

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

Patricia H - Floor 5 Thomas C - Floor 7



Tuesday, June 11th at 2:00pm

LOUNGE / CHANNEL 98



# Office Notes



WORSHIP SERVICES:

Believers' Worship

with Paul Belfort Sundays at 1:00pm

Community Room



# LM IN PERSON MOVIE

Join us on **Monday**, 6/17 for a showing of the new movie "Arthur the King".

Please Sign up on the Events Form!





# ICE CREAM SOCIAL



We are holding our annual Ice Cream Social this June! Please sign up on the slip below so we can have a final headcount. You will receive a menu to make your ice cream and toppings selection ahead of time!



SIGN UP REQUIRED! NO WALK INS

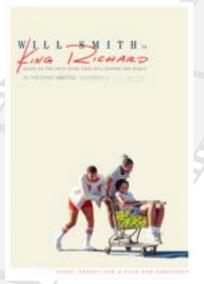
Monday, June 10th 1:00-3:00p | Back Parking lot of LM

Name:	 <del></del>	 	

Phone # \_\_\_\_\_ Apt. #\_\_\_\_

# Movie Days

### **King Richard**



Armed with a clear vision and a brazen, 78-page plan, Richard Williams is determined to write his two daughters, Venus and Serena, into history. Training on tennis courts everywhere, Richard shapes the girls into commitment. Together they defy insurmountable odds.

JUNE 3RD

### The Beautiful Game



Mal is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup. He brings with them a talented striker, Vinny, who could give them a real chance at winning.

JUNE 10TH

### **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!

JUNE 17TH - COMMUNITY ROOM

### **Unfrosted**



In 1963, Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever!

JUNE 24TH

# Jacinda's Jumpstart to Wellness



# **DRUM FITNESS**

Reminder-Drum Fitness is every Tuesday at 11:00am in the Community Room! Our class is GROWING each week. You MUST sign up to be a part of class.

**NEW:** The second Tuesday of every month will now be held outside!!

\*Sign up on the Events Form!





# **LATIN DANCE CLASS**

THOSE BOOTS ARE MADE FOR DANCING! The first Monday of every month will now be dedicated to Latin Dance Class!
Join Dance instructor Anna Puerto Real in learning spicy Latin moves!

\*No Sign Up Required!



Attention Residents! The Wii Bowling League will start back up again in July! If you are interested in joining the league please contact Jacinda ASAP!



# Jacinda's Jumpstart to Wellness

### We're Walking on Sunshine!

Join Walker's Club in a beautiful walk around Bethlehem! Enjoy the sunshine and a picnic at the end of the walk!

Date: Wednesday, June 5th at 10:00am | Meet at the Fitness Center

Sign up on the Events Form!

### **Ahh It's Too Hot Outside!**

What do I do when it's too hot outside? Join RN, Jennifer Wood, in a presentation on Sun Exposure! Learn the effects of it, and how to best protect yourself during Summer. Enjoy a refreshing snow cone at the end of the presentation!

Date: Tuesday, June 11th at 12:30pm Sign up on the Events Form!

### **Jeopardy 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!

Date: Wednesday, June 26th at 2:00pm Sign up on Events Form!

### **Reminder:**

Please sign up for all events you would like to attend on the events sign up sheet!

Personal Training Sessions are also available by appointment only!
Contact Jacinda today if interested!



# From the Chaplain



On the calendar there are four seasons. But our lives are filled with many different seasons. Each season has its successes and failures, ups and downs, mountains and valleys.

Of course, we want seasons with all sunshine! I remember reading a saying a long time ago, "All sunshine and no rain make a desert." The writing of Ecclesiastes reminds us that "God has made everything beautiful for its own time." God can take a bad day and turn it around in His own way. For whatever part of life we find ourselves in, it will have a beginning and it will have an ending. We will enter new seasons too. Ones that bring support, hope, and deeper faith.

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~

~LIVE-STREAMED ON CH 98~				
Thurs, 6/6	Pastors Luiz and Betty Ortiz, Inglesia Casa De Dios - Allentown SPANISH/ENGLISH			
Thurs, 6/13	Pastor Dan Brettell, St. Paul's Lutheran - Easton HOLY COMMUNION**			
Thurs, 6/20	Pastor Larry Burd, Calvary Baptist Easton			
Tues, 6/25	Father Venantius Karobo, Notre Dame RC Church - Bethlehem			
Thurs. 6/27	Pastor Brandon Heavener, Weisenburg Lutheran - 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

### Mamma Mia: Here We Go Again



A musical comedy-drama set five years after the events of the original Mamma Mia. It follows Sophie as she prepares for the grand reopening of the Hotel Bella Donna while uncovering secrets about her mother's past.

