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 Staff Birthdays

WELCOME New Residents

No New Residents

No General Meeting in July & August.

We will resume in September.

CHECK CHANNEL 99 FOR ANNOUNCEMENTS



Office Notes



WORSHIP SERVICES:

Believers' Worship

with Paul Belfort

Sundays at 1:00pm

Community Room

REMINDER:

Throughout the months of July and August many staff have planned vacations. Please remember to be patient with the staff that are here. We will respond and assist residents as promptly as we can!

Thank you!

BRAVE THE HEAT

BE CAUTIOUS NOWADAYS WITH THE HIGH TEMPERATURES.

REMEMBER TO... PROTECT YOUR SKIN WITH CLOTHING, HATS, SUNGLASSES, AND SUNSCREEN. DRINK PLENTY OF FLUIDS AND FIND SHADE IF YOU PLAN TO SIT OUTSIDE!

LM IN PERSON MOUTE

Join us on **Monday, 7/8** for a showing of the new movie **"Arthur the King"**. (Replay due to technical difficulties last month)



Please Sign up on the Events Form!

Movie Days

Ghostbusters: Frozen Empire



The Spengler family returns to the iconic NYC firehouse where the original Ghostbusters have taken ghost-busting to the next level. When the discovery of an ancient artifact unleashes an evil force, the new and old Ghostbusters must unite to protect their home and save the world! JULY IST

Arthur the King



Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the DR. A dog comes along during the race, and redefines victory! JULY 8TH - COMMUNITY ROOM

The Other Zoey



Zoey is a brilliant college student who's determined to challenge the conventional ideas of love and dating. Her life soon gets turned upside down when an amnesiac mistakenly believes she's his girlfriend, who also happens to share the name Zoey. JULY 15TH

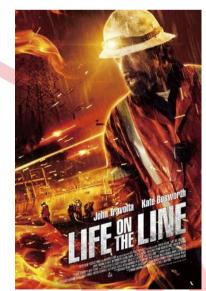
A Family Affair



A surprising romance kicks off comic consequences for a young woman, her mother and her movie star boss as they face the complications of love, identity, and intimacy.

JULY 22ND

Life on the Line



After a family tragedy, Beau Ginner rises to be foreman in a Texas lineman team, upgrading overhead power cables and preventing disasters. However, there is a friction when his college bound niece's boyfriend joins the crew, while another recruit is hiding PTSD symptoms. JULY 29TH

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

Jacinda's Jumpstart to Wellness

Drum Fitness

Reminder that Drum Fitness is on Tuesdays at 11:00am & Thursdays at 12:30pm

Every **SECOND** Thursday will be held <u>outside</u> in front of the fish pond.

*Sign up on Events Form!

Jeoapardy Trivia Day

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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, July 24th at 2:00pm ~Community Room

*Sign up on the Events Form!

Walker's Van Trip

It's officially warm out! Join the Walker's Club in a Van Trip to the Illick's Mill Park. Walk around the beautiful lands and enjoy some refreshments at the end.

Friday, July 26th at 10:00am ~Weather Permitting

*Sign Up on the Events Form!

How's your memory?

Join LVHN Dementia Care Trainer, Wendy Scott to discuss early signs of dementia, the difference between random confusion and early onset dementia symptoms and more!!

Bring a friend, family member, yourself, etc.

Friday, July 26th | Time is TBD ~Community Room

*Sign up on the Events Form!

NOTE: During the week of July 8th, there will be NO Drum Fitness or Machine Mania, due to Jacinda being away!

Jacinda's Jumpstart to Wellness

Let's Bowl!

Lutheran Manor's Wii Bowling League is officially beginning again!!

We had some great teams earlier in the year and are welcoming returning and new residents!!

If you are interested in joining the team, please contact Jacinda ASAP!!

We will be starting at the end of July!

**We must have 10 or more people to hold a tournament!

From the Chaplain



....AND INDEED HE HAS!

