

# January 2025

~ 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

#### Fitness Center

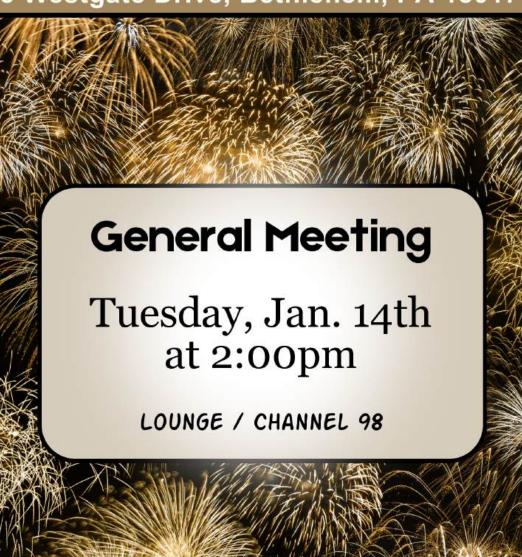
Every Day 6:00am - 9:00pm

## Staff Birthdays

NO January Birthdays

## WELCOME New Residents

Nelson P.R. - Floor 3 Cristina P.R. - Floor 3



# Office Notes



# Sunday Believers' Worship

Sundays at 1:00pm

~Community Room



# REMINDER:

Please remember to bring your new social security award letter down to the Main Office to be copied for your file!

Thank you!



# $\mathcal{L}\mathcal{M}$ in-person $\mathcal{MOVIE}$

Join us for a showing of the new movie

"CARRY ON"

Monday, 1/13 @ 1:00p

~Community Room
\*Sign up on Events Form



# Movie Days

#### Red One



When a villain kidnaps Santa Claus from the North pole, an ELF operative joins forces with the world's most accomplished tracker to find him and save Christmas

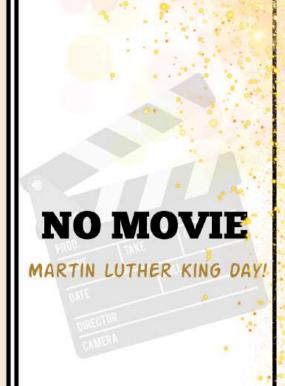
JANUARY 6TH

## **Carry On**



A young airline security guard is blackmailed by a mysteriour passenger who threatens to smuggle a dangerous package onto a plane on Christmas Eve.

JANUARY 13TH I COMMUNITY ROOM



# **ESPAÑOL** Película presencial

## 'El Hubiera Si Existe'

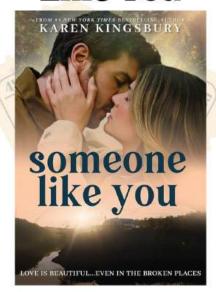
 Clasificación TV-PG
 Con Subtítulos en Inglés



Elisa se ha converti existedo en una chica tímida, conservadora, entregada a su trabajo y que huye de la vida social. Entre su familia y su trabajo, la única persona con la que convive en su rutina es Carlos, a quien podría considerar su mejor amigo. Un día Elisa recibe la visita de su yo del futuro, quien le explica que la manera de retomar su vida y encontrar la felicidad es perder el miedo al trabajo y dejarse encontrar por el amor.