WED, JUNE 5TH

# NO MOVIE Office Closed in Observance of Juneteenth

### The Joy of SonShine



WED, JUNE 12TH

### **Harold and Maude**



Harold is an 18 year old death obsessed young man who falls in love with Maude, a 79 year old eccentric. As their relationship develops, they explore life and its meaning in funny, quirky ways. It's an unforgettable story that will warm your heart and make you laugh out loud.

WED, JUNE 26TH

# Lutheran Manor

# Lutheran Manor Mani/Pedi Pamper Party

Join us for a pamper party in Bellezza Salon to welcome their new nail technician, Anaya!

First 26 PEOPLE to sign up will receive a FREE Manicure or Pedicure, compliments of Lutheran Manor!

MUST sign up on the Events Form and choose either Manicure or Pedicure.

Brenda will be setting up appointments with you by phone call!

Manicures: Sat, June 8th & 15th | Pedicure: Sat, June 22th & 29th ~ Appointments starting as early as 9:00 am ~



# Bellezza Salon and Spa

### Bellezza Salon & Spa THE SUN | GOOD OR BAD??

### How much is too much?

This is different for everyone. It depends on your skin tone, age, health history, diet, & where you live. Scientists think 5-15 minutes up to 30 if you're darker skinned.

### Protect Yourself!

Wear sunglasses that block UV light. This will help protect your eyes. Use sunscreen that protects against both UVA and UVB rays | UVA -aging rays and UVB - burning rays

An SPF of 30 or higher with water resistance is best. If it does not say waterproof, re-apply every 2 hours or more often if you swim or sweat. Don't forget your lips, ears, and neck!

### Reminder:

Remember every time you fill your punch card for receiving services at the salon - you will receive \$30 to use on your next service compliments of Lutheran Manor.

### Referrals:

Always ongoing -- refer a friend or family member and receive a gift!

# 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



# **WELCOME TRACY!**

Join us in welcoming Tracy to the Salon on Tuesdays! She will be in the salon from 9:00am to 1:00pm but would come earlier if you need! Please call the main Salon Line to book an appt. or directly to her cell at 484-280-5977.

Tracy has been doing hair for over 40 years. She loves meeting people and doing their hair. Call her and see for yourself how she can make you look and feel your best!!

### WELCOME ANAYA!

Join us in welcoming Anaya to the Salon! She will come on as a Nail Technician. Her hours are to be determined. Meet her first at our Bellezza Pamper Party!

She has been doing nails over 3 years and loves it!
She enjoys creating different looks for each individual client. Anaya loves to read and enjoys nature walks. Her partner in taking walks is her beautiful husky puppy. They are the best of friends.



Contact 610-866-6010 x209 to schedule an appointment

# JUNE 2024 LUTHERAN MANOR OF THE LEHIGH VALLEY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

RA Coffee & Donuts - 9:30a RA Pinochle - 12:30p

Walker's Club - 9:30a Sunday Believers' with Paul Belfort - 1:00p

ENTERTAINMENT: Glen Kakowski ZUMBA with Anna - 11:00a BANKS/PHARM - 10:00a LM Movie - 1:00p -12:00p

CLINICH: BP Checks - 1:15p

Drum Fitness - 11:00a AMISH TOUR - 8:30a

RA BINGO - 6:00p

Pastor Movie - 2:00p BRAZILIAN STEAKHOUSE - 4:00p ZUMBA with Anna - 11:30a Bible Study - 12:30p

Chat Room - 10:00a WALMART - 10:00a Church - 2:00p

15

Flag Day

Walker's Club - 9:30a

Bellezza Salon Pamper Party:

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Manicures - Appt. Only

RA Shredding - 2:00p Snacks & Ice Cream - 2:00p Stitching with Nena - 2:00p

CHUCK WAGON - 12:00p

Church (SPANISH) - 2:00p Second Harvest - 12:30p Chat Room - 10:00a

WEIS - 10:00a

9

Walker's Club Walk & Picnic -

2

Machine Mania - 11:00a

Walker's Club - 9:30a

Bellezza Salon Pamper Party:

Snacks & Ice Cream - 2:00p BINGO BRUNCH - 11:00a Machine Mania - 11:00a CLINIC: OAA Podiatry -

