

# September 2024

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

Jacinda A. - September 8th  
Lori H. - September 11th  
Ken L. - September 27th

## WELCOME New Residents

No New Residents

## General Meeting

Tuesday, September 10th  
at 2:00pm

LOUNGE / CHANNEL 98



# Office Notes

## Happy Housekeeper Appreciation Day!

A big thank you to Chentelle, Jessica, and Yesenia for keeping Lutheran Manor clean and beautiful!



**Tuesday,  
September 17th**



**OFFICE CLOSED!**

WORSHIP SERVICES:

*Believers' Worship*

with Paul Belfort  
Sundays at 1:00pm

*Community Room*

*Happy Service Coordinator  
Appreciation Day!*

Thank you, Brenda, for everything you do for Lutheran Manor. Things wouldn't go so smoothly without you!

*Thursday, September 19th*



## LM IN-PERSON MOVIE

Join us for a showing of  
the new movie  
*"Twisters"*

**Monday, 9/9 @ 1pm**

~Community Room

**\*SIGN UP ON EVENTS FORM**



# Movie Days

**NO MOVIE  
Office Closed for Labor Day!**

## Twisters



Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, to test a groundbreaking new system. She crosses paths with a charming but reckless social media superstar who thrives on posting his storm chasing adventures, but soon will experience terror like no other.

**SEPTEMBER 9TH - COMMUNITY ROOM**

## Fly me to the moon

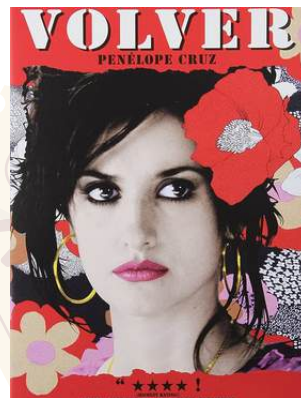


Sparks fly between a marketing executive and a NASA official as he makes preparations for the Apollo 11 moon landing.

**SEPTEMBER 16TH**

## Spanish In-Person Movie "VOLVER"

*\* with English subtitles | Clasificada R\**



Raimunda (Penélope Cruz) trabaja y vive en Madrid con su marido Paco y hija Paula. Su hermana Sole vive cerca y ambos extrañan a su madre Irene, quien murió hace varios años en un incendio en su casa junto consu padre. Una ex vecina de su pueblo natal relata que ha visto el fantasma de Irene pero ambas hijas no le creen. Después de un asesinato y una tragedia familiar, el espíritu de Irene se materializa alrededor de sus hijas para ayudarlas a consolarlas.

**Monday, 9/23 @ 1p**  
~COMMUNITY ROOM

**\*SIGN UP ON EVENTS FORM**

## Float (replay)



When her plans suddenly change, young Waverly takes an impulsive detour to a small Canadian town. After nearly drowning at a beach party, she soon finds herself falling in love with the handsome lifeguard who rescued her.

**SEPTEMBER 30TH**

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

# Jacinda's Jumpstart to Wellness

## JEOPARDY

# Trivia

# Day

FUN TRIVIA | BIG PRIZES | REFRESHMENTS

Your favorite game continues. Join your host, Jacinda in an awesome trivia game of Jeopardy. Compete against your fellow residents to score high and win big!!

Sign Up on the Events Form

Wednesday, September  
25th at 2:00pm

## Where's that sugar hiding??

Join RN, Jennifer Woo, on a presentation of Nutrition Facts: Locating Hidden Sugars in Foods. Find healthier ways to eat sweets and feel better nutritionally.

*SIGN UP ON THE EVENTS FORM*

*Date: TBD | Community Room*

# Jacinda's Jumpstart to Wellness

## DRUM FITNESS

An upbeat, cardio class that moves your entire upper body. Mostly seated, standing if comfortable! Enjoy drumming to music from the 50s-80s. Get an amazing workout in, then a recovery session afterwards!



**MUST SIGN UP BELOW  
LIMITED SEATING**

Tuesdays at 11:00am & Thursdays at 12:00pm



## WALKER'S CLUB VAN TRIP

These shoes were made for walkin!! Join the Walker's Club in a Van Trip to Valley Center Parkway. Walk around the beautiful lands and enjoy some refreshments at the end.

**Sign up on the events form  
Friday, September 13th  
at 10:00am**

Jacinda will be on vacation from Thursday, September 5th to Wednesday, September 10th. All drum fitness class during that time are CANCELED!!! 