FRIDAY, JANUARY 24TH | COMMUNITY ROOM

#### Someone Like You

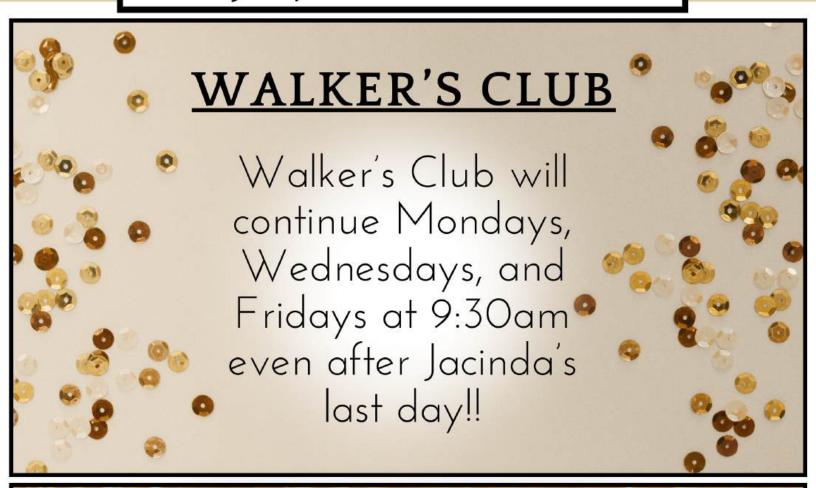


Dawson Gage is a young architect who lost his best friend in a tragic accident. Soon after, he learns that she had a secret sister and decides to seek her, oblivious to the fact that she could be the true love of his life.

JANUARY 27TH

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

# Jumpstart to Wellness





# Jumpstart to Wellness

# Drum Fitness

Drum Fitness Classes will continue every Tuesday and Thursday with new instructor Anna at 12:15pm! Please Contact Lori for all sign ups and Cancelations.



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

Drum Fitness  Drum Fitness	12:15p
Drum Fitness	
Diamir inicoo	12:15p
Drum Fitness	12:15p

Name.	Λn+
Name:	Apt.

# From the Chaplain



Awhile back while traveling on Rt 31 in New Jersey I was rear ended by a panel truck. After that incident, I became paranoid and spent too much time watching my rear view mirror. A habit that has been very difficult to break. As we begin this New Year, God is warning the Israelites and us that we stop looking in the "rear view mirror". The past, especially the not so pleasant things, cripple and enslave us. The "new thing", that God calls us to, sets us free from our past. In Christ, God has wiped away our past life of sin. As a new year stretches before us embrace the new experiences and adventures, new friends and fresh opportunities to serve Christ.

Have a blessed New Year!! Pastor Clark

# Worship in the Community Room

	WORSHIP IS LIVE AT 2:00P ~LIVE-STREAMED ON CH 98~
Thurs, 1/2	Pastor Jonny Villamar, Cornertone Church - Easton (SPANISH/ENGLISH)
Thurs, 1/9	Pastor Jenny Heavner, Star of Bethlehem Lutheran - Bethlehem (Holy Communion)
Thurs, 1/16	Pastor Russell Stark, House on the Rock Family Church - Wind Gap
Thurs, 1/23	Pastor George Eckstein, St. Paul's UC - Allentown
Tues, 1/28	Father Venatius Korobo, Notre Dame RC Church - Allentown
Thurs, 1/30	ANNUAL MEMORIAL WORSHIP! Pastor Clark, Chaplain (Please submit names on the slip found in this Newsletter) - Holy Communion

\*\*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

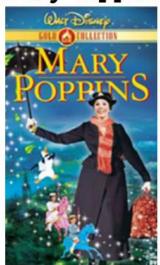
# Religions of the World: Buddhism



Discover the history behind the philosophy that has led millions of followers on a quest for spiritual enlightenment.

JANUARY 8TH

#### **Mary Poppins**



Mary Poppins flies out of the windy London skies and into the home of two mischievous children. With the help of a carefree chimney sweep named Bert, the spirted nanny turns every chore into a fun game!

JANUARY 15TH

#### The Chosen: S4-E5:



The Chosen is an American Christian drama series about the life of Jesus of Nazareth. Episode 6 Matthew confronts Judas about irregularities, and the festival turns into a fight, and flight. The disciples escape with their lives, but learn a friend hasn't been so lucky.

JANUARY 22ND

# Planes, Trains & Automobiles



Two divorced men who decide to share a NY apartment. That's the premise of the Odd Couple. The two veteran funnymen work together with the precision timing of a vaudeville team, an enduring and endearing picture, with the intelligence one usually misses in comedies.

JANUARY 29TH

All Pastor Movies are live-streamed on Wednesdays at 2:00pm on Channel 98

#### FROM THE CHAPLAIN: MEMORIAL SERVICE

January 30, 2025 @ 2:00pm in the Community Room

\*A time to remember those near and dear to us who died during 2024\*
~Include Lutheran Manor Residents and/or friends and family

<b>E</b>	
NAME	_Date of Death

Return this slip to the office no later than Friday, January 24th.

