

JULY 2021

LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Shopping at DOLLAR TREE 378 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 12:30 Second Harvest 2:00 Church (Spanish) (98) 3:30 Relaxation Techniques (15 min)	2 9:00 Walker's Club Exercise: Qi Gong Tai Chi with Joanne (98) 11:00 Entertainment: Lorri and James Duet (98) 1:00 Movie: Hamilton (98)	3 9:00 Coffee and Donuts (Takeout ONLY)
4 Independence Day	5 OFFICE CLOSED 6:00 Residents Association Bingo	6 9:30 Shopping at CVS 10:00 Exercise: POUND 11:00 Everybody's Yoga with Dana (98) 1:00 Exercise: Basic Balance 2:00 Church 3:30 Relaxation Techniques (15 min) 6:30 Prophecy Bible Study	7 9:00 Shopping at WEIS 9:00 Sunshine Ministry DVD (98) 9:00 Walker's Club 10:00 Exercise: Fit for Life (98) 11:00 Speaker: Wat'r You Drinking? (98) 12:30 Bible Study 1:00 Shopping at WEIS 2:00 Pastor Clark Series: Chosen Ep. 1 (98)	8 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 2:00 Church (98) 3:30 Relaxation Techniques (15 min)	9 9:00 Clinic: OAA Podiatry (Appt. Only) 9:00 Walker's Club 9:30 Shopping at WAGREENS 10:00 Exercise: Qi Gong Tai Chi with Joanne (98) 11:00 Humana Webinar: "Managing Worries and Feats" (98)	10
11	12 9:00 Walker's Club 9:30 Morning Meditation (15 min) 9:30 Shopping at RITEAID 10:00 Exercise: Fit for Life (98) 11:00 Exercise: Stand Up for Strength (98) 1:00 Movie: Cruella (98) 6:00 Residents Association Bingo	13 10:00 Exercise: POUND 11:00 Everybody's Yoga with Dana (98) 1:00 Exercise: Basic Balance 2:00 GENERAL MEETING (98) 3:00 CLINIC: Blood Pressure Checks 3:30 Relaxation Techniques (15 min) 6:30 Prophecy Bible Study	14 9:00 Shopping at VALLEY FARMS 9:00 Walker's Club 10:00 Exercise: Fit for Life (98) 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 2:00 Pastor Clark Series: Chosen Episode 2 (98)	15 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 2:00 Church (98) 3:30 Relaxation Techniques (15 min)	16 9:00 Walker's Club 9:30 Great News! (98) 9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne (98) 11:00 Humana Webinar: "The Aging Brain-What's Normal, What's Not?" (98) 1:00 Movie: Blue Miracle (98)	17

Movies are Live-Streamed on channel 98. All other activities are in-person and will be noted with (98) if they are also Live-Streamed.

JULY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	<p>9:00 Walker's Club</p> <p>9:30 Morning Meditation (15 min)</p> <p>9:30 Shopping at TARGET</p> <p>10:00 Exercise: Fit for Life (98)</p> <p>11:00 Exercise: Stand Up for Strength (98)</p> <p>1:00 SPEAKER: Humana-Medicare 101 (98)</p> <p>6:00 Residents Association Bingo</p>	<p>9:00 Kerr's Van Trip: Walk in the Park (Atown Rose Garden)</p> <p>11:00 Everybody's Yoga with Dana (98)</p> <p>1:00 Exercise: Basic Balance</p> <p>2:00 Entertainment: Flute Performance (98)</p> <p>3:30 Relaxation Techniques (15 min)</p> <p>6:30 Prophecy Bible Study</p>	<p>9:00 Shopping at GIANT</p> <p>9:00 Walker's Club</p> <p>10:00 Exercise: Fit for Life (98)</p> <p>12:30 Bible Study</p> <p>1:00 Shopping at GIANT</p> <p>1:45 Lutheran Manor Bingo</p> <p>2:00 Pastor Clark Move: In the Good Old Summertime (98)</p>	<p>9:00 CLINIC: Health Drive Eye (APPT. Only)</p> <p>10:00 Chat Room</p> <p>10:00 Exercise: Joyful Joints (98)</p> <p>11:00 Exercise: Basic Balance</p> <p>12:30 Mobile Market</p> <p>2:00 Church (98)</p> <p>3:30 Relaxation Techniques (15 min)</p>	<p>9:00 Walker's Club</p> <p>9:30 Shopping at PRICERITE</p> <p>10:00 Exercise: Qi Gong Tai Chi with Joanne (98)</p> <p>1:00 Movie: 2 Hearts (98)</p>	
25	26	27	28	29	30	31
	<p>9:00 Walker's Club</p> <p>9:30 Morning Meditation</p> <p>9:30 Shopping at DOLLAR TREE 378</p> <p>10:00 Exercise: Fit for Life (98)</p> <p>11:00 Exercise: Stand Up for Strength (98)</p> <p>1:00 SPEAKER: Life Spring Balance (98)</p> <p>6:00 Residents Association Bingo</p>	<p>10:00 Exercise: POUND</p> <p>11:00 Everybody's Yoga with Dana (98)</p> <p>1:00 Exercise: Basic Balance</p> <p>1:00 SPEAKER: Bayada-Home Health 101 (98)</p> <p>3:30 Relaxation Techniques (15 min)</p> <p>6:30 Prophecy Bible Study</p>	<p>9:00 Shopping at WEGMANS</p> <p>9:00 Walker's Club</p> <p>10:00 Exercise: Fit for Life (98)</p> <p>12:30 Bible Study</p> <p>1:00 Shopping at WALMART 248</p> <p>2:00 Pastor Clark Series: Chosen Episode 3 (98)</p>	<p>10:00 Chat Room</p> <p>10:00 Exercise: Joyful Joints (98)</p> <p>11:00 Exercise: Basic Balance</p> <p>12:30 Mobile Market</p> <p>2:00 Church (98)</p> <p>3:30 Relaxation Techniques (15 min)</p>	<p>9:00 Walker's Club</p> <p>9:30 Shopping at ALDI</p> <p>10:00 Exercise: Qi Gong Tai Chi with Joanne (98)</p>	

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