**Please check the dates you would like to attend and return to the main office!**

9/3	Tuesday	Drum Fitness	11:00a	
9/12	Thursday	Drum Fitness (OUTSIDE)	12:00p	
9/17	Tuesday	Drum Fitness	11:00a	
9/19	Thursday	Drum Fitness	12:00p	
9/24	Tuesday	Drum Fitness	11:00a	
9/26	Thursday	Drum Fitness	12:00p	

Name: \_\_\_\_\_ Apt. \_\_\_\_\_

# From the Chaplain



## Ruminating...(consider, meditate)

Even when we're not physically moving, our minds tend to take over and ruminate on what has been left undone along with what needs to be done. We are either spending our energy on what was or what will be, leaving us in a constant struggle to find a place of being present in the now. Grateful for this moment God has given.

God knows about these temptations and offers encouragement to each of us "Be still and know that I am God" (Psalm 46:10). God is inviting us to live in the present moment with Him. This is our place to release our cares and concerns and find the peace that is given through Jesus. We are new creations, loved and cherished by our heavenly Father who desires that we spend our days not in worry and hurry but soaking in God's love and finding rest in Him.

*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, 9/5	Pastors David Vasques y Betzaido Droz, Iglesia Nuevo Amanecer COB - Bethlehem (SPANISH-ENGLISH)
Thurs, 9/12	Pastor George Eckstein, St. Mark's UCC - Allentown (Holy Communion**)
Thurs, 9/19	Dr. Mark Crumpler, Grace Church - Bethlehem
Tues, 9/24	Father Venantius Karobo, Notre Dame RC Church - Bethlehem
Thurs, 9/26	Pastor Rick Sergi, LV District Field Director - EC Church

## \*\*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

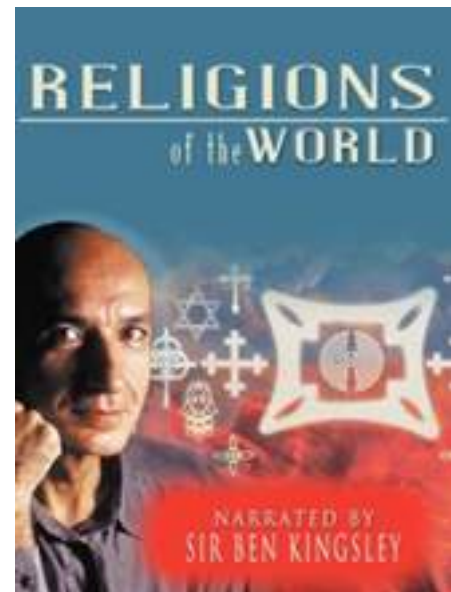
## Little Women



Based on a novel by Louise May Alcott in 1868, this is the 7th film adaptation. The story follows the lives of four March sisters -- Meg, Jo, Beth, & Amy and details of their passage from childhood to womanhood in Concord, Massachusetts during the 19th century.

**SEPTEMBER 4TH**

## Religions of the World: Islam



As of the monotheistic religions practiced today, learn about Islam's history -- from its inception in the seventh century, to the rise of the Ottoman Empire between the 9th and 12th centuries and to the present.

**SEPTEMBER 11TH**

## Forrest Gump



A movie everyone should watch at least once. Gump, a slow man with a big heart, takes us through his life story. Moments in Gump's tale will make you laugh and maybe cry but never forget. "Life is like a box of chocolates, you never know what you're going to get."

**SEPTEMBER 18TH**

## The Chosen: S4 - Episode 3 : Moon to Blood



The Chosen is an American Christian drama series about the life of Jesus of Nazareth. Episode 3: When Jesus heals a blind man on the Sabbath, religious leaders confront him. Gaius defies a strict order leading Quintus to take matters and someone's life into his own hands.

**SEPTEMBER 25TH**

# Lutheran Manor

## Lutheran Manor BINGO

*Returning Wednesday,  
September 11th at 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

### September Specials:

**Ear Candling – 1st \$5.00 OFF then 2nd (within 3 months) \$8.00 OFF**

### Ear Candling:

Ear Candling is sometimes called ear coning. It's a technique that uses a long hollow wax paper tube. One end is placed into the ear and the other is lit. The purpose is to draw the ear wax out which can help with things like ringing ears and sinus pressure. After the procedure is finished, a brown waxy substance is left in the candle stub. This is the earwax, bacteria, and debris from the process.

