - Floor 7



LOUNGE / CHANNEL 98

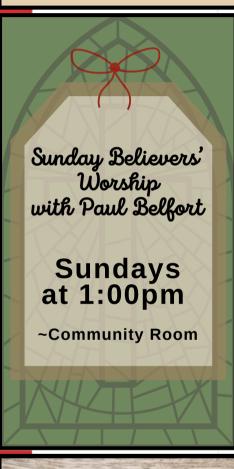


Office Notes



PARKING SPOTS DURING SNOW

Snow parking spots MUST remain EMPTY during the months of October - April when snow is expected in the forecast. We apologize for any inconvenience.









Join in on the fun when the staff wear their favorite Christmas Sweater on the day of the General Meeting! Tuesday, December 10th

LM IN-PERSON MOVIE

Join us for a showing of the new movie

"CANDY CANE LANE"

Monday, 12/9 at 1:00pm

~Community Room

*Sign up on Events Form



Movie Days

Ex-mas



When Graham decides to surprise his family by traveling home for Christmas, he is shocked to discover them already celebrating with his ex. They battle it out to see who the family will pick to stay through Christmas Day and who must go.

DECEMBER 2ND

Candy Cane Láne



A man makes a deal with a mischievous elf who casts a magic spell that brings the 12 Days of Christmas to life.

> DECEMBER 9TH ~COMMUNITY ROOM

The Merry Gentleman



To save her parents' small-town nightclub, a Broadway dancer stages an all-male, Christmas themed revue and meets a guy with all the right moves.

DECEMBER 16TH

Película Española en Persona (PG-13)



Valentina es una pianista que se prepara para una audición. David es un inventor de juegos que sólo puede concentrarse en completo silencio. Separados por una pared delgada como el papel, se esfuerzan por vivir en armonía unos con otros.

FRIDAY, DECEMBER 20TH ~COMMUNITY ROOM

The Man who invented Christmas



Before Scrooge, Tiny Tim, and the Ghost of Christmas Past there was Charles Dickens, Discover the story of how the Christmas Carol came to life in a biography of Charles Dickens journey

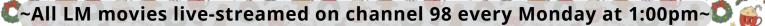
DECEMBER 23RD

Surviving Christmas



A wealthy executive has no close relationships and becomes nostalgic for his childhood home as Christmas approcahes. When he visits the house and finds another family living there he offers the residents money to pretend to be his family

DECEMBER 30TH





Jacinda's Jumpstart to Wellness

Antibiotics: Use Wisely, Protect Tomorrow

Antibiotic resistance is a growing threat to global health. This presentation will highlight the dangers of misuse and offer practical strategies to use antibiotics responsibly. Learn how small changes can help protect these life-saving medications for the future from a St. Luke's Specialist!

Monday, December 9th at 10:00am | Community Room Sign Up On the Events Form



The relationship between Physical Performance and Swallowing Function!

TASKS

- 1. Complete 5 exercises
- 2. Complete 5 swallowing measures
- 3. examine relationships between them

BODY FOCUS

- 1. Upper Body Strength
- 2. Upper Body Power
- 3. Lower Body Strength/Power
- 4. Walking Speed

MOUTH FOCUS

- 1. Chewing a Cracker
- 2. Drinking Water
- 3. Tongue Strength
- 4. Cough Strength
- 5. Swallowing Survey

Join Professionals from Moravian and Concordia University. Help further scientific research on the affects seniors experience with aging and physical functions.

Sign up on the events form | Wed. Dec. 11th at 9:00am | Lounge

Jacinda's Jumpstart to Wellness

Neopairdy, Trivia Day,

Your favorite game continues! Join your host, Jacinda in an awesome trivia game of Jeopardy. Learn some fun facts and win prizes by scoring BIG!

Wednesday, December 11th at 2:00pm Sign up on the Events Form!



Please check the dates you would like to attend and return to the Main Office!

