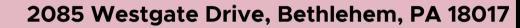


Lutheran Manor of the Lehigh Valley



Office Hours

Monday - Thursday 8:30am - 4:30pm Friday 8:30am - 1:00pm

Fitness Center

Every Day 6:00am - 9:00pm

Staff Birthdays

Donny H. - May 5th Jessica C. - May 13th Yesenia D. - May 23rd

WELCOME New Residents

Francisca R. - Floor 5
Jean R. - Floor 8

General Meeting

Tuesday, May 14th at 2:00pm

LOUNGE / CHANNEL 98

Office Notes



WORSHIP SERVICES:

Believers' Worship

with Paul Belfort Sundays at 1:00pm

Community Room

Office Closed In Observance Of

MEMORIAL DAY!

Monday, May 27th



understanding and patience!

Interested in shuffleboard?

Lutheran Manor is thinking about bringing back a shuffleboard league. If you are interested please contact the office.

LM IN PERSON MOVIE

Join us on Monday, 5/13 for a showing of the new movie "Scoop".

Please Sign up on the Events Form





Movie Days

Mending the Line



After returning to the United States, a wounded veteran develops a friendship with a headstrong fly fishermen and a talented photographer turned librarian.

MAY 6TH

Scoop



An insider account of how the women of "Newsnight" secured Prince Andrew's infamous 2019 interview about his friendship with convicted sex offender Jeffrey Epstein.

MAY 13TH - COMMUNITY ROOM

Mother of the Bride



Stunned by her daughter's bombshell wedding announcement Lana soon faces another shock: the groom's father is the man who broke her heart years ago.

MAY 20TH



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

Jacinda's Jumpstart to Wellness



PHYSICAL FITNESS AND SPORTS MONTH

"Give your time to exercise, or illness will take your time"

Join Jacinda on National Senior Fitness and Health Day

for a taste of all our exercise classes in one day!

Zumba - Strength - Drum Fitness - Yoga

Located on the grass in front of the Maintenance Shed!

Wednesday, May 29th at 11:00am

Make sure to wear appropriate clothing to move in!



Jacinda's Jumpstart to Wellness

Wellness Center Activites and Events!

Friday, May 17th II:00am

Walker's Club Van Trip

Spring is here!! Come take a beautiful walk around the Bethlehem Rose Gardens. Enjoy refreshments afterwards as well! Wednesday, May 29th at 2:30pm Community Room

Jeopardy Trivia Game

Join Jacinda in the community Room for a fun day of Trivia, prizes, and refreshments! Compete against your fellow residents for the grand prize!

Monday, May **20th** 2:30pm

SPEAKER: Peluic Health

Preventing UTI's, strengthening pelvic muscles, general hygiene, and MORE! **Community** Come listen to LVHN specialist to get all the answers you need!

Tuesdays at 11:00am Community Room

Drum Fitness Class

If you are interested in being apart of the next Lutheran Manor Wii Bowling League Tournament please contact Jacinda!

Tuesday, May 21st **Exercise** Room 1:30pm

Room

Latin Dance Lessons

Dance instructor, Anna PuertoReal, is here to get your cha-cha on! Learn fun latin dance moves during this one hour session. Reminder that this is an all standing class!

By appointment only! Community Rooom

Wii Sports Sessions

Exercise by playing your favorite sports with the touch of a remote! Contact Jacinda to make your appointment today!!

Wednesday, May 22nd at 2:30pm Community Room

Exercise BINGO

Play everyone's favorite game while learning how to exercise your full body! Win small prizes but earn the strength of a lifetime!

Wii Bowling League

If you are interested in being apart of the Lutheran Manor Wii Bowling League Tournament, please contact Jacinda!

For more Information please contact Jacinda

610-866-6010 Ext. 8

Sign up for all Events on the Events Page



From the Chaplain



Genesis 1:27 "So God created humankind in his image, in the image of God he created them; male and female he created them."