Do NOT use cotton swabs, paper clips, hair pins, or any other objects to clean or unblock your ears. These can push wax further in and cause infection, pain, or damage.

If you are someone who has excessive amounts of ear wax with pain, discomfort, ear infections, or hearing loss you should visit your doctor.

## Bellezza Salon & Spa

### REMEMBER:

To use your punch card! It is worth \$30 toward any salon service.

### DRAWING:

Each month put your name in the box for a chance to win a surprise gift basket!

### CANCELLATIONS:

Call or put a note under the salon door. There are **cancellation fees** if not done.

### REFERRAL

You can receive a gift when you recommend a friend or family member.

### APARTMENT VISIT:

Available with Tracy. Contact her directly. An extra-charge to bring everything to you.

## Bellezza Salon & Spa

### Staff Schedule:

**Tracy – Tuesdays : Hair, Waxing , Ear Candling**

**Lorri – Wednesdays and Thursdays: Hair and Nails**

**Anaya - Sat. Sept. 7th & Sat. Sept. 21st**

(Call directly to make changes or cancel service)

\*\*Anaya will also take walk-ins upon availability.

Her cell phone number is 484-632-2558

Ongoing surprise discounts with nails by Anaya.

Every time she gives you a mani or pedi, you get to pick your surprise discount for your next service. Good Luck!

Please give feedback and any suggestions you would like to share. We would love to hear from you. You may share with the Salon staff or call Diane Rizzetto directly at 610-390-9676.

Contact 610-866-6010 x209 to schedule an appointment

# September 2024

## Sunday

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

8 Grandparents' Day  
Sunday Believers' with Paul Belfort - 1:00p

HAPPY BIRTHDAY, JACINDA!!

15

Sunday Believers' with Paul Belfort - 1:00p

## Monday

2 Labor Day  
OFFICE CLOSED - Happy Labor Day!  
Walker's Club - 9:30a  
Zumba - CANCELED  
RA Bingo - 6:00p

9 Walker's Club - 9:30a  
Computer Class - 10:00a  
River Grille - 11:00a  
Zumba - 11:00a  
Lorri Woodward, Vocals - 12:00p  
LM MOVIE (In Person)-1:00p  
RA Bingo - 6:00p

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Walker's Club - 9:30a  
Banks/Target - 10:00a  
Zumba - 11:00a  
LM MOVIE - 1:00p  
RA Bingo - 6:00p

## Tuesday

3 Banks/Pharm - 10:00a  
Drum Fitness - 11:00a  
SPEAKER: 'WorryLess, LiveMore' - 1:00p  
CLINIC: BP Checks - 1:15p

10 Weis - 10:00a  
Drum Fitness - CANCELED  
General Meeting - 2:00p

## 17 Citizenship Day

Drum Fitness - 11:00a

HAPPY HOUSEKEEPER DAY, CC, JESS, YESENIA!

## Wednesday

4 Walker's Club - 9:30a  
Zumba w/ Anna - 11:30a  
Bible Study - 12:30p  
Pastor Movie - 2:00p  
Gambino's - 4:00p

11 Patriot Day  
Walker's Club - 9:30a  
DollarTree - 11:00a  
Zumba w/ Anna - 11:30a  
Bible Study - 12:30p  
LM BINGO - 1:45p  
Pastor Movie - 2:00p  
HAPPY BIRTHDAY, LORI!

18

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

## Thursday

5 Cerrity's Mkt - 10:00a  
Chat Room - 10:00a  
Drum Fitness - CANCELED  
Second Harvest - 12:30p  
Church (Spanish) - 2:00p

12 Hellertown Diner-9:00a  
Chat Room - 10:00a  
Drum Fitness - 12:00p  
Church - 2:00p

19

CLINIC: Eye - 9:00a  
Chat Room - 10:00a  
Drum Fitness - 12:00p  
Mobile Market - 12:30p  
Church - 2:00p  
Plaza Azteca Mex- 3:00p

HAPPY SERVICE COORDINATOR DAY, BRENDA!