# Lutheran Manor BINGO

# LUTHERAN MANOR BINGO

Wednesday, January 15th @ 1:45pm | Lounge

\*Sign up on Events Form

# 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

# Bellezza Salon and Spa

# Bellezza Salon & Spa

"January is the beginning of anything you want"

"Every day is a new beginning, but there's something especially magical about January"

**EAR CANDLING**: Just a note... if you are going for hearing aids, just make sure ears have no wax in. Also, if you already have hearing aids, please keep yours ears free of wax as well.

FACT: A gentleman went for hearing aids and was told he needed to go to his doctor first to have his ear wax removed before getting tested and when that was complete to come back in for the hearing test. This also is true for those who already have hearing aids (to keep your ears free of wax). Don't forget to keep your hearing aids clean. If you don't wear hearing aids, it is still best to keep your ears free of wax....it is healthier and you will also be able to hear better.

During the month of January and February there will be a special on ear candling! The normal 2 candles in each ear will be \$6 savings! The normal 1 candle in each ear will be a \$3 savings.

Call Tracy to make your appointment at 484–280–5977 or call the salon at 610–866–6010 x209. She will be in on all Tuesdays.

Happy New Year!

Before leaving the salon after your appointment be sure to ask Tracy for your thank you gift.

REFERRALS: ALWAYS ONGOING. REFER a new guest to the salon and after they visit, you will receive \$5.00 off your next visit.

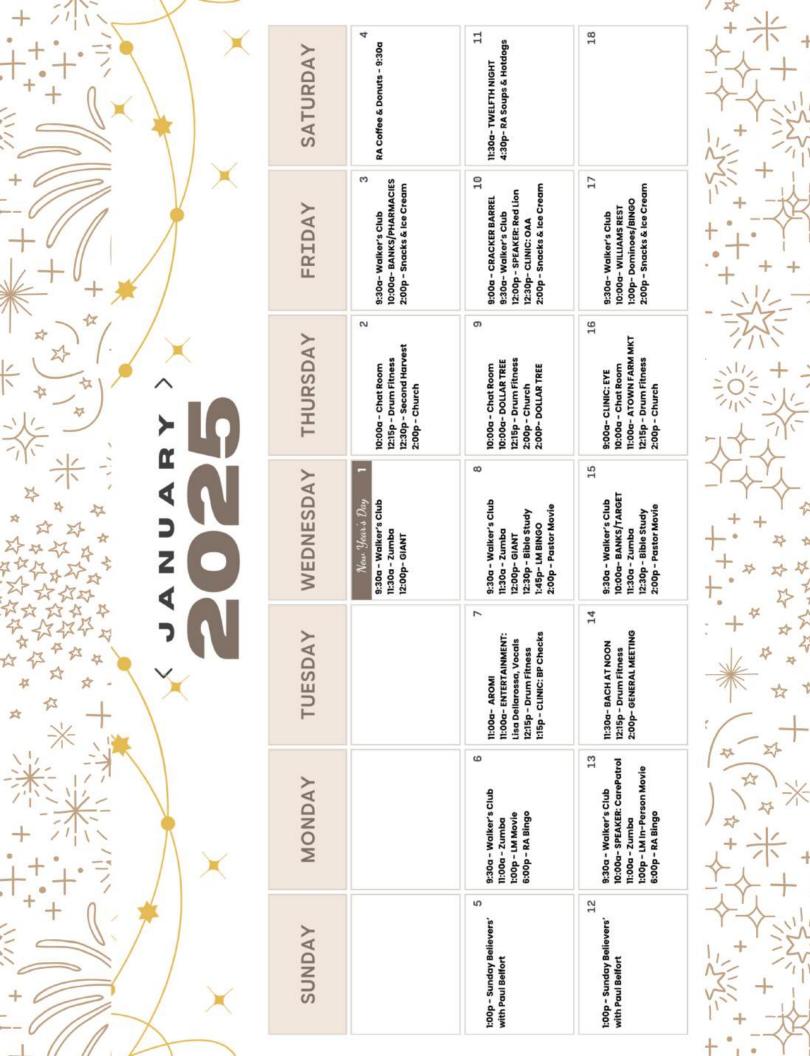
**RETAIL ITEMS**: Buy one get one 50% OFF

SALON GIFT DRAWING: Remember to enter.