At the beginning of our weekly Bible Study, I ask for prayer requests. After several requests are mentioned, someone might add, "the whole world" and we smile and nod our heads! Not long ago I saw a bumper sticker reading, "God bless the whole world. No exceptions" *One* of my favorite hymns for National Holidays is "*This Is My Song*" by Georgia Harkness. It concludes:

"This is my prayer, O God of earth's kingdoms, your kingdom come; on earth your will be done. O God be lifted up till all shall serve you, and hearts united learn to live as one. So, hear my prayer, O God of all the nations; myself I give you; let your will be done."

As we celebrate Independence Day and daily express our thankfulness for freedoms we enjoy here in the United States of America, let us pray for God's blessings to ALL the nations. In Gratitude for Freedom, **~Pastor Clark**

Thanks be to God for walking with us every day through the seasons of our lives!! Blessings -Pastor Clark

Worship in the Community Room

WORSHIP IS LIVE AT 2:00 PM ~LIVE-STREAMED ON CH 98~

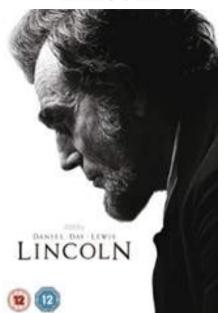
Thurs, 7/4	NO WORSHIP! HAPPY INDEPENDENCE DAY GIVE THANKS FOR "ONE NATION UNDER GOD"			
Thurs, 7/11	Pastor Chris Weltin, Race Street Baptist Church : Catasaqua			
Thurs, 7/18	Pastor Beth Goudy, Metropolitan Community Church of the LV : Bethlehem			
Tues, 7/23	Father Venantius Karobo, Notre Dame RC Church : Bethlehem			
Thurs, 7/25	Pastor Lisa Borrell, Friedens Lutheran : Center Valley (**HOLY COMMUNION**)			

****Note: Holy Communion Worship**

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

Pastor's Movies

Lincoln



Steven Spielberg directs two-time Academy Award winner Daniel Day Lewis in Lincoln, a revealing drama that focuses on the 16th President's tumultuous final months in office.

WED, JULY 3RD

Religions of the World Series: Othodox and Roman



This series objectively documents religions worldwide. From the public ministry of Jesus to the legendary battles of the Crusades, examine the interwoven histories of these two distinct branches of Christianity.

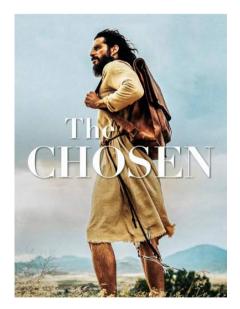
WED, JULY 10TH

Music of the Heart



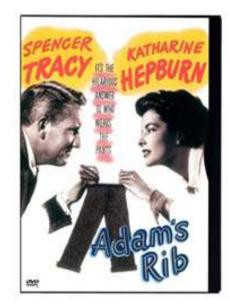
A feel good story with award winning actress Meryl Streep about one of the most bravest teachers of all time. WED, JULY 17TH

The Chosen: Ep. 1 "Promises"



The Chosen is an American Christian drama series about the life of Jesus of Nazareth. Season 4, Episode 1 is about an intoxicating dance that leads Herod to put an end to John the Baptizer. WED, JULY 24TH

Adam's Rib



This is arguable the greatest Tracy-Hepburn film. The two were never better than the battling District and Defense Attorneys. In the courtroom and out, the love they share, and the tweaking of each other's egos, is a sheer joy to watch. **WED, JULY 3IST**

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

Lutheran Manor

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Lutheran Manor BINGO

REMINDER

NO BINGO July and August. We will resume in September!

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Bellezza Salon

MASSAGE THERAPY with Karen

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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 HAPPY FOURTH OF JULY TO EVERYONE!

It's time to party and celebrate with friends and family!

Please remember to wear your sunscreen to protect yourself during the day. Even if it is cloudy you should be putting some on.

It is recommended to see a dermatologist once a year to have your body checked. Check your skin 1x a month or ask a family member to help where you can't see.