## Friday

6 Walker's Club - 9:30a  
Machine Mania - CANCELED  
BlackRiver Winery-12:00p  
Glen Kakowski, Vocals - 2:00p  
RA Shredding - 2:00p  
Snacks & Ice Cream - 2:00p

13 Walker's Club Van Trip - 9:30a  
Machine Mania - CANCELED  
CLINIC: OAA - 12:30p  
Glenn Faul,Vocals - 1:00p  
RA Shredding - 2:00p  
Snacks & Ice Cream - 2:00p

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Walker's Club - 9:30a  
Machine Mania - 11:00a  
RA SHREDDING - CANCELED  
Snacks & Ice Cream - 2:00p  
Stitching with Nena - CANCELED  
StateTheatre 'LateNite Catechism' - 5:30p

## Saturday

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

14 RA Soup & Hot Dogs - 5:00p

21

RA Breakfast - 9:30a

# September 2024

Sunday

22 First Day of Fall

Sunday Believers' with Paul Belfort - 1:00p

Monday

23

Walker's Club - 9:30a  
Zumba - 11:00a  
Lidl Outlet - 12:00p  
SPANISH IN-PERSON MOVIE - 1:00p  
RA Bingo - 6:00p

Tuesday

24

WickedChef - 11:00a  
Drum Fitness - 11:00a  
Church - 2:00p  
Flautist - 2:00p

Wednesday

25

Train Ride - 9:00a  
Walker's Club - 9:30a  
Zumba w/ Anna - 11:30a  
Bible Study - 12:30p  
Pastor Movie - 2:00p  
Jeopardy Trivia Day - 2:00p

Thursday

26

Walmart - 10:00a  
Chat Room - 10:00a  
Cooking w/ Lyndi - 11:00a  
Drum Fitness - 12:00p  
Church - 2:00p

Friday

27 Native American Day

Walker's Club - 9:30a  
HISPANIC HERITAGE DAY - 11:00a  
Machine Mania - 11:00a  
RA Shredding - 2:00p  
Snacks & Ice Cream - 2:00p  
HAPPY BIRTHDAY, KEN LONG!!

Saturday

28

RA SOCIAL - 4:00p

29

Sunday Believers' with Paul Belfort - 1:00p

30

Walker's Club - 9:30a  
Zumba - 11:00a  
Wegmans - 12:00p  
Flower Class - 1:00p  
LM MOVIE - 1:00p  
RA Bingo - 6:00p

Staff Birthdays:  
Jacinda A. - Sept 8  
Lori H. - Sept 11  
Ken L. - Sept 27th

# 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 Thursdays	11:00am 12:00pm	Community Room
<b>Machine Mania</b> with Jacinda	Fridays	11:00am	Fitness Center
<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 (Channel 98)

# September 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	9:30a	Lounge
RA Pinochle	Every 1st Saturday	12:30p	Lounge
RA Shredding	Every Friday	2:00p	Lounge
RA Soup & Hot Dogs	Every 2nd Saturday	5:00p	Lounge
Van Trip Drop	Tuesday, September 3rd	9:00a	Brenda's Office
<b>SPEAKER:</b> <b>'WorryLess, LiveMore'</b>	Tuesday, September 3rd	1:00p	Community Room
<b>CLINIC: BP Checks</b>	Tuesday, September 3rd	1:15p	Lounge
Second Harvest Food Bank	Thursday, September 5th	12:30p	Lounge
Glen Kakowski, Vocals	Friday, September 6th	2:00p	Lounge
Lorri Woodward, Vocals	Monday, September 9th	12:00p	Lounge
LM In-Person Movie	Monday, September 9th	1:00p	Community Room
<b>GENERAL MEETING</b>	<b>Tuesday, September 10th</b>	<b>2:00p</b>	<b>Lounge</b>
LM BINGO	Wednesday, September 11th	1:45p	Lounge
Walker's Club Van Trip	Friday, September 13th	10:00a	Valley Center Parkway
<b>CLINIC: OAA Podiatry</b>	Friday, September 13th	12:30p	Resident Apartments
Glenn Faul, Vocals	Friday, September 13th	1:00p	Lounge
<b>CLINIC: HealthDrive Eye</b>	Thursday, September 19th	9:00a	Game Room
Mobile Market	Thursday, September 19th	12:30p	Lounge
<b>Spanish In-Person Movie:</b> <b>'VOLVER'</b>	Monday, September 23rd	1:00p	Community Room
Meredith Twardowski, Flautist	Tuesday, September 24th	2:00p	Lounge
Jeopardy Trivia Day	Wednesday, September 25th	2:00p	Community Room
Cooking with Lyndi	Thursday, September 26th	11:00a	Lounge
Hispanic Heritage Celebration	Friday, September 27th	11:00a	Community Room
RA SOCIAL	Saturday, September 28th	4:00p	Lounge
<b>SPEAKER:</b> <b>Where's that sugar hiding?</b>	TBD	TBD	Community Room