12/3	Tuesday	Drum Fitness	11:00a	
12/5	Thursday	Drum Fitness	12:00p	
12/10	Tuesday	Drum Fitness	11:00a	
12/12	Thursday	Drum Fitness	12:00p	
12/17	Tuesday	Drum Fitness	11:00a	
12/19	Thursday	Drum Fitness	12:00p	
12/26	Thursday	Drum Fitness	12:00p	

Name:	Apt
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From the Chaplain



GOD WITH US...Always

When I am with my 3 year old grandson, Nolan, I must keep my eye on him all the time because he does not necessarily have his eye on me, and it is easy to quickly lose sight of him. Sometimes we lose sight of God. And, during Christmas we can easily do that in the hustle and bustle of all that is going on around us. Emmanuel means "God is with us".

God is with us when we perceive it and, more importantly, when we do not.

This is the gift of Christmas!

May the uncertainty that God is with us, in the midst of this sometimes very dark world, bring comfort to your soul this Christmas!

Blessings and a Merry Christmas!! -Pastor Clark

Worship in the Community Room

WURSHIP IS LIVE AT 2:00 PM (EXCEPT CHRISTMAS EVE AT 4PM) ~LIVE-STREAMED ON CH 98~				
Thurs, 12/5	Pastors Luiz and Betty Ortiz, Inglesia Casa De Dios - Allentown (SPANISH/ENGLISH)			
Thurs, 12/12	Pastor Dan Brettell, St. Paul's Lutheran - Easton **Holy Communion			
Thurs, 12/19	"Lessons, Carols and Candlelight" with Pastor Clark, Chaplain			
Tues, 12/24	4:00PM CHRISTMAS EVE - Pastor Dan Brettell, St. Paul's Lutheran - Easton ** Holy Communion			
Thurs., 12/26	Pastor Jay Wetzel, Lutheran Retired			

**Note: Holy Communion Worship

If you are unable to attend worship in-person and wish to receive a communion cup, please contact Pastor Clark.

Pastor's Movies

Miracle on 34th Street



A Christmas classic, when an old man going by Kris Kringle fills in for an intoxicated Santa at Macy's Parade. Kringle surprises customers and employees alike by claiming that he really is Santa Claus.

DECEMBER 4TH

Carols of Christmas



Recorded live in Atlanta, Ga, joined Gerald Wolfe and his Gospel Hymn - Sing family for a special Christmas recording. This DVD is sure to get you in the Christmas Spirit.

DECEMBER 11TH

The Nativity Story



In a story of profound faith, one young woman struggles with destiny as she is chosen to give birth to the Son of God who becomes the object of salvation for billions of souls

DECEMBER 18TH

NO MOVIE In Observance of Christmas Day

DECEMBER 25TH

Pastor Suggestions for 2025

As I plan leadership for the weekly Thursday Worship, I would appreciate suggestions of pastors for 2025. Please fill out the following form and return it to the main office no later than Tuesday, December 31st.

Pastor's Full Name:	
Congregation:	
Church/ Phone Number:	
Name suggested by:	_Apt

Lutheran Manor BINGO



LUTHERAN MANOR BINGO

CANCELED IN DECEMBER



Bellezza Salon

Massage Therapy with Karen

With over 35 years of study, skills and experience, Karen rewrites the rules of wellness and medicine with innovative options to keep mind, body & soul in balance.

> Contact Karen directly to book appointments at 610-360-2427

Reminders

GIFT CERTIFICATES:

Tell your family! This way they know what to get you! We offer any denomination.

DECEMBER BASKET DRAWING:

The drawing will be early this month!

PUNCH CARD:

Don't forget to use your purchase to earn FREE services!

TOKEN OF OUR APPRECIATION:

Please stop in the salon to pick up a small gift during the month of December, along with a tiny candy cane with a story. It is just a token of our appreciation to have the opportunity to be here if you need us!

NAIL TECHNICIAN:

Please call Anaya directly at 484-632-2558 for any questions or to make an appointment for a manicure, or pedicure. Don't forget to pick your gift to see what your next service could save you.







Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

RA Coffee & Donuts - 9:30a

9:00a - CRACKER BARREL

9:30a-Walker's Club

1:00p - Sunday Believers' with Paul Belfort

10:00a - Computer Class 9:30a - Walker's Club 1:00p - LM Movie 6:00p - RA Bingo 11:00a - Zumba

10:00a - DannyGrae Show 1:15p - CLINIC: BP Checks 10:00a - BANKS/PHARM 11:00a - Drum Fitness

9:30a - Walker's Club 2:00p - Pastor Movie 12:30p - Bible Study 11:30a - Zumba 10:00a - WEIS

11:00a - LV MALL/ BONEFISH 12:30p - Second Harvest 12:00p - Drum Fitness 10:00a - Chat Room 2:00p - Church

12:00p - SPEAKER: 'Fighting 2:00p - Snacks & Ice Cream 13 STAFF XMAS PARTY the Blues'

HAPPY BIRTHDAY MICHELLE! 10:30a - 'THE NUTCRACKER' 3:30p - Caroling 7

9:30a - Walker's Club 2:00p - Snacks & Ice Cream

12:30p - CAMEL HUMP FARM

2:00p - Church 7:00p - RTO

2:00p - Pastor Movie

5:00p - IRON PIGS 2:00p - Jeopardy

1:00p - LM In Person Movie

11:00a - Zumba

Cuisine Safety

6:00p - RA Bingo

Illumination

12:00p - Drum Fitness

12 10:00a - Chat Room

11 9:00a - Moravian Study

9:30a - Walker's Club

12:30p - Bible Study

11:30a - Zumba

2:00p -GENERAL MEETING

11:00a - Drum Fitness

10:00a - SPEAKER: 'Antibiotic

9:30a - Walker's Club

1:00p - Sunday Believers'

with Paul Belfort

11:00a - KOME Japanese

9:00a - GIANT

2:00p - Snacks & Ice Cream

HAPPY BIRTHDAY COURTNEY! 21 Minter Begins

> 10:00a - BANKS / TARGET 16 9:30a - Walker's Club 1:00p - LM Movie 6:00p - RA Bingo 11:00a - Zumba

> > 1:00p - Sunday Believers' with Paul Belfort

4:30p - Soup & Hot Dogs

9:00a - CHOOCHOO BARN / 11:00a - Cooking with Lyndi HAPPY BIRTHDAY, PASTOR 11:00a - Drum Fitness SHADY MAPLES CLARK!

1:30p - Christmas Potluck 2:00p - Pastor Movie 2:00p - Walmart 3:00p - Fine & Mellow 9:30a - Walker's Club 12:30p - Bible Study 10:00g - WALMART 11:30a - Zumba

2:00p - Church 5:00p - LIGHTS IN THE PKWY 12:00p - Drum Fitness 10:00a - Chat Room 9:00a - CLINIC: Eye

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10:00a - CHRISKINDLMARKT 10:00a - RSV Vaccine Clinic 1:00p - Spanish In Person 9:30a - Walker's Club Movie



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Sunday

Monday

Tuesday

with Paul Belfort 1:00p - Sunday Believers'

1:00p - LM Movie 3:00p - Sing for America 11:00a - Zumba 6:00p - RA Bingo

1:00p - Sunday Believers' with Paul Belfort

9:30a - Walker's Club

OFFICE CLOSED 1/2 Day 31 Ofew Ofear's Eve

30

10:00a - DOLLAR TREE

1:00p - LM Movie 11:00a - Zumba

6:00p - RA Bingo 2:00p - DOLLAR TREE

8

29

4:45p - HORSE WAGON RIDE 9:30a - Walker's Club

CANCELED - Drum Fitness 4:00p - Church - Christmas **Eve Worship** OFFICE CLOSED 1/2 Day 24 Christmas Gre

Christmas Day

CANCELED - Pastor Movie CANCELED - Bible Study CANCELED - Zumba 9:30a - Walker's Club OFFICE CLOSED - All Day

> 2:00p - Church 12:00p - Drum Fitness 10:00a - Chat Room

Wednesday

Thursday

Hanukkah

Saturday

Friday

12:30p - WEGMANS 12:30p - CLINIC: OAA 2:00p - Snacks & Ice Cream 9:30a - Walker's Club

RA SOCIAL - 4:00p

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Pastor Clark - Dec. 17th Courtney D. - Dec. 21st Michelle S. - Dec. 14th Staff Birthdays:

Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30pm	Community Room
Chat Room	Every Thursday	10:00am	Community Room
Church	4th Tues. & Every Thurs (1st Thurs-Spanish Service)	2:00pm	Community Room Channel 98
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room Channel 98

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Drum Fitness with Jacinda	Tuesday Thursday	11:00am 12:00pm	Community Room
Sweatin' to the Oldies with Jacinda	Friday	11:00am	Exercise Room (Channel 98)
Walker's Club with Jacinda	Monday Wednesday Friday	9:30am	Lutheran Manor
ZUMBA with Anna	Monday Wednesday	11:00am 11:30am	Exercise Room (Channel 98)

December Activities

7				
Snacks/Ice Cream Sale	Every Friday	2:00p	Lounge	
RA BINGO	Every Monday	6:00p	Community Room	
RA Breakfast	NO Breakfast in December			
RA Coffee & Donuts	Every 1st Saturday	9:30a	Lounge	
RA Soup & Hot Dogs	Sunday, December 15th	4:30p	Lounge	
Van Trip Drop	Monday, December 1st	9:00a	Brenda's Office	
BAPL Computer Class	Monday, December 2nd	10a-12p	Community Room	
ENTERTAINMENT: The Danny Grae Show	Tuesday, December 3rd	10:00a	Lounge	
CLINIC: BP Checks	Tuesday, December 3rd	1:15p	Lounge	
Second Harvest Food Box	Thursday, December 5th	12:30p	Resident Apartments	
SPEAKER: 'Fighting the Blues'	Friday, December 6th	12:00p	Community Room	
SPEAKER: Antibiotic Safety	Monday, December 9th	10:00a	Community Room	
LM In-Person Movie	Monday, December 9th	1:00p	Community Room	
GENERAL MEETING	Tuesday, December 10th	2:00p	Lounge	
Moravian University Exercise Study	Wednesday, December 11th	9:00a	Lounge	
Jeopardy Trivia Day	Wednesday, December 11th	2:00p	Community Room	
ENTERTAINMENT: RTO	Thursday, December 12th	7:00p	Lounge	
ENTERTAINMENT: Caroling	Saturday, December 14th	3:30p	Lounge	
Cooking with Lyndi	Tuesday, December 17th	11:00a	Lounge	
ENTERTAINMENT: Fine&Mellow	Wednesday, December 18th	3:00p	Lounge	
CLINIC: HealthDrive EYE	Thursday, December 19th	9a-12p	Game Room	
CLINIC: RSV Vaccine	Friday, December 20th	10a-1p	Lounge	
Spanish In-Person Movie	Friday, December 20th	1:00p	Community Room	
ENTERTAINMENT: Sing For America	Monday, December 23rd	3:00p	Lounge	
Christmas Eve Worship	Tuesday, December 24th	4:00p	Community Room	
Office CLOSED 1/2 Day	Tuesday, December 24th		Christmas Eve	
Office CLOSED	Wednesday, December 25th		Christmas Day	
CLINIC: OAA PODIATRY	Friday, December 27th	12:30p	Resident Apartments	
RA SOCIAL	Saturday, December 28th	4:00p	Lounge	
Office CLOSED 1/2 day	Tuesday, December 31st		New Year's Eve	

happyholiday

Brenda's Bulletin

SECOND HARVEST FOOD BANK



Thur, 12/5 @ 12:30p

~Boxes will be delivered directly to your apartment. Please plan accordingly to be home at this time. Contact Brenda to see eligibility.

ClinicS



BLOOD PRESSURE

Tuesday, 12/3 @ 1:15p ~Lounge

HEALTH DRIVE EYE

Thursday, 12/19 @ 9:00a ~Game Room

OAA PODIATRY

Friday, 12/27 @ 12:30p ~Resident Apartment

SIGN UP DIRECTLY WITH BRENDA

BAPL Computer Class

INTERNET BASICS'

Monday, 12/2 @ 10a-12p ~Community Room

Limited seating | Sign up on Events Form

SPEAKER: ShareCare Faith & Action

'HOWTO FIGHT THE BLUES'

Learn ways to cope with the Winter Blues.

*Ask about their program 'Senior Chat', where you get paired with someone to talk with, during your worst and best times!