Just a word to acknowledge and say thank you to all women as we celebrate another Mother's Day. Whether you're a traditional mother, grandmother, aunt, sister, teacher, or dear friend, each of you are unique, fearfully, and wonderfully made. Thank you for your tremendous spiritual influence on the children around you. May God bless each of you as you continue to grow in faith, hope and love.. Praying God's peace on you and hoping you enjoy a wonderful Mother's Day.

Thank you! Many Blessings - Pastor Clark

Worship in the Community Room

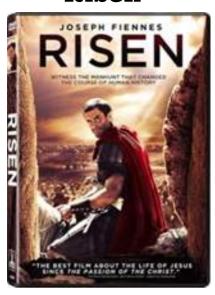
	WORSHIP IS LIVE AT 2:00 PM ~LIVE-STREAMED ON CH 98~
Thurs, 5/2	Brother Sam Claudio : Christ Fellowship Church, Allentown (SPANISH/ENGLISH)
Thurs, 5/9	Pastor Brian Riedy : Holy Trinity Lutheran, Catasauqua (Holy Communion*)
Thurs, 5/16	Pastor Russell Stark : House on the Rock Family Church, Wind Gap
Thurs, 5/23	Pastor Richard Nahodil : Evangelical Congregational, Retired
Tues, 5/28	Father Venantius Karobo : Notre Dame RC Church, Bethlehem
Thurs, 5/30	Pastor Lisa Borrell: Friedens (Center Valley) and New Jerusalem (Bethlehem), Lutheran Chuches (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

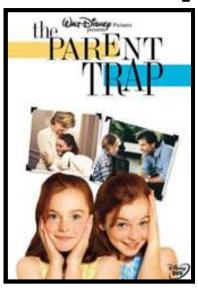
Risen



Risen is the epic biblical story of the resurrection, as told through the eyes of a non-believer. Clavius, a powerful Roman military tribune, and his aide, Lucius, are tasked with solving the mystery of what happened to Jesus in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah.

WED, MAY 1ST

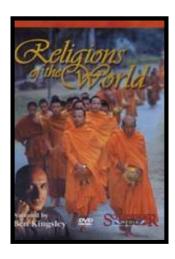
The Parent Trap



The Parent Trap tells the tale of identical twin sisters, separated shortly after birth by the break up of their parents. Unaware of each other's existence, fate intervenes when the girls coincidentally meet at summer camp. Eager to meet their respective parents, the girls devise a plan to switch places.

WED, MAY 8TH

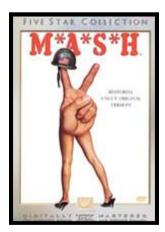
Religions of the World Series: Judaism



Narrated by Academy Award - winner Ben Kingsley, the series objectively documents religions worldwide. Judaism is one of the world's oldest surviving religions. Judaism is both a theology and a way of life for over 12 million followers in the world.

WED, MAY 15TH

M*A*S*H



A classic that spawned a hit TV show which combines comedy and wartime crisis. M*A*S*H follows the wacky staff at an Army field hospital near the front lines of the Korean War. They use humor, pranks, pick-up football and more to stay sane in the face of gruesome injuries and mounting death tolls.

WED, MAY 22ND

Funny Girl



One of the most popular movie musicals ever made! Funny girl follows the early career of stage comedian Fanny Brice. The film's many memorable songs include "Don't Rain On My Parade" and the Streisand classic "People"

WED, MAY 29TH

Lutheran Manor



Bellezza Salon and Spa

Bellezza Salon & Spa May Specials:

PERM:

All ladies will receive a FREE eyebrow wax with any perm this month. The brow wax will help open up your eyes to look and feel younger, who doesn't love that?

REFERRALS:

ALWAYS ONGOING. Refer a new client to the salon and after they complete their visit, you'll receive \$5.00 OFF your next service



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 & Spa

WAXING INFORMATION:

In addition to removing unwanted hair, waxing takes off the top layer of dead, dry skin to reveal the smoother, more supple skin underneath. The layer of new skin also has a more even tone. Hair grows back softer for shaving. Some people might have a slight discomfort during the process and may get a slight rash or redness but that will disappear by the following day.