PUNCH CARDS:

Ongoing for every time you receive a service in the salon. When your card is full, you will receive \$30 towards your next visit. Compliments of Lutheran Manor! What an amazing gift!

REFERRAL PROGRAM:

Recommend a friend, neighbor, or family member, to come to the salon for a hair service and you will receive a gift from the salon!

GIFT BASKET DRAWING:

Remember to put your name in for the drawing every month. You might be the winner this month! GOOD LUCK!

Let us know if we can help in any way!

Happy 4th! Diane Rizzetto - Lorri Wetherald - Tracy Zovak Hood

Contact 610-866-6010 x209 to schedule an appointment

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SATURDAY	6 RA Coffee & Donuts - 9:30a	13	20	
FRIDAY	5 OFFICE CLOSED - All day Walker's Club - 9:30a Machine Mania - CANCELED RA Shredding - 2:00p Snacks & Ice Cream - 2:00p Stitching with Nena - 2:00p	12 Waker's Club - 9:30a PIG ROAST - 12:00p-3:00p Machine Mania - CANCELED Ra Shredding - CANCELED Snacks & Ice Cream - CANCELED Stitching with Nena - CANCELED	19 Watker's Club - 9:30a Machine Mania - 11:00a WALMART - 11:00a RA Shredding - 2:00p Snacks & Ice Cream - 2:00p Stitching with Nena - 2:00p	
THURSDAY	4 INDEPENDENCE DAY OFFICE CLOSED - AII day chat Room - CANCELED Drum Fitness - CANCELED church - CANCELED	11 Chat Room - 10:00a GIANT - 10:00a Drum Fitness - CANCELED Church - 2:00p	18 CLINIC: Eye - 9:00a GAP DINER - 9:00a Chat Room - 10:00a Drum Fitness (outside) - 12:30p Mobile Market - 12:30p Second Harvest - 12:30p Church - 2:00p	
WEDNESDAY	3 Walker's Club - 9:30a BANKS/PHARM - 10:00a ZUMBA wit Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p	10 silver Birches - 8:30a walker's club - 9:30a ZUMBA with Anna - 11:30a Bible Study - 12:30p LM BINGO - CANCELED Pastor Movie - 2:00p	17 walker's Club - 9:30a ZUMBA with Anna - 11:30a Bible Study - 12:30p BATCH CREAMERY - 1:00p Pastor Movie - 2:00p	
TUESDAY	2 ART EXHIBITION - 10:30a Drum Fitness - 11:00a Glenn Faul, Vocals - 12:00p CLINIC: BP Checks - 1:15p	9 Office Closed - All Day Drum Fitness - CANCELED General Meeting - CANCELED	16 WEIS - 10:00a Drum Fitness - 11:00a	***
MONDAY	1 walker's Club - 9:30a Latin ZUMBa with Anna - 11:00a WEGMANS - 12:00p LM Movie - 1:00p RA BINGO - 6:00p	8 walker's Club - 9:30a TOWW&COUNTRY - 11:00a ZUMBA with Anna - 11:00a LM Movie (In Person) - 1:00p RA BINGO - 6:00p	15 Walker's Club - 9:30a BANKS/TARGET - 10:00a ZUMBA with Anna - 11:00a John Bauer, Vocals - 12:00p LM Movie - 1:00p RA BINGO - 6:00p	\$******
SUNDAY		7 Sunday Believers' with Paul Belfort - 1:00p	14 BLUEBERRY FESTIVAL - 10:00a Sunday Bellevers' with Paul Belfort - 1:00p	
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	28 Sunday Believers' with Paul Belfort - 1:00p	21 Sunday Bellevers' with Paul Belfort - 1:00p	JULY	
	29 Walker's Club - 9:30a CROSSINGS/OUTBACK - 10:00a ZUMBA with Anna - 11:00a LM Movie - 1:00p Fine & Mellow, Vocals - 3:00p RA BINGO - 6:00p	22 Walker's Club - 9:30a ZUMBA with Anna - 11:00a LM Movie - 1:00p RA BINGO - 6:00p	202 Monday	
	30 Drum Fitness - 11:00a SPEAKER: Fox Rehab - 12:00p KINGFISH - 3:00p	23 Drum Fitness - 11:00a Church - 2:00p FLAUTIST - 2:00p	LUTHERAN N TUESDAY	
	31 Walker's Club - 9:30a GERRITY'S - 11:00a ZUMBA with Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p	24 Walker's Club - 9:30a ZUMBA with Anna - 11:30a ALDI - 12:00p Bible Study - 12:30p Jeopardy - 2:00p Pastor Movie - 2:00p	LUTHERAN MANOR OF THE LEHIGH VALLEY	
		25 Chat Room - 10:00a PINES: FOOTLOOSE - 11:00a Drum Fitness - 12:30p Church - 2:00p	IIGH VALLEY	
		26 Walker's Club - 9:30a Machine Mania - 11:00a CLINIC: 0AA - 12:30p Card Making - 1:00p RA Shredding - 2:00p Snacks & Ice Cream - 2:00p Stitching with Nena - 2:00p SPEAKER: Dementia - TBD	FRIDAY	
No Staff Birthdays		27	SATURDAY	