Friday, 12/6 @ 12:00pm

Community Room
*Sign up on Events Forms

VACCINE CLINIC

RSV

The respiratory syncytial virus (RSV) vaccine protects against the respiratory virus that causes lower respiratory tract disease. The CDC recommends it for adults over the age of 60.

FRIDAY, 12/20 10:00A-1:00P | LOUNGE

SIGN UP WITH BRENDA

Office Hours: Monday-Friday 9am-3pm

Brenda Pagan-Fontanez, Service Coordinator 610-866-6010 ext.4

Brenda's Bulletin

ENTERTAINMENT

The Danny Grae Show, Vocals Tuesday, 12/3 @ 10:00a

Rotten Terrible Orchestra RTO, Concert Thursday, 12/12 @ 7:00p

Star of Bethlehem Lutheran Church, Caroling Saturday, 12/14 @ 3:30p

Fine & Mellow, Vocals Wednesday, 12/18 @ 3:00p

Sing for America, Christmas Spectacular Monday, 12/23 @ 3:00p

Lounge | Sign up on Events Form





Join us for some...

~Creamy Sundried Tomato Pasta Bake ~Crispy Cheesy Brussel Sprouts

TUESDAY, 12/17 @ 11A

-Lounge | Max. of 16 seats available

***SIGN UP ON EVENTS FORM**



Valentina es una pianista que seprepara para una audición. David es un inventor de juegos que sólo puede concentrarse en completo silencio. Separados por una pared delgada como el papel, se esfuerzan por vivir en armonía unos con otros.

Friday, 12/20 @ 1:00p

Community Room | Sign up on Events Form

"BLESSED IS THE SEASON WHICH ENGAGES THE WHOLE WORLD IN A CONSPIRACY OF LOVE."

—HAMILTON WRIGHT MABIE



Bring a Dish to Share!

Join the Resident's Association for a traditional potluck dinner... here at Lutheran Manor. Each attending guest brings a dish they would like to add to our buffet table.. something you cooked, bought or received. If you would like to participate please sign your name and what you are bringing below.

Wednesday, December 18th at 1:30pm



Special thanks to Ken Clifford for providing the ham and Lutheran Manor for the desserts.

Name:	Apt. #
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Dish:

Please sign and return this slip no later than December 13th.

Seating is limited!

Resident's Association

Resident's Association

BINGO

Come one, come all and enjoy the fun!!

Monday's at 6:00pm | Community Room







Resident's Association

SOCIAL

Come one, come all to enjoy the festivities!

4:00pm - Doors Open 5:00pm - Food

6:00pm - Entertainment

** Donations Appreciated

Saturday, 12/28 @4:00pm ~Lounge



Event Sign-Up Sheet

Please CHECK OFF which event you would like to attend below: Lutheran Manor Events 12/2 **Monday** 10a-12p **BAPL Computer Class Tuesday ENTERTAINMENT: The DannyGrae Show** 10:00a 12/3 SPEAKER: 'How to Fight the Blues' 12:00p 12/6 **Friday** 12/9 SPEAKER: 'Antibiotics' 10:00a **Monday** 12/9 **Monday** 1:00p LM In-Person Movie Wednesday 12/11 9:00a **Moravian University Study** Wednesday 12/11 2:00p **Jeopardy Trivia Day ENTERTAINMENT: Thursday** 7:00p 12/12 Rotten Terrible Orchestra 'RTO' **ENTERTAINMENT: Star of Bethlehem** 12/14 **Saturday** 3:30p **Lutheran Church, Caroling** 12/17 **Tuesday Cooking with Lyndi** 11:00a 12/18 Wednesday **ENTERTAINMENT: Fine & Mellow, Vocals** 3:00p 12/20 **Friday** 1:00p **Spanish In-Person Movie ENTERTAINMENT: Sing For America** 3:00p 12/23 Monday 'Christmas Spectacular' Resident's Association Events Saturday 12/28 **RA SOCIAL** 4:00p Name(s):_

Please return this form to the Main Office by Monday, 12/2

Phone#:

Apt.#:

		January Van Trips	
1/3	Friday	BANKS & Shopping at CVS / WALGREENS	10:00a
1/7	Tuesday	Lunch at AROMI at Woodstone Country Club	11:00a
1/8	Wednesday	Shopping at GIANT	12:00p
1/9	Thursday	Shopping at DOLLAR TREE	10:00a 2:00p
1/11	Saturday	TWELFTH NIGHT FESTIVAL at Christ Church \$10 due to Brenda	11:30a
1/13	Monday	ALLENTOWN FARM MARKET & Lunch at RITZ BARBEQUE	11:00a
1/14	Tuesday	BACH AT NOON: Central Moravian Church	11:30a
1/15	Wednesday	BANKS & Shopping at TARGET	10:00a
1/17	Friday	Breakfast at WILLIAMS RESTAURANT	10:00a
1/22	Wednesday	DUTCH APPLE THEATRE: 'Murder for Two' \$75 due to Brenda; Lunch INCLUDED in ticket fare	9:30a
1/23	Thursday	Shopping at GERRITY'S FARM MARKET *formerly Valley Farm Market	10:00a
1/24	Friday	Shopping at WALMART	10:00a 2:00p
1/27	Monday	Dinner at MARBLEHEAD CHOWDER HOUSE	3:00p
1/29	Wednesday	Shopping at WEGMANS	12:00p
1/30	Thursday	Shopping at WINDCREEK OUTLETS & Lunch	11:00a
1/31	Friday	Dinner at DOUGHBOYS	3:00p
Name:			

Apt#: *Please return this form to Brenda by Monday, 12/2*

Phone#:

January Van Trips \$ Inexpensive \$\$ Moderate \$\$\$ Expensive

Below are descriptions of the unique trips scheduled & what you should expect if you attend...

AROMI AT WOODSTONE COUNTRY CLUB:

Indulge in meals with fresh ingredients-Chicken Francese, Tortellini \$\$ Cremonesi, Salmon Scampi, Ravioli Primavera, Bowtie Creole, Angel Hair Florentine, Sandwiches, & Salads while inhaling the refined aromas of Italy.

TWELFTH NIGHT FESTIVAL AT CHRIST CHURCH:

Enjoy a 20 piece orchestra from the Allentown Symphony & The Allentown Band, the Christ Church Choir, two dozen singers from area congregations. William Allen High School dancers & City of Bethlehem Bagpipers Band commemorating the story of the Wise Men to the Christ Child visit.

ALLENTOWN FARMER'S MARKET:

Come find a variety of fresh fruits, vegetables, seafood, freshly cut butchers meats, & different foods prepared fresh daily. Visit the various stores selling goods such as purses, jewelry, health supplements, vacuums and accessories, a Discount Dollar Store, a well-stocked Grocery Store, and the Specialty Pet Store for all of your needs.

RITZ BARBEQUE:

Indulge in their famous Barbeque sandwiches-Pork, Turkey, Beef, Ham-Steak sandwiches, Burgers, Fish/Chips, Crab patties, & their most popular sandwich, the Crab Cake! Enjoy all the fixings including fries, perogies, mozzarella sticks, corn nuggets, & potato skins.

BACH AT NOON:

Celebrate the glorious music of Johann Sebastian Bach along with other greats and the connections we make hearing it.

WILLIAMS RESTAURANT:

Relish in great American Diner Food-Breakfast, Lunch, Dinner, & Dessert! Enjoy omelets, guesadillas, homemade soups, wraps, burgers, seafood, croissant melts, & various salads, including their signature Greek.

DUTCH APPLE THEATRE 'MURDER FOR TWO':

A zany blend of a classical musical comedy & madcap mystery. A small town policeman dreams of becoming a detective. One night, a great American novelist is murdered and the nearest detective is over an hour away. Can this small town policeman prove his sleuthing skills? Two actors play 13 roles in this hilarious murder mystery. One investigates, the other plays each of the 12 suspects...and both play the piano! Don't miss this spectacular show!

MARBELHEAD CHOWDER HOUSE:

Enjoy scallops, jambalaya, fish & chips, lobster, salmon oscar, various seafood chowders, surf & turf, steaks, and their legendary prime rib. Indulge in the best Seafood in town!

\$\$\$