Stitching with Nena - 2:00p

RA Shredding - 2:00p

Pastor Movie - 2:00p

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LM Bingo - 1:45p

12:30p

Sunday Believers' with Paul Belfort - 1:00p

GIANT - 10:00a ZUMBA with Anna - 11:00a Ice Cream Social - 1:00p Walker's Club - 9:30a LM Movie -1:00p RA BINGO - 6:00p

Walker's Club - 9:30a ZUMBA with Anna - 11:30a SILVER BIRCHES - 9:00a Bible Study - 12:30p Drum Fitness - 11:00a SPEAKER: Sun Exposure - 12:30p GENERAL MEETING - 2:00p BOARD & BRUSH - 10:00a

Manicures - Appt. Only

LUTHERAN MANOR OF THE LEHIGH VALLEY

# SUNDAY

# 6 Father's Day

17

Sunday Believers' with Paul Belfort - 1:00p Happy Father's Day!

# MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Walker's Club - 9:30a ZUMBA with Anna - 11:00a RA BINGO - 6:00p LM Movie | In Person - 1:00p

# 8

LIDL GROCERY OUTLET - 12:00p

OFFICE CLOSED - All Day

19

Juneteenth

Walker's Club - 9:30a

CINIC: Health Drive Eye - 9:00a Happy First Day of Summer! 20 Summer Begins

Church - 2:00p

Painting with a Twist - 12:00p MINI GOLF/LUNCH - 11:00a Chat Room - 10:00a

SPEAKER: Senior Planning -

DOLLAR TREE - 12:00p Machine Mania - 11:00a Walker's Club - 9:30a

RA Shredding - 2:00p

Stitching with Nena - 2:00p Snacks & Ice Cream - 2:00p

23

24 Walker's Club - 9:30a ZUMBA with Anna - 11:00a RA BINGO - 6:00p LM Movie - 1:00p

Belfort - 1:00p

Sunday Believers' with Paul IRON PIGS - 12:00p

30

# 25

Church - 2:00p WAYBACK BURGERS - 11:00a Drum Fitness - 11:00a

Cooking with Lyndi - 11:30a ZUMBA with Anna - 11:30a 26 GERRITY'S FARM MKT - 12:00p Walker's Club - 9:30a Bible Study - 12:30p

Pastor Movie - 2:00p

Jeopardy Trivia Day! - 2:00p

Chat Room - 10:00a Church - 2:00p DINER 248 - 9:00a

Machine Mania - 11:00a 28 Walker's Club - 9:30a HERSHEY CHOC WORLD -8:00a

Snacks & Ice Cream - 2:00p RA Shredding - 2:00p

Stitching with Nena - 2:00p

# FRIDAY

SATURDAY

22

Bellezza Salon Pamper Party: Pedicures - Appt. Only

# 29

RA SOCIAL - 4:00p Pedicures - Appt. Only Bellezza Salon Pamper Party:

# 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 Jacinda	Tuesdays	11:00am	Community Room	
<b>Machine Mania</b> with Jacinda	Fridays	11:00am	Exercise Room	
<b>Walker's Club</b> with Jacinda	Monday, Wednesday, Friday	9:30am	Lutheran Manor	
<b>ZUMBA</b> with Anna	Mondays Wednesdays	11:00am 11:30am	Exercise Room	

# June Activities

Snacks/Ice Cream Sale	Every FRIDAY	2:00p	Lounge
RA BINGO	•	•	, and the second
	Every Monday	6:00p	Community Room
RA Breakfast	Canceled until September		
RA Coffee & Donuts	Every 1st Saturday	9:30a	Lounge
RA Pinochle	Every 1st Saturday	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, June 3rd	9:00a	Brenda's Office
Entertainment: Glen Kakowski, Vocals	Monday, June 3rd	12:00p	Lounge
CLINIC: Blood Pressure Checks	Tuesday, June 4th	1:15p	Lounge
Walker's Club Walk & Picnic!	Wednesday, June 5th	10:00a	Meet at the Fitness Center
Second Harvest Food Bank	Thursday, June 6th	12:30p	Lounge
Bellezza Salon Pamper Party: Manicures	Saturday, June 8th & 15th	Appt.	Salon & Spa
Ice Cream SOCIAL	Monday, June 10th	1:00p	Lounge
SPEAKER: Sun Exposure	Tuesday, June 11th	12:30p	Community Room
GENERAL MEETING	Tuesday, June 11th	2:00p	Lounge
Lutheran Manor BINGO	Wednesday, June 12th	1:45p	Lounge
CLINIC: OAA Podiatry	Friday, June 14th	12:30p	Resident Apartments
OFFICE CLOSED: Juneteenth	Wednesday, June 19th	All Day	Lutheran Manor
CLINIC: HealthDrive EYE	Thursday, June 20th	9:00a	Game Room
Painting with a Twist	Thursday, June 20th	12:00p	Lounge
SPEAKER: Senior Planning Seminar	Friday, June 21st	1:00p	Community Room
Bellezza Salon Pamper Party: Pedicures	Saturday, June 22nd & 29th	Appt.	Salon & Spa
Resident Birthday Party	Saturday, June 22nd	6:00p	Lounge
Cooking with Lyndi	Wednesday, June 26th	11:30a	Lounge
Jeopardy Trivia Day	Wednesday, June 26th	2:00p	Community Room
RA SOCIAL	Saturday, June 29th	4:00pm	Lounge