Religious Activities

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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 Servic		Community Room Channel 98	
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room Channel 98	
	Exercise Ac	ctivitie	S	
ACTIVITY	DAY(s)	TIME	PLACE	
Drum Fitness with Jacinda	Tuesdays Thursdays	11:00am 12:30pm	Community Room	
Machine Mania with Jacinda	Fridays	11:00am	Fitness Center	
Walker's Club with Jacinda	Monday, Wednesday, Friday	9:30am	Lutheran Manor Exercise Room	
ZUMBA with Anna	Mondays Wednesdays	11:00am 11:30am		

July Activities

Snacks/Ice Cream Sale	Every FRIDAY	2:00p	Lounge
RA BINGO	Every Monday	6:00p	Community Room
RA Breakfast	Canceled until September		<u> </u>
RA Coffee & Donuts	Every 1st Saturday	9:30a	Lounge
RA Pinochle	Canceled until September	12:30p	Lounge
RA Shredding	Every Wednesday	2:00p	Lounge
RA Soup & Hot Dogs	Canceled until September		
Stitching with Nena	Every Friday	2:00p	Lounge
Bus Trip Drop Off	Monday, July 1st	9:00a	Brenda's Office
ENTERTAINMENT: Glen Faul, Vocals	Tuesday, July 2nd	12:00p	Lounge
CLINIC: Blood Pressure Checks	Tuesday, July 2nd	1:15p	Lounge
Office Closed Happy 4th of July!!	Thursday, July 4th Friday, July 5th	All Day	Lutheran Manor
GENERAL MEETING	Canceled July & August		Resumes in Sept
Lutheran Manor BINGO	Canceled July & August		Resumes in Sept
Lutheran Manor PIG ROAST	Friday, July 12th	12:00p	Lounge
ENTERTAINMENT: John Bauer, Vocals	Monday, July 15th	12:00p	Lounge
CLINIC: HealthDrive EYE	Thursday, July 18th	9:00a	Game Room
Second Harvest Food Bank	Thursday, July 18th	12:30p	Lounge
ENTERTAINMENT: Meredith Twardowski, Flautist	Tuesday, July 23rd	2:00p	Lounge
Jeopardy Trivia Day	Wednesday, July 24th	2:00p	Community Room
Walker's Club Van Trip	Friday, July 26th	10:00a	Illick's Mill Park
CLINIC: OAA	Friday, July 26th	12:30p	Resident Apartment
ACTIVITY: Card Making	Friday, July 26th	1:00p	Lounge
SPEAKER: LVHN Memory Loss	Friday, July 26th	TBD	Community Room
ENTERTAINMENT: Fine & Mellow, Vocals	Monday, July 29th	3:00p	Lounge
SPEAKER: Fox Rehab 'Laughter is the Best Medicine'	Tuesday, July 30th	12:00p	Community Room
RA SOCIAL	Canceled July & August		Resumes in Sept
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Brenda's Bulletin