**PUNCH CARDS:** After you fill up your card, you will receive \$30 complementary towards your next salon service. Presented from Lutheran Manor. NICE GIFT!



Contact 610-866-6010 x 209 to schedule an appointment





No Staff Birthdays	9:30a - Walker's Club 2:00 - Snacks & Ice Cream 3:00p- DOUGHBOYS	10:00a - Chat Room 11:00a- WINDCREEK OUTLETS 12:15p - Drum Fitness 2:00p - Church	9:30a - Walker's Club 11:30a - Zumba 12:00p- WEGMANS 12:30p - Bible Study 2:00p - Pastor Movie	12:15p - Drum Fitness 2:00p - Church	9:30a - Walker's Club 10:00a - ACTIVITY: Card Making 11:00a - Zumba 1:00p - LM Movie 3:00p - MARBLEHEAD 6:00p - RA Bingo	with Paul Belfort
	z:oup-walmari	30	29	28	27	26
4:00p- RA SOCIAL	9:30a- Walker's Club 10:00a- WALMART 1:00p- SPANISH In-Person Movie 2:00p - Snacks & Ice Cream	23 10:00a - Chat Room 10:00a- GERRITTY'S MKT 12:15p - Drum Fitness 2:00p - Church	9:30a - Walker's Club 9:30a - DUTCH APPLE THEATRE 11:30a - Zumba 12:30p - Bible Study 2:00p - Pastor Movie	21 12:15p - Drum Fitness	Martin Luther King Day 20 OFFICE CLOSED! 9:30a - Walker's Club 6:00p - RA Bingo	19 1:00p - Sunday Believers' with Paul Belfort
SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY	SUNDAY

# 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
<b>Drum Fitness</b> with Anna	Tuesday Thursday	12:15pm	Community Room
Walker's Club	Monday Wednesday Friday	9:30am	Lutheran Manor
<b>ZUMBA</b> with Anna	Monday Wednesday	11:00am 11:30am	Exercise Room (Channel 98)

# January Activities

Snacks/Ice Cream Sale	Every Friday	2:00p	Lounge
RA BINGO	Every Monday	6:00p	Community Room
RA Breakfast	Every 3rd Saturday	9:30a	Lounge
RA Coffee & Donuts	Every 1st Saturday	1st Saturday 9:30a Lou	
RA Soup & Hot Dogs	Every 2nd Saturday 4:30p Lou		Lounge
Van Trip Drop	Thursday, January 2nd	9:00a	Brenda's Office
Second Harvest Food Bank	Thursday, January 2nd	12:30p	Resident Apartments
ENTERTAINMENT: Lisa Dellarossa, Vocals	Tuesday, January 7th	11:00a	Lounge
CLINIC: BP Checks	Tuesday, January 7th	1:15p Lounge	
Lutheran Manor BINGO	Wednesday, January 15th	ry 15th 1:45p Loui	
SPEAKER: Red Lion Hobbies for Healthy Minds	Friday, January 10th	12:00p	Community Room
CLINIC: OAA Podiatry	Friday, January 10th	12:30p	Resident Apartments
SPEAKER: Care Patrol Unexpected Changes	Monday, January 13th	10:00a Community Ro	
LM In-Person Movie	Monday, January 13th	1:00p	Community Room
GENERAL MEETING	Tuesday, January 14th	2:00p	Lounge
Lutheran Manor BINGO	Wednesday, January 15th	1:45p	Lounge
CLINIC: Health Drive EYE	Thursday, January 16th	9a-12p	Game Room
Spanish DOMINOES / BINGO	Friday, January 17th	1:00p	Community Room
Spanish in-Person Movie	Friday, January 24th	1:00p	Community Room
RA SOCIAL	Saturday, January 25th	4:00p	Lounge
ACTIVITY: Card Making	Monday, January 27th	10:00a	Lounge

