

AUGUST 2021

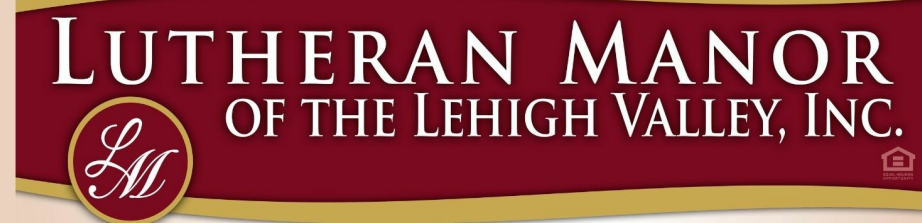
LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 3:30 Meditation 6:00 Residents Association Bingo	3 9:00 Shopping at WALGREENS 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 1:00 Shopping at CVS 2:00 Church 2:15 CLINIC: Blood Pressure Checks 3:30 Meditation 6:30 Prophecy Bible Study	4 9:00 Shopping at WEIS 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 1:00 Shopping at WEIS 2:00 Pastor Series: Chosen Ep. 4 (98) 3:00 Ice Cream Sales 3:30 Meditation	5 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 12:30 Second Harvest 1:00 Balance at the Barre 2:00 Church (Spanish) 3:30 Meditation	6 9:00 Shopping at DOLLAR TREE 9:00 Walker's Club 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne 11:00 Humana Webinar: Good Foods for your Gut (98) 1:00 Movie: The Greatest Showman (98) 2:00 Basic Balance	7 9:00 Coffee and Donuts (Takeout ONLY)
8	9 9:00 Shopping at RITEAID Pharmacy 9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: Life as We Know It (98) 1:00 Shopping at DOLLAR TREE 3:30 Meditation 6:00 Residents Association Bingo	10 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 GENERAL MEETING 3:30 Meditation 6:30 Prophecy Bible Study	11 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 2:00 Pastor Series: Chosen Ep. 5 (98) 3:00 Ice Cream Sales 3:30 Meditation	12 9:00 Shopping at VALLEY FARMS 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 1:00 Shopping at VALLEY FARMS 2:00 Church 3:30 Meditation	13 9:00 OAA Podiatry (appt. only) 9:00 Shopping at TARGET 9:00 Walker's Club 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne 11:00 Entertainment: Oldie's Hits with Ian Gallagher 2:00 Basic Balance	14
15	16 9:00 Walker's Club 9:30 Shopping at WALMART 248 10:00 Paint with David 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Ice Cream Social 3:30 Meditation 6:00 Residents Association Bingo	17 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 Humana Webinar: Managing Multiple Health Conditions (98) 3:30 Meditation 6:30 Prophecy Bible Study	18 9:00 Shopping at GIANT 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 1:45 Lutheran Manor Bingo 2:00 Pastor Series: Chosen Ep. 6 (98) 3:00 Ice Cream Sales 3:30 Meditation	19 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	20 9:00 Walker's Club 9:30 Morning Meditation 9:30 Shopping at ALDI 10:00 Qi Gong Tai Chi with Joanne 11:00 Humana Webinar: Battling Dangerous Belly Fat (98) 1:00 Movie: The Terminal (98) 2:00 Basic Balance	21 Senior Citizen's Day

All activities are in-person and on channel 98. Anything noted with (98) is ONLY streamed on channel 98

AUGUST 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23 9:00 Walker's Club 9:30 Shopping at SHOPRITE 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: Black Beauty (98) 3:30 Meditation 6:00 Residents Association Bingo	24 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 Entertainment: Flute Performance 3:30 Meditation 6:30 Prophecy Bible Study	25 9:00 SonshineMinistryDVD 9:00 WEGMANS 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 1:00 WEGMANS 2:00 Movie:South Pacific(98) 3:00 Ice Cream Sales 3:30 Meditation	26 9:00 Health Drive Eye (appt. only) 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	27 9:00 Speaker: Medication Safety 9:00 Walker's Club 9:30 Clinic: Health Screenings/Medication Reviews 9:30 Morning Meditation 9:30 Shopping at DOLLAR TREE 10:00 Qi Gong Tai Chi with Joanne 2:00 Basic Balance	28
29	30 9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Basic Balance 3:30 Meditation 6:00 Residents Association Bingo	31 10:00 POUND 11:00 Everybody's Yoga with Dana 6:30 Prophecy Bible Study				

All activities are in-person and on channel 98. Anything noted with (98) is ONLY streamed on channel 98