BLOOD PRESSURE Tuesday, 7/2 @ 1:15p ~Lounge

HEALTH DRIVE EYE Thursday, 7/18 @ 9:00a ~Game Room

OAA PODIATRY Friday, 7/26 @ 12:30p ~*Resident Apartment*

*Sign up directly with Brenda

SPEAKER: 'LAUGHTER IS THE BEST MEDICINE'

Learn how to cope with the blues... jokes, laughter, light hearted fun

Tuesday, 7/30 @ 12p ~Community Room

*Sign up on Events Form

<u>*Clinics-</u>sign up directly with Brenda <u>*Entertainment & Speakers-</u>sign up on 'Events Sign-Up Form'

Brenda's Bulletin

ENTERTAINMENT & ACTIVITIES

~GLEN FAUL, VOCALS~ TUESDAY, 7/2 @ 12P

~JOHN BAUER, VOCALS~ MONDAY, 7/15 @ 12P

~MEREDITH TWARDOWSKI, FLAUTIST~ TUESDAY, 7/23 @ 2P

> ~CARD MAKING WITH EILEEN~ FRIDAY, 7/26 @ 1P

~FINE & MELLOW, VOCALS~ MONDAY, 7/29 @ 3P

LOUNGE | SIGN UP ON EVENTS FORM

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

July Pig Roast

Jutheran Manor

ANNUAL PIG ROAST

FRIDAY, JULY 12TH

Lutheran Manor Staff Parking Lot (WEATHER PERMITTING) EVENT FROM : 12:00-3:00pm FOOD SERVED FROM : 12:00-2:00pm ENTERTAINMENT : Alex Buono Band | 12:30-3:00pm

This is an in-person event ONLY for the Residents of Lutheran Manor | No Takeouts

SIGN UP IS REQUIRED!! Sign and return this slip to the main office no later than <u>Monday, July 8th!</u>

Name:

Apt. #: _____ Phone #: _____

Resident's Association



ATTENTION

The following Events will resume in **September!**

- Soup & Hot Dogs
- RA Breakfast
- RA SOCIAL
- PINOCHLE
- GENERAL MEETING

Thank you for your cooperation and understanding!

Event Sign-Up Sheet

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

	Lutheran Manor Events 🛛 🗸					
7/2	Tuesday	ENTERTAINMENT: Glen Faul, Vocals	12:00p			
7/15	Monday	ENTERTAINMENT: John Bauer, Vocals	12:00p			
7/23	Tuesday	ENTERTAINMENT: Meredith T., Flautist	2:00p			
7/24	Wednesday	Jeopardy Trivia Day!	2:00p			
7/26	Friday	Walker's Club Van Trip: Illick's Mill Park	10:00a			
7/26	Friday	ACTIVITY: Card Making	1:00p			
7/26	Friday	SPEAKER: Dementia vs. Memory Loss	TBD			
7/29	Monday	ENTERTAINMENT: Fine & Mellow, Vocals	3:00p			
7/30	Tuesday	SPEAKER: 'Laughter is the Best Medicine'	12:00p			
7/2	Tuesday	Drum Fitness	11:00a			
7/16	Thursday	Drum Fitness (Outside)	12:30p			
7/18	Tuesday	Drum Fitness	11:00a			
7/23	Thursday	Drum Fitness	12:30p			
7/25	Tuesday	Drum Fitness	11:00a			
7/30	Tuesday	Drum Fitness	11:00a			
Name(s):						

