

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1>2019</h1>			Fitness Events <i>Van Trips</i> Resident's Association Events		Religious Events Lutheran Manor Events <i>Holidays/Observances/Other</i>	
			1 8:30 Van Trip Papers Turn-In 9:00 Walkers Club 12:00 Fit For Life 10:30 Aldi's & Lunch @ Yocco's 12:30 Bible Study 2:00 SPEAKER: United Healthcare 3:00 Snack Stand 5:00 Ice Cream Sale	2 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 7:00 Prayer Time	3 7:00-10:00 Lounge Closed 9:00 Banks & Post Office 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Second Harvest 1:30 CVS & \$-Store 2:00 Walkers Club	4 10:00 Spring Bazaar
5 Cinco De Mayo	6 9:00 Walkers Club 9:00 CVS & Lehigh Valley Shopping Center 10:00 Fit For Life 11:30 Stand Up for Strength 3:00 Snack Stand 6:00 BINGO	7 10:00 Joyful Joints 11:00 Lunch @ Doughboys 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church	8 9:00 Walkers Club 10:00 Fit For Life 11:15 Pine's Dinner Theater 11:30 Stand Up for Strength 12:30 Bible Study 3:00 Snack Stand 5:00 Ice Cream Sale	9 9:00 Zumba Gold 10:00 Hamilton Crossings & Lunch 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church (Esp.) 6:00 Blood Pressure Check 6:30 Angel Study	10 7:00-10:00 Lounge Closed 10:15 Everybody's Yoga 10:45 Bach Choir Concert 11:00 Tai Chi 1:00 Movie: Bohemian Rhapsody 2:00 Walkers Club	11 8:30 Breakfast 12:30 Pinochle
12 Mother's Day 1:00 Sunday Praise with David	13 9:00 Walkers Club 9:30 Weis 10:00 Fit For Life 11:30 Stand Up for Strength 1:30 Committee Meeting 3:00 Snack Stand 6:00 BINGO	14 9:00 Breakfast @ Oasis Diner 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Meeting	15 9:00 Walkers Club 10:00 Fit For Life 10:30 Movie @ AMC & Lunch 11:30 Stand Up for Strength 12:30 Bible Study 3:00 Snack Stand 5:00 Ice Cream	16 7:00-10:00 Lounge Closed 9:00 Zumba Gold 10:00 Northampton Crossings & Lunch 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 7:00 Prayer Time	17 10:30 Allentown Farmer's Market & Lunch @ the Paddock 10:15 Everybody's Yoga 11:00 Sandwich Sale Pick Up 11:00 Tai Chi 1:00 SPEAKER: Lowe's 1:00 Movie: Mother's Day 1:00 Computer Class 2:00 Walkers Club	18 Armed Forces Day 5:00 Soup & Hot Dogs
19 Martin Tower Demolition	20 9:00 Walkers Club 9:30 Wegmans 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 Movie: Bohemian Rhapsody 3:00 Snack Stand 6:00 BINGO	21 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Art with Pat pt. 1 4:00 Dinner @ Cracker Barrel	22 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 3:00 Snack Stand 5:00 Ice Cream Sale 5:15 Bingo @ Lehigh Valley Active Life	23 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Dinner @ Marblehead 6:30 Angel Study	24 7:00-10:00 Lounge Closed 9:00 Green Dragon Market & Lunch 10:15 Everybody's Yoga 11:00 Tai Chi 2:00 Walkers Club	25
26 11:00 Promenade Shoppes & Lunch 1pm Memorial Day Picnic	27 OFFICE CLOSED 	28 FAMILY WEEK @ THE SALON 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Movie: Mother's Day 1:30 Art with Pat pt. 2 4:00 Dinner & Ice Cream @ Ritz	29 8:30 Hometown Flea Market 9:00 Walkers Club 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 3:00 Snack Stand 5:00 Ice Cream	30 FAMILY WEEK @ THE SALON 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:30 PA Playhouse	31