HOW OFTEN SHOULD YOU WAX?

It is recommended to wax the same area every 3-5 weeks to keep a clean, smooth look. When done correctly, waxing will thin out the hair follicles which makes it easier for removal at your next appointment.

WAXING AFTERCARE:

Avoid applying lotions, creams, and makeup on the day of your appointment because it can irritate the skin.

Contact 610-866-6010 x209 to schedule an appointment

MAY 2024



LUTHERAN MANOR of the lehigh valley



Tuesday Wednesday Thursday	
1	
COOPERSBURG DINEK. 9:00a Walker's Club - 9:30a Zumba with Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p	COOPERSBURG DINER - 9:00a Walker's Club - 9:30a Zumba with Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p
r's Clu ORT I ? - 10:0 a with study	Wels - 10:00a Walker's Club - 9:30a Drum Fitness - 11:00a LEESPORT FARM MKT/ Senior Life BINGO & Lunch DINER - 10:00a - 12:00p Zumba with Anna - 11:30a CLINIC: BP Checks - 1:15p Pastor Movie - 2:00p
15 Walker's Club - 9:30a BANKS/TARGET - 10:00a Zumba with Anna - 11:30a Bible Study - 12:30p LM BINGO - 1:45p Pastor Movie - 2:00p	14 SIGHT & SOUND 'DANIEL' . Walker's Club - 9.3 8.30a Drum Fitness - 11:00am Zumba with Anna GENERAL MEETING - 2:00p LM BINGO - 1:45p Pastor Movie - 2:0

MAY 2024



of the lehigh valley

	7

RA Bingo - 6:00p WEGMANS - 12:00p Flautist - 2:00p Church - 2:00p	ay Believers' w// Paul OFFICE CLOSED!	Sunday Believers' w// Paul · DOME TRAIN RIDE · 9:00a Drum Fil:00p Dome Fil:00a Drum Fil:00	Sunday Monday
130a	ial Day	E TRAIN RIDE - 9:00a er's Club - 9:30a a with Anna - 11:00a dan Band - 12:00p IOVIE - 1:00p KER: Pelvic Health -	
WEGMANS - 12:00 Flautist - 2:00p Church - 2:00p	28 Drum Fitness - I	21 Drum Fi Latin D	
ଞ	1:00am	21 Drum Fitness - 11:00am Latin Dance Class - 1:30p	Tuesday
Senior Fitness & Health Day! - 11:00a Zumba w/ Anna · CANCELED Bible Study · 12:30p Jeopardy Trivia Day · 2:30p Pastor Movie · 2:00p FIAMMA · 3:00p	29 30 Chat Room - 10:00a	Walker's Club - 9:30a ALDI - 10:00a Zumba with Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p Exercise BINGO - 2:30p	Wednesday
DOLLAR TREE - 10:00a Yoga with Dana - 11:00a Church (HOLY COMMUNION) - 2:00p	30 Chat Room - 10:00a	23 HAPPY BIRTHDAY YESENIA! Chat Room - 10:00a Yoga with Dana - 11:00a GIANT - 12:00p Church - 2:00p DOUGHBOYS - 3:00p	Thursday
Walker's Club - 9:30a Machine Mania - 11:00a Snacks & Ice Cream - 2:00p Stitching with Nena - 2:00p RA Shredding - 2:00p	31 QMART - 9:00a	24 Walker's Club - 9:30a Machine Mania - 11:00a ART FUSION - 12:30p Snacks & Ice Cream - 2:00p Stitching with Nena - 2:00p RA Shredding - 2:00p	Friday
Staff Birthdays: Donny H May 5th Jessica C May 13th Yesenia D May 23		25 RA SOCIAL - 5:00p	Saturday