# Brenda's Bulletin

#### SECOND HARVEST FOOD BANK

Thur, 1/2 @ 12:30p

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

# CLINICS

### **BLOOD PRESSURE**

Introducing Iris Rosado from WeCare Pharmacy 2

TUESDAY, 1/7 @ 1:15P

~Lounge

## **OAA PODIATRY**

FRIDAY, 1/10 @ 12:30P

~Resident Apartments

## **HEALTH DRIVE EYE**

THURSDAY, 1/16 @ 9:00A

SIGN UP WITH BRENDA DIRECTLY

#### **SPEAKER**

# RED LION HOME CARE

Hobbies can be a fun way to help keep your mind healthy so you can focus, reflect, and recharge. They can also help you learn problem solving and critical thinking skills.

FRIDAY, 1/10 @ 12P

~Community Room

SIGN UP ON EVENTS FORM

# SPEAKER: Care Patrol

#### **'UNEXPECTED CHANGES'**

It's hard to imagine how care needs will change over the next months or years. We'll help you understand what you can expect to feel comfortable knowing the home you choose can meet those needs. Expert advice you can rely on.

Monday, 1/13 @ 10am ~Community Room

SIGN UP ON EVENTS FORM

Office Hours: Monday-Friday 9am-3pm Brenda Pagan-Fontanez, Service Coordinator 610-866-6010 ext.4

### Brenda's Bulletin



#### **ENTERTAINMENT & ACTIVITIES**

Lisa Dellarossa, Vocals
'WINTER WONDERLAND'

TUESDAY, 1/7 @ 11AM

~Come one, Come all to enjoy this spectacular show~

Card Making with Eileen Lang

MONDAY, 1/27 @ 10AM

~Maximum of 10 seats available~

Lounge | Sign up on Events Form

OAK ST. HEALTH

# SPANISH DOMINOES & BINGO

Come enjoy a game of Dominoes and a game of Bingo

~Prizes to win ~Empanadas to eat

FRIDAY, 1/17 @ 1P

Community Room

SIGN UP ON EVENTS FORM

#### SPANISH In-Person Movie

#### 'El Hubiera Si Existe'

~ Clasificación TV-PG

Con Subtitulos en Inglés

FRIDAY, 1/24 @ 1:00p



Elisa se ha converti existedo en una chica tímida, conservadora, entregada a su trabajo y que huye de la vida social. Entre su familia y su trabajo, la única persona con la que convive en su rutina es Carlos, a quien podría considerar su mejor amigo. Un día Elisa recibe la visita de su yo del futuro, quien le explica que la manera de retomar su vida y encontrar la felicidad es perder el miedo al trabajo y dejarse encontrar por el amor.

Community Room | Sign up on Events Form

"The magic in new beginnings is truly the most powerful of them all." - Josiyah Martin

# Apartment Inspections



We are required by the Department of Housing & Urban Development to bi-annually inspect all equipment in Lutheran Manor units. The inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting, and paint.

Tuesday, 1/28	Floor 11, 10, 9
Wednesday, 1/29	Floors 8,7,6
Thursday, 1/30	Floors 5,4,3
Friday, 1/31	Floors 2,1

You **DO NOT** need to be home or need to do anything for this inspection. If you are not home on the date your floor is scheduled Maintenance will enter your apartment & complete their inspection.

Thank you in advance for your cooperation. Should you have any concerns or conflicts, please visit the Main Office.

Kern Kevin & Donny
-Maintenance Department

#### 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

Coffee & Donats

\$1.50 Each

Come mingle with your fellow residents while enjoying a cup of Joe and some delicious donuts!