Thur, 6/6 @ 12:30pm

MUST come to Lounge to collect your box

# **CLINICS**

Blood Pressure with Jacinda Tuesday, 6/4 @ 1:15pm ~Lounge

OAA Podiatry Friday, 6/14 @ 12:30pm ~Resident Apartment

Health Drive EYE Thursday, 6/20 @ 9:00am ~Game Room

Sign up with Brenda



Sileo Insurance Group 'WORRY LESS. LIVE MORE'

Why is it so important to plan ahead?

Learn how to obtain a Last Will & Testament for free!

Friday, 6/21 @ 1:00p
-Community Room

\*Sign up on Events Form

\*Clinics-sign up directly with Brenda
\*Entertainment & Speakers-sign up on 'Events Sign-Up Form'

# Brenda's Bulletin

# ENTERTAINMENT:

Glen Kakowski, Vocals Monday, 6/3 e 12:00pm

# **ACTIVITY**

Painting with a Twist Thursday, 6/20 @ 12:00pm

LOUNGE | SIGN UP ON EVENTS FORM

# **COOKING WITH LYNDI**



Join us for some...

-Chicken Salad Sandwich

-Mediterranean Tortellini Salad

-Lemon Berry Mint Smoothie



-Lounge | Max. of 16 seats available

\*SIGN UP ON EVENTS FORM

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

# Resident's Association





Saturday, June 1st at 9:30am Lounge



The following Events will be cancelled until September!

• Soup & Hot Dogs

• RA Breakfast

Thank you for your cooperation and understanding

RESIDENT'S ASSOCIATION

SOCIAL

SATURDAY, JUNE 29TH
4:00pm - Doors open
5:00pm - Food
6:00pm - Entertainment
~ Bill Reese ~
Lounge | Personal Snacks Allowed

Resident Birthday Party!

Join the Resident's
Association in celebrating all resident birthdays from April to June!

5:00p Cake & Coffee
6:00-7:00p DJ
SATURDAY, JUNE 22ND
Everyone is welcome!
Sign up on Events Form

# 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.

Monday, 6/10	Floor 11
Tuesday, 6/11	Floors 10 and 9
Wednesday, 6/12	Floors 8 and 7
Thursday, 6/13	Floors 6 and 5
Friday, 6/14	Floors 4 and 3
Monday, 6/17	Floors 2 and 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.

Ken Kevin & Donny
-Maintenance Department

# Event Sign-Up Sheet

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

Lutheran Manor Events					
6/5	Wednesday	day Walker's Club Walk & Picnic			
6/8	Saturday	aturday Bellezza Salon Pamper Party: Manicures			
6/11	Tuesday	SPEAKER: 'Sun Exposure'	12:30	)	
6/12	Wednesday	Lutheran Manor BINGO	1:45p		
6/15	Saturday	Bellezza Salon Pamper Party : Manicures			
6/17	Monday	LM In Person Movie: "Arthur the King"	1:00p		
6/20	Thursday	ACTIVITY: Painting with a Twist	12:00		
6/21	Friday	SPEAKER: 'Worry Less & Live More'	1:00p		
6/22	Saturday Bellezza Salon Pamper Party: Pedicures				
6/26	Wednesday	/ednesday Cooking with Lyndi		a	
6/26	Wednesday Jeopardy Trivia Day!		2:00p		
6/29	9 Saturday Bellezza Salon Pamper Party: Pedicures		•		
6/4	Tuesday Drum Fitness 11:0		11:00	a	
6/11	Tuesday	Tuesday Drum Fitness (Outside)			
6/25	Tuesday	Drum Fitness		a	
Resident's Association Events					
6/22	Saturday	Resident Birthday Party 5:00p			
6/29	Saturday	Resident's Association SOCIAL	4:00p		
Name(s):					
Phone Number: Apt.#:					
*Please return to the Main Office by Monday, 6/3*					