# Brenda's Bulletin

## SECOND HARVEST FOOD BANK

**Thur, 9/5 @ 12:30pm**

*~If not present to receive your food box, you will be removed from the list*

## Clinics

### BLOOD PRESSURE

Tuesday, 9/3 @ 1:15p  
~Lounge

### OAA PODIATRY

Friday, 9/13 @ 12:30p  
~Resident Apartment

### HEALTH DRIVE EYE

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

**\*SIGN UP DIRECTLY WITH BRENDA**

**BRENDA WILL BE ON VACATION SEPT 10TH-21ST**

**SHE WILL RETURN MONDAY, 9/23**

SHOULD YOU NEED IMMEDIATE ASSISTANCE, CONTACT THE MAIN OFFICE

## SPEAKER:

Sileo Insurance Group  
**'WORRY LESS. LIVE MORE'**

Why is it so important to plan ahead?  
Learn how for FREE!

~Last Will~Living Will~POA  
~Healthcare Directive

**Tuesday, 9/3 @ 1:00p**  
~Community Room

**\*SIGN UP ON EVENTS FORM**

## EAT.REAL.FOOD MOBILE MARKET

A 'Farm to Neighborhood' initiative that is participating with local farms, schools, municipalities, non-profits and community leaders, bringing local FARM GROWN food to neighborhoods in the Lehigh Valley.

**THURSDAY, 9/19**  
12:30pm in the Lounge

~CASH~CREDIT CARDS  
~EBT/SNAP~VOUCHERS

# Brenda's Bulletin

## ENTERTAINMENT & ACTIVITIES

**Glen Kakowski, Vocals**

**~Friday, 9/6 @ 2:00p~**

**Lorri Woodward, Vocals**

**~Monday, 9/9 @ 12:00p~**

**Glenn Faul, Vocals**

**~Friday, 9/13 @ 1:00p~**

**Meredith Twardowski, Flautist**

**~Tuesday, 9/24 @ 2:00p~**

*Come One, Come All & enjoy!*

All events will be held in the Lounge, with the exception of Computer Class, which will be held in the Community Room.

**\*SIGN UP ON EVENTS FORM**

**BAPL Computer Class**

**~Monday, 9/9 @ 10:00a~**

**Cooking with Lyndi**

**~Thursday, 9/26 @ 11:00a**

**Flowers with Jannal**

**~Monday, 9/30 @ 1:00p~**

### Spanish In-Person Movie

#### **"VOLVER"**

*\*\*with English subtitles | Clasificada R\*\**

Raimunda (Penélope Cruz) trabaja y vive en Madrid con su marido Paco y hija Paula. Su hermana Sole vive cerca y ambos extrañan a su madre Irene, quien murió hace varios años en un incendio en su casa junto con su padre. Una ex vecina de su pueblo natal relata que ha visto el fantasma de Irene pero ambas hijas no le creen. Después de un asesinato y una tragedia familiar, el espíritu de Irene se materializa alrededor de sus hijas para ayudarlas a consolarlas.

**~Monday, 9/23 @ 1p~**

**\*SIGN UP ON EVENTS FORM | COMMUNITY ROOM**

### HISPANIC HERITAGE DAY

*Join us in celebration of Spanish culture with delicious food and amazing music.*

- Pernil (roasted pork)
- Arroz con gandules (rice & beans)
- Ensalada de papa (potato salad)
- Ensalada verde (green salad)
- Empanadas (meat pockets)
- Desserts

**~Friday, 9/27 @ 11a~**

**\*SIGN UP ON EVENTS FORM | COMMUNITY ROOM**

**Office Hours: Monday-Friday 9am-3pm**

Brenda Pagan-Fontanez, Service Coordinator

610-866-6010 ext.4

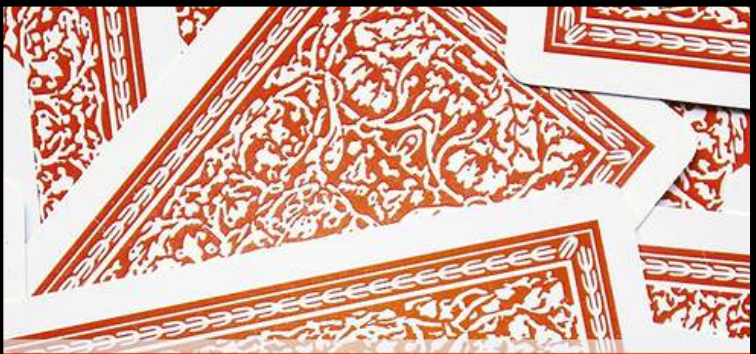
# Resident's Association



Resident's Association:  
**BINGO**  
Come one, Come all! Enjoy the fun!