Saturday, January 4th @ 9:30a ~ Lounge

Resident's Association

Soup & Hot Dogs

Come enjoy delicious drinks, hot soup (\$3.00), and hot dogs (\$2.50) with all the fixings

Saturday, January 11th @ 4:30pm

~Lounge





## Event Sign-Up Sheet

Please CHECK OFF which event you would like to attend below:

	Lutheran Manor Events				
1/7	Tuesday	ENTERTAINMENT: Lisa Dellarossa, 'Winter Wonderland'	11:00a		
1/8	Wednesday	Lutheran Manor BINGO	1:45p	·	
1/10	Friday	SPEAKER: Red Lion Home Care Celebrating Nat'l Hobby Month 'Healthy Minds'	12:00p		
1/13	Monday	SPEAKER: Care Patrol 'Unexpected Changes'	10:00a		
1/13	Monday	Lutheran Manor InPerson Movie	1:00p		
1/17	Friday	Oak St. Health presents Spanish Dominoes & BINGO	1:00p		
1/24	Friday	Spanish In-Person Movie	1:00p		
1/27	Monday	ACTIVITY: Card Making with Eileen	10:00a		

#### Resident's Association Events Saturday **RA SOCIAL** 4:00p 1/25

X	$\star$	* *	* *	
Name(s):				
Phone#:		Apt.#:		

<sup>\*</sup>Please return this form to the Main Office on Thursday, January 2nd\*

		February Van Trips	$\checkmark$
2/3	Monday	BANKS & Shopping at CVS / WALGREENS	10:00a
2/4	Tuesday	Shopping at WEIS	10:00a
2/6	Thursday	Dinner at COPPERHEAD GRILLE	3:00p
2/10	Monday	Shopping at DOLLAR TREE	10:00a 2:00p
2/11	Tuesday	BACH AT NOON at Central Moravian Church	11:30a
2/12	Wednesday	Shopping at GIANT	10:00a
2/13	Thursday	Breakfast at NAZARETH DINER	10:00a
2/18	Tuesday	BANKS & Shopping at TARGET	10:00a
2/20	Thursday	Shopping at GERRITTY'S FARM MARKET (formerly Valley Farm Market)	12:00p
2/21	Friday	Lunch at BONNIE & CLYDE PUB & GRILLE	11:00a
2/24	Monday	CHECKING-IN EXHIBIT at the Kemerer Museum in Historic Bethlehem (\$17 due to Brenda)	11:30a
2/26	Wednesday	Shopping at LEESPORT FARMERS MARKET & Lunch at LEESPORT DINER	10:00a
2/28	Friday	Shopping at WALMART 248	10:00a 2:00p
*	· XX	Mew Year	* *

Name:\_\_\_\_\_\_Apt#:\_\_\_\_\_\_

<sup>\*</sup>Please return this form to Brenda on Thursday, January 2nd\*

# February Van Trips \$ \$Inexpensive \$\$ Moderate \$\$\$ Expensive

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

#### **COPPERHEAD GRILLE:**

Enjoy steaks made to perfection, cajun jambalaya, fish & chips, crab mac & cheese, wings with signature sauces, and the biggest mozzarella sticks. Come try some of the best food in the Lehigh Valley.

#### BACH AT NOON:

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

#### NAZARETH DINER:

Come enjoy over 12 omelette combos, pancakes, waffles, french toast, breakfast sandwiches, creamed chip beef, biscuits & gravy, casseroles, and benedicts, including original, crabcake, or florentine.



#### **BONNIE & CLYDE PUB & GRILLE:**

Serving killer burgers, ziti, salmon, roast beef, steaks, salads, wings, pork chops, meatloaf, and seafood. Wash it all down with one of their craft beers, specialty cocktails, and imported wines in an intimate 1930's atmosphere.



#### CHECKING-IN EXHIBIT:

Experience Bethlehem's Alluring Accommodations exhibit which unveils the city's long hospitality legacy. Starting with the First House in Bethlehem, guests will explore iconic establishments like the Crown Inn, Sun Inn, and Golden Eagle Hotel, and learn about some of Bethlehem's most famous visitors!

#### LEESPORT FARMERS MARKET:

Areas filled with a nice mix of Farmers' Market type vendors that nicely compliment one another. Bring home local produce, meats, honey, etc., shop handcrafted gifts & popular novelties, find unique specialty food and drinks, and so much more!

#### LEESPORT DINER:

Combining classic diner traditions, all day breakfast, and modern day favorities, you will be sure to enjoy this great dining experience. Fulfill your comfort food cravings with burgers, sizzling skillets, paninis, wraps, open face sandwiches, pastas, seafood and creative salads.