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	Tuesdays	11:00am	Community Room
Machine Mania with Jacinda	Fridays	Fridays 11:00am Exercise Room	
Everybody's Yoga with Dana	Thursdays	11:00am	Exercise Room
Walker's Club with Jacinda	I U'ALIAM I		Lutheran Manor
ZUMBA with Anna	Mondays Wednesdays	11:00am 11:30am	Exercise Room

MayActivities

Snacks/Ice Cream Sale	Every FRIDAY	2:00p	Lounge
RA BINGO	Every Monday	6:00p	Community Room
RA Breakfast (UPDATE)	Every 3rd Saturday	9:30a	Lounge
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	Saturday, May 11th	5:00p	Lounge
Stitching with Nena	Every Friday	2:00p	Lounge
Van Trip Drop Off	Wednesday, May 1st	9:00a	Brenda's Office
Second Harvest Food Bank	Thursday, May 2nd	12:30p	Lounge
ENTERTAINMENT: RTO	Thursday, May 2nd	7:00p	Lounge
ENTERTAINMENT: The Danny Grae Show	Friday, May 3rd	2:00p	Lounge
ACTIVITY: BINGO & Lunch	Tuesday, May 7th	12:00p	Community Room
CLINIC: Blood Pressure	Tuesday, May 7th	1:15p	Lounge
CLINIC: OAA Podiatry	Friday, May 10th	12:30p	Resident Apartments
GENERAL MEETING	Tuesday, May 14th	2:00p	Lounge/ Ch 98
Lutheran Manor BINGO	Wednesday, May 15th	1:45p	Lounge
CLINIC: HealthDrive EYE	Thursday, May 16th	9:00a	Game Room
Walker's Club Van Trip	Friday, May 17th	11:00a	Beth. Rose Gardens
SPEAKER: Arthritis Awareness	Friday, May 17th	2:00p	Community Room
ENTERTAINMENT: One Man Band	Monday, May 20th	12:00p	Lounge
SPEAKER: Pelvic Health	Monday, May 20th	2:30p	Community Room
Latin Dance Class	Tuesday, May 21st	1:30p	Community Room
Exercise BINGO	Wednesday, May 22nd	2:30p	Community Room
RA SOCIAL	Saturday, May 25th	4:00pm	Lounge
ENTERTAINMENT: Flautist	Tuesday, May 28th	2:00p	Lounge
Senior Fitness and Health Day!	Wednesday, May 29th	11:00a	Grass lawn across from Maintenance
Jeopardy Trivia Day!	Wednesday, May 29th	2:30p	Community Room

Brenda's Bulletin

SECOND HARVEST FOOD BANK

Thur, 5/2 @ 12:30pm

~MUST come to Lounge to collect your box

CLINICS

Blood Pressure Tuesday, 5/7 @ 1:15p

~Lounge

OAA Podiatry Friday, 5/10 @ 12:30p

-Resident Apartment

HealthDrive EYE
Thursday. 5/16 @ 9a
~Game Room

***SIGN UP WITH BRENDA**



ACTIVITY:

BINGO & Lunch SENIOR LIFE ~Tuesday, 5/7 @ 12p~



SPEAKER:

Arthritis Awareness

RED LION HOME CARE ~Friday, 5/17 @ 2p~



*SIGN UP ON EVENTS FORM
**COMMUNITY ROOM

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

Brenda's Bulletin

ENTERTAINMENT:

REALLY TERRIBLE ORCHESTRA ~THURSDAY, 5/2 @ 7P~

THE DANNY GRAE SHOW ~FRIDAY, 5/3 @ 2P~

ONE MAN BAND ~MONDAY, 5/20 @ 12P~

FLAUTIST, MEREDITH TWARDOWSKI ~TUESDAY, 5/28 @ 2P~

*SIGN UP ON EVENTS FORM | LOUNGE

WHAT DO YOU NEED?