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**Mondays at 6:00pm**  
Community Room



Resident's Association:  
**PINOCHLE**  
Saturday, September 7th at 12:30pm  
\$2.00 Per Play • Light Refreshments Served • Lounge



Resident's Association:  
**Coffee & Donuts**  
Come mingle with your fellow neighbors while enjoying a cup of joe with some delicious donuts to start your day!  
Saturday, September 7th at 9:30am  
\$1.00 each • Lounge



# Resident's Association

Resident's Association:

## SOUP & HOTDOGS

Come enjoy drinks, delicious hot soup (\$3) and hotdogs (\$2.00) with all the fixings.

**Saturday, September 14th**  
**at 5:00pm**



Resident's Association:

## BREAKFAST

Come mingle with friends & enjoy a delicious breakfast of 3 pancakes, 2 sausage, coffee & juice.

**Saturday, September 21st**  
**at 9:30am**

\$5 entry - Lounge



Resident's Association:

## SOCIAL

Come one, Come all to enjoy the festivities!  
Donations Appreciated.

**Saturday, September 28th**  
4:00pm - Doors Open • 5:00pm - Food  
6:00pm - Entertainment

LOUNGE



# Event Sign-Up Sheet

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



## Lutheran Manor Events

9/3	Tuesday	SPEAKER: Sileo Ins. <i>'WorryLess, LiveMore'</i>	1:00p	
9/6	Friday	ENTERTAINMENT: <i>Glen Kakowski, Vocals</i>	2:00p	
9/9	Monday	BAPL Computer Class (max.12 ppl)	10:00a	
9/9	Monday	ENTERTAINMENT: <i>Lorri Woodward, Vocals</i>	12:00p	
9/9	Monday	LM In-Person Movie: <i>'Twisters'</i>	1:00p	
9/11	Wednesday	Lutheran Manor BINGO	1:45p	
9/13	Friday	Walker's Club Van Trip: <i>Valley Center Parkway</i>	10:00a	
9/13	Friday	ENTERTAINMENT: <i>Glenn Faul, Vocals</i>	1:00p	
9/23	Monday	<u>Spanish</u> In-Person Movie: <i>'VOLVER'</i> <i>**with English Subtitles   Rated R**</i>	1:00p	
9/24	Tuesday	ENTERTAINMENT: <i>Meredith Twardowski, Flautist</i>	2:00p	
9/25	Wednesday	Jeopardy Trivia Day	2:00p	
9/26	Thursday	Cooking with Lyndi	11:00a	
9/27	Friday	Hispanic Heritage Celebration	11:00a	
9/30	Monday	ACTIVITY: <i>Flower Arrangement Class</i>	1:00p	
TBD	TBD	SPEAKER: <i>'Where's That Sugar Hiding?!'</i>	TBD	
--	-----	Bowling League (Jacinda will be in contact)	-----	