Phone Number:______ Apt.#:_____

Please return the entire page to the Main Office by Monday, 7/1

	Г	August Van Trips		
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8/1	Thursday	Thursday Lunch at IRON HILL BREWERY		
8/5	Monday	day BANKS& Shopping at CVS / WALGREENS		
8/6	Tuesday	Shopping at WEIS	12:00p	
8/8	Thursday	Dinner at WIDOW'S TAVERN & GRILLE	3:00p	
8/11	Sunday	IRON PIGS GAME at Coca-Cola Park (\$12 due 8/5)	12:00p	
8/12	Monday	Breakfast at MAX & BUTTERS	9:30a	
8/13	Tuesday	Shopping at GIANT	10:00a	
8/14	Wednesday	Dinner at the FAIRGROUNDS HOTEL	3:30p	
8/21	Wednesday	SILVER BIRCHES: Scenic Boat Ride featuring The Jersey Chix (\$50 due by 8/7; Lunch <i>is INCLUDED</i> in ticket fare)	8:00a	
8/22	Thursday	PINES DINNER THEATRE: 'Under The Boardwalk' (\$70 due by 8/9; Lunch <i>is INCLUDED</i> in ticket fare)	11:30a	
8/23	Friday	Shopping at LIDL GROCERY OUTLET	10:00a	
8/26	Monday	Shopping at HOBBY LOBBY / WALMART & Lunch at APPLEBEE'S	9:30a	
8/27	Tuesday	Lunch at OSAKA ASIAN CUISINE	11:30a	
8/29	Thursday	Shopping at WEGMANS	12:00p	
8/30	Friday	BLUE MOUNTAIN: Scenic Lift Ride & Lunch at SLOPESIDE PUB & GRILL (\$15 due 8/16; Lunch <i>NOT included</i> in ticket fare)	10:00a	
Name:				

Phone#:

__Apt#:____

This form to be collected starting at 9:00am on Monday, 7/1

<u>August Van Trips...</u>

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

IRON HILL BREWERY:

Kitchen stacked with the freshest ingredients to create the most delicious food, entirely from scratch; burgers and sauces to pale ales and stouts. Their kitchen & brewery are one in the same and they wouldn't have it any other way.

WIDOWS TAVERN & GRILLE:

Enjoy burgers, seafood, smoked brisket, sizzling steaks & much more. Don't miss out on their famous She Crab Soup and Slow Roasted Prime Rib with AuJus. You'll arrive just in time for Happy Hour & maybe meet Marvin, the ghost!!

MAX & BUTTERS:

All creations inspired by greek heritage...omelets, pancakes, french toast, egg sandwiches, breakfast salad, crabcake benny, steak fries, romaine & greek style mykonos salad, spinach cobb, and much more!

Silver Birches: SCENIC BOAT RIDE & 'THE JERSEY CHIX'

10a ARRIVAL - Enjoy coffee & apple streusel cake, shop Artisan jewelry, gifts, & local food specialties

10:30a- ENJOY a breathtaking 30 minute cruise on beautiful Lake Wallenpaupack as your tour guide describes the area and the history of the "Big Lake" and the scenic Pocono Lake Region.

1:00p- BUFFET SERVIČE includes Coffee Cake, Broccoli Salad, House Baked Bread, Roasted Pork Loin, Wild Rice Pilaf, Meatloaf with Gravy, Chef's Whim Salad, Roasted Veggies, Ice Cream Sundae

2:30p- ENTERTAINMENT- Enjoy the bubbly, fun twosome, "The Jersey Chix", bringing you the best pop, disco, Broadway, jazz and Motown hits.
3:30p- SNACK before departure

<u> Pines Dinner Theatre: 'UNDER THE BOARDWALK'</u>

Little Sal, owner of the Tiki Terrace at the Outrigger Resort Motel needs a favor. So when he asks the ladies to perform a benefit concert, which happens to be the first time they'll ever actually sing together in public, they discover that the things that originally drove them apart are the things that pull them together.

<u>OSAKA ASIAN CUISINE:</u>

Indulge in Deliciousness of soup, salad, teriyaki, fried rice, dumplings, asian deserts and savor their huge sushi bar. Transform your food experience & elevate your culinary journey.

BLUE MOUNTAIN SCENIC LIFT RIDE:

Have a seat, buckle up, and soak in the beauty of the mountain; Don't forget to take a photo at the top because you're going to want to show off that view!

SLOPESIDE PUB & GRILL:

Enjoy endless views of the Pocono Mountains, where every window is a window seat; paired with seasonal salads, handcrafted sandwiches and Chef specialty entrees.