At times, we receive furniture and other household donations from fellow residents. If you find there is something you may need, please complete this form below and return to Brenda. Upon receipt of any items on your list, she will contact you immediately to see if you're still interested.

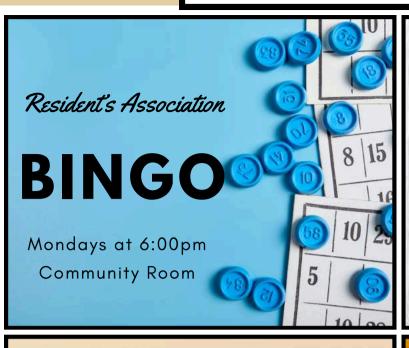
NAME:		
PHONE:	APT:	**
LIST OF ITEMS		

*RETURN THIS COMPLETED SLIP TO BRENDA

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



Resident's Association



Resident's Association

COFFEE & DONUTS

Saturday, May 4th at 9:30am Lounge



RESIDENT'S ASSOCIATION

PINOCHLE

SATURDAY, MAY 4TH AT 12:30PM Light Refreshments - \$2.00 Per Play



RESIDENT'S ASSOCIATION

SOUP & HOT DOGS

SATURDAY, MAY 11TH AT 5:00PM LOUNGE



Resident's Association

SOCIAL

Saturday, May 25th
4:00pm - Doors Open
5:00pm - Light Refreshments
6:00pm - Entertainment
~ Fine & Mellow ~

Lounge *personal snacks allowed*

Resident's Association

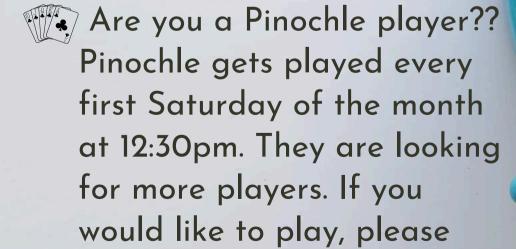
Friendly Reminders:



Coffee & Donuts and RA Breakfast have officially been moved to 9:30AM indefinitely.



Snacks & Ice Cream have officially been moved to FRIDAYS at 2:00PM indefinitely.



contact Ken Clifford.



Event Sign-Up Sheet

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

Lutheran Manor Events				
5/2	Thursday	ENTERTAINMENT: Really Terrible Orchestra	7:00p	
5/3	Friday	ENTERTAINMENT: The Danny Grae Show	2:00p	
5/7	Tuesday	ACTIVITY: BINGO & Lunch	12:00p	
5/13	Monday	LM IN PERSON MOVIE : "Scoop"	1:00p	
5/15	Wednesday	Lutheran Manor BINGO	1:45p	
5/17	Friday	Walker's Club Trip: Bethlehem Rose Garden	11:00a	
5/17	Friday	SPEAKER: Arthritis Awareness	2:00p	
5/20	Monday	ENTERTAINMENT: One Man Band	12:00p	
5/20	Monday	SPEAKER: Pelvic Health	2:30p	
5/21	Tuesday	Latin Dance Lessons	1:30p	
5/22	Wednesday	Exercise BINGO	2:30p	
5/28	Tuesday	ENTERTAINMENT: Flautist	2:00p	
5/29	Wednesday	Senior Health and Fitness Day Class!	11:00a	
5/29	Wednesday	Jeopardy Trivia Day!	2:30p	
5/7	Tuesday	Drum Fitness	11:00a	
5/14	Tuesday	Drum Fitness	11:00a	
5/21	Tuesday	Drum Fitness	11:00a	
5/28	Tuesday	Drum Fitness	11:00a	

Resident's Association Events5/18SaturdayResident's Association BREAKFAST9:30a______5/25SaturdayResident's Association SOCIAL4:00p______

Name(s):	
Phone Number:	Apt.#:

Please return to the Main Office by Wednesday, 5/1

		JuneVan Trips	
		ye	\checkmark
6/3	Monday	BANKS & Shopping at CVS / WALGREENS	10:00a
6/4	Tuesday	AMISH COUNTRY TOUR / Lunch (\$36.00 due 5/10; Lunch not included in ticket fare)	8:30a
6/5	Wednesday	Dinner at RIOS BRAZILIAN STEAKHOUSE	4:00p
6/6	Thursday	Shopping at WEIS	10:00a
6/7	Friday	Ice Cream & Lunch at CHUCK WAGON DRIVE-IN	12:00p
6/10	Monday	Shopping at GIANT	10:00a
6/11	Tuesday	BOARD & BRUSH Wood Art Studio (\$25 due 5/17)	10:00a
6/12	Wednesday	SILVER BIRCHES: 'Elvis is in the Building' (\$45 due 5/15)	9:00a
6/13	Thursday	Shopping at WALMART 248	10:00a
6/14	Friday	Oak St. Health BINGO & Brunch	11:00a
6/18	Tuesday	Shopping at LIDL GROCERY OUTLET	12:00p
6/20	Thursday	Mountain View MINI GOLF & Lunch	11:00a
6/21	Friday	Shopping at DOLLAR TREE	12:00p
6/23	Sunday	IRON PIGS GAME at Coca-Cola Park (\$12 due 6/7)	12:00p
6/25	Tuesday	Lunch at WAYBACK BURGERS	11:00a
6/26	Wednesday	Shopping at GERRITY'S FARM MARKET	12:00p
6/27	Thursday	Breakfast at DINER 248	9:00a
6/28	Friday	HERSHEY CHOCOLATE WORLD: ~Candy Expedition ~Create your own candy bar ~Unwrapped ~Trolley Works (\$73.50 due 5/17; Lunch not included in ticket fare) Lunch at FUNCK'S RESTAURANT	8:00a
Nar	ne:		· · · · · · · · · · · · · · · · · · ·
Pho	one#:	Apt#:	

*This form to be collected starting at 9:00am on Wednesday, 5/1

June Van Trips...

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

AMISH COUNTRY TOUR:

Join this mini bus adventure traveling through backroad sites that are off the usual tourist trail, showcasing Amish homes, schools, and farms. Then take a self-guided tour of an 1805 farmstead, craft market and schoolhouse listening to stories about Amish customs, traditions, clothing, religion, and history.

RIOS BRAZILIAN STEAKHOUSE:

Experience fine dining, Brazilian style...beef, lamb, pork, chicken, spicy sausage, homemade deserts, famous black bean soup, rice, and grilled pineapple.

Top it off with signature cocktails, beer, and wine.

CHUCK WAGON DRIVE-IN:

Enjoy hot dogs, burgers, cheesesteaks, french fries, pierogies, and top it off with the best ice cream, milkshakes, sundaes, and/or banana splits.

Silver Birches 'ELVIS IS IN THE BUILDING':

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-ENTERTAINMENT- The King is Alive & well through the talents of John Monforto, trained lyric baritone. John has thrilled audiences nationally and internationally as Elvis.

3:30p- SNACK before departure

<u>IRON PIGS HOME GAME:</u>

The Lehigh Valley IronPigs is our very own Minor League Baseball team that play at Coca-Cola field in Allentown. Come enjoy the Iron Pigs vs. Norfolk Tides with a view above the home dugout.

WAYBACK BURGERS:

Indulge in their signature burgers always fresh and made to order, hand-breaded chicken sandwiches, french fries with any topping, loaded tator tots, onion rings, and hand dipped milkshakes.

HERSHEY'S CHOCOLATE WORLD:

Experience a candy world in an authentic train station & hop the train to decide your path to magical destinations; Choose ingredients to create your own bar; Enjoy the theatre show led by zany tasteologists, then enter the chocolate lab to see, touch, hear, smell & taste chocolate; Take a live packed ride through Hershey world filled with fun facts, laughter, history, and lots & lots of chocolate candy!