## Resident's Association Events

9/21	Saturday	RA Breakfast	9:30a	
9/28	Saturday	RA SOCIAL	4:00p	

Name(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_ Apt.#: \_\_\_\_\_

**\*Please return this form to the Main Office by Tuesday, 9/3\***

# October Van Trips

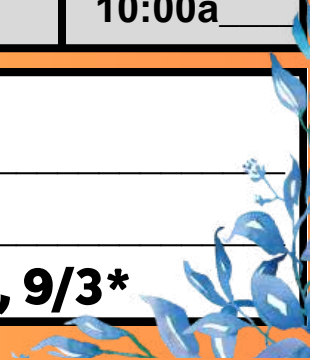


10/1	Tuesday	ART FUSION STUDIO (\$10 due 10/4)	10:30a
10/2	Wednesday	Brunch at BEAN BATH CAFE	10:00a
10/3	Tuesday	BANKS _____ & Shopping at CVS / WALGREENS	10:00a
10/4	Friday	JOY hosting the ALLENTOWN ORCHESTRA (\$10 due 10/4)	4:00p
10/7	Monday	Breakfast at PARKVIEW DINER	9:30a
10/8	Tuesday	Shopping at WEIS	10:00a
10/9	Wednesday	Lunch at McCOOLE'S at the Historic Red Lion Inn	12:30p
10/10	Thursday	Shopping at WINDCREEK OUTLETS & Lunch	11:00a
10/15	Tuesday	BANKS _____ & Shopping at TARGET	10:00a
10/16	Wednesday	Silver Birches: GERMANFEST (\$47.00 due by 10/4; Lunch INCLUDED in ticket fare)	8:00a
10/17	Thursday	Shopping at ALDI	10:00a
10/18	Friday	Shopping at DOLLAR TREE 378	12:00p
10/21	Monday	Lunch at BAGPIPER'S PUB	11:30a
10/22	Tuesday	Shopping at GIANT	10:00a
10/23	Wednesday	Dinner at THE SHELBY	3:00p
10/28	Monday	Dinner at BLUE GRILLHOUSE	3:00p
10/29	Tuesday	Shopping at WEGMANS	12:00p
10/30	Wednesday	Shopping at WALMART 248	10:00a
10/31	Thursday	Lunch at STAHLEY'S	10:00a

Name: \_\_\_\_\_

Phone#: \_\_\_\_\_ Apt#: \_\_\_\_\_

**\*Please return this form to Brenda by Tuesday, 9/3\***



# October Van Trips. . .

\$ Inexpensive \$\$ Moderate \$\$\$ Expensive

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

## **BEAN BATH CAFE:**

\$

A local gem serving fresh, exciting, and delicious food. Enjoy benedicts, frittatas, quesadillas, burgers, wraps, panini or ciabatta sandwiches, soups, and salads with housemade dressings.

## **JOY PRESENTS THE ALLENTOWN ORCHESTRA:**

Come enjoy the mesmerizing sounds of the Allentown Orchestra with special guest soloist Ciaran Sheehan - a fabulous soloist who has performed over a 1,000 times as the Phantom of the Opera on Broadway.

## **MCCOOLE'S:**

\$\$

Welcome to the Historic Red Lion Inn to enjoy locally sourced fresh ingredients. Relish in delicious foods such as burgers, steaks, clams, crab dip, crab cakes, fish & chips, and their famous crab & shrimp melt. Wash it all down with any of their custom draft selections that change with the seasons.

## **Silver Birches: GERMANFEST featuring The George Stalter Band:**

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

**11:15a ENJOY** a strudel making demonstration followed by music and dancing.

**12:00p DIVE** into the open bar with drafts on tap, wine & soda

**12:30p RELISH** in creamy mushroom soup with toasted rye croutons, roasted beet salad with red wine vinaigrette, chicken schnitzel cutlet with gravy and warm potato salad, beer braised bratwurst with German red cabbage, roasted apples and mustard, assorted breads, and top it off with German chocolate cupcakes.

**2:00p ENGAGE** in more music and dancing.

**2:30p TAP YOUR TOES** with The George Stalter Band listening to a spirited mix of German tunes, old favorites, and contemporary classics. Interact with characters wearing traditional German costumes including Heidi the Bavarian Beer Garden Girl all while competing in Germanfest Olympic Games.

**3:30p SNACK** before departure

## **THE BAGPIPER'S PUB:**

\$

Indulge in the finest Scottish fare from corned beef & cabbage, hush puppies, nocturnal, Scottish meat pies, mince/tatties, bangers/mashed & more.

## **THE SHELBY:**

\$\$

Come experience the unique flavors that will fulfill any cravings you may have. Enjoy falafel gyros, grilled skewers, seafood paella, seared ribeye, pizza, pasta, ramen, salmon, short ribs & much, much more!

## **BLUE GRILLHOUSE:**

\$\$\$

Enjoy oysters, shrimp, panzanella, scallops, Chilean sea bass, duck, lamb, & specialty cut steaks-filet mignon, NY strip, ribeye, porterhouse, and all the most appetizing sides. Indulge in cuisine that isn't simply enjoyed, it's experienced!

## **STAHLEY'S:**

\$

Enjoy a variety of daily specials which will appeal to both your pocket & taste buds! They have wings, nachos, cheesesteaks, burgers, soups, salads, wraps, pizza, pasta, sandwiches, seafood, and much more. CLAMS CLAMS CLAMS- Don't leave home without indulging in the best in the valley.