

JUNE 2021

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Meditation 9:30 Shopping at WEIS 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 2:00 Church	2 9:00 Shopping at DOLLAR TREE 378 9:00 Walker's Club 10:00 Exercise: Fit for Life 11:00 SPEAKER: Safe Medications 12:30 Bible Study 1:00 Shopping at TARGET 2:00 Pastor Movie: Genesis 3:30 Outdoor Meditation	3 9:00 Meditation 9:30 Shopping at CVS Pharmacy 10:00 Chat Room 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 12:30 Second Harvest 2:00 Church (Spanish)	4 9:00 Walker's Club 9:30 Shopping at WALGREENS Pharmacy 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT:Elvis Tribute 11:00 Meditation 1:00 Movie: Love Happens 3:00 Gentle Outdoor Stretch	5 9:00 Coffee and Donuts (Takeout ONLY)
6	7 9:00 Walker's Club 9:30 Shopping at RITEAID Pharmacy 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 SPEAKER: All American Care-Disaster Plans 3:30 Outdoor Meditation 6:00 R.A Bingo	8 9:00 Meditation 10:00 Outdoor Exercise 11:00 Exercise DVD: Yoga 2:00 GENERAL MEETING	9 9:00 Shopping at VALLEY FARMS 9:00 Walker's Club 9:00 Worship DVD: Sonshine Ministry 10:00 Exercise: Fit for Life 11:00 SPEAKER: Men's Health-Capital Blue 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 3:30 Outdoor Meditation	10 9:00 Meditation 10:00 Chat Room 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 1:00 Specialty Exercise: Ease your Back Pain 2:00 Church	11 9:00 Walker's Club 9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne 1:00 Movie: John Q 1:00 CLINIC:OAA Podiatry (Appt Only)	12
13	14 Flag Day 9:00 Walker's Club 9:30 Shopping at PRICERITE 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 SPEAKER: Life Spring Balance 3:30 Outdoor Meditation 6:00 R.A Bingo	15 9:00 Meditation 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 1:00 Specialty Exercise: Know Your Knees	16 9:00 Shopping at WALMART 248 9:00 Walker's Club 10:00 Exercise: Fit for Life 11:00 SPEAKER: New Weis Store & Nutrition Tips 12:30 Bible Study 1:00 Shopping at WALMART 248 2:00 Pastor Movie: Hymn Sing 3:30 Outdoor Meditation	17 9:00 CLINIC: HealthDrive Eye 9:00 Meditation 10:00 Chat Room 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 2:00 Church	18 9:00 Walker's Club 9:30 Great News! 9:30 Shopping at ALDI 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT:Lorraine & James Duet 11:00 Meditation 3:00 Gentle Outdoor Stretch	19 Juneteenth

Movies are live-streamed on channel 98. Worship, exercise, speakers, etc. are noted as live-streamed/in-person/or both.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 Father's Day	21 9:00 Walker's Club 9:30 Shopping at TARGET 10:00 Exercise: Fit for Life 10:00 SPEAKER: Compassus-Hospice Myths (Brenda) 11:00 Exercise: Stand Up for Strength 1:00 Movie: Saving Mr. Banks 3:30 Outdoor Meditation 6:00 R.A Bingo	22 9:00 Meditation 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 1:00 Specialty Exercise: Perfect Posture	23 9:00 Shopping at GIANT 9:00 Walker's Club 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at GIANT 1:45 Lutheran Manor Bingo 3:30 Outdoor Meditation	24 9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 10:00 Exercise DVD 2:00 Church	25 9:00 Walker's Club 9:30 Shopping at VALLEY FARMS 10:00 Exercise: Qi Gong Tai Chi with Joanne 1:00 Movie: Safety 3:00 Gentle Outdoor Stretch	26
27	28 9:00 Walker's Club 9:30 Shopping at DOLLAR TREE 378 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 3:30 Outdoor Meditation 6:00 R.A Bingo	29 9:00 Meditation 10:00 Outdoor Exercise 11:00 Everybody's Yoga with Dana 1:00 Specialty Exercise: Building Up Balance	30 9:00 Shopping at WEGMANS 9:00 Walker's Club 9:00 Worship DVD: Sonshine Ministry 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at WEGMANS 2:00 Pastor Movie: Singing in the Rain 3:30 Outdoor Meditation			

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