		July Van Trips		
		July Vall Tripo	$\checkmark$	
7/1	Monday	Shopping at WEGMANS	12:00p	
7/2	Tuesday	Lehigh Art Alliance 89th Summer Exhibition at The Promenade Shops	10:30a	
7/3	Wednesday	BANKS & Shopping at CVS / WALGREENS	10:00a	
7/8	Monday	Lunch at TOWN & COUNTRY	11:00a	
7/10	Wednesday	SILVER BIRCHES: 'Shake, Rattle, & Roll' (\$45 due by 7/5; lunch INCLUDED in ticket fare)	8:30a	
7/11	Thursday	Shopping at GIANT	10:00a	
7/14	Sunday	BLUEBERRY FESTIVAL at Burnside Plantation	10:00a	
7/15	Monday	BANKS & Shopping at TARGET	10:00a	
7/16	Tuesday	Shopping at WEIS	10:00a	
7/17	Wednesday	Ice Cream at BATCH MICRO CREAMERY	1:00p	
7/18	Thursday	Breakfast at GAP DINER	9:00a	
7/19	Friday	Shopping at WALMART 248	11:00a	
7/24	Wednesday	Shopping at ALDI	12:00p	
7/25	Thursday	PINES DINNER THEATRE: 'Footloose' (\$42 due 7/5; lunch NOT INCLUDED in ticket fare)	11:00a	
7/29	Monday	Shopping at ALLENTOWN CROSSINGS & Lunch at OUTBACK STEAKHOUSE	10:00a	
7/30	Tuesday	Dinner at KINGFISH AMERICAN BISTRO	3:00p	
7/31	Wednesday	Shopping at GERRITTY'S FARM MARKET	11:00a	
Name:				

\*This form to be collected starting at 9:00am on Monday, 6/3\*

Phone#:\_\_\_\_\_\_Apt#:\_\_\_\_\_

<u>July Van Trips...</u>

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

### **LEHIGH ART ALLIANCE SUMMER EXHIBITION:**

A juried exhibition shows artwork selected through a competitive process. Artist members submit images and information for the artworks they hope will be selected by a juror. Come enjoy this amazing selection full of color and summer vibes!

### **TOWN & COUNTRY RESTAURANT:**

Enjoy eggs benedict in over ten different styles, steak & eggs, pasta, seafood, burgers, sandwiches, wings, or their famous chicken & waffles. Experience amazing, affordable home cooked meals just like mom used to make.

### Silver Birches 'SHAKE, RATTLE, & ROLL':

**11a ARRIVAL-** Enjoy coffee & apple streusel cake, shop Artisan jewelry, gifts, & local food specialties

11:30a- ENJOY Music & Dancing

12p- OPEN BAR with draft beer, wine & soda

12:30p- BUFFET SERVICE includes Coffee Cake, Broccoli Salad, House Baked Bread, Roasted Pork Lon, Wild Rice Pilaf, Meatloaf with Gravy, Chef's Whim Salad, Roasted Veggies, Ice Cream Sundae

2p- ENJOY more Music & Dancing

2:30p- ENTERTAINMENT- Take a trip down memory lane with a Rock n Roll show featuring Group DuJour playing tunes from the 50's - 80's.

3:30p- ŠNACK before departure

### **BLUEBERRY FESTIVAL:**

Come enjoy the beautiful plantation with great food, live music, fresh, delicious blueberries & desserts, Colonial cooking, gardening, and brewing demos, pony rides, kids activities, and much more!

### **Pines Dinner Theatre presents 'FOOTLOOSE':**

The local preacher is determined to exercise control over the town's youth by banning dance. When the reverend's rebellious daughter sets her sights on Ren, her roughneck boyfriend tries to sabotage Ren's reputation, with many of the locals eager to believe the worst about the new kid. The heartfelt story that emerges pins a father longing for the son he lost against a young man aching for the father who walked out on him.

### \*\*CANCELATION NOTICE\*\*

Please provide Brenda with 24 hours notice of cancelation prior to the scheduled departure time of the trip. Failure to provide this notification will result in a \$5.00 cancellation fee for non-ticketed trips or NO REFUND for any pre-paid ticketed trips. Additionally, any resident with an outstanding charge will not be permitted to enjoy any additional trips until the balance is paid in full. To cancel your reservation, please contact 610-866-6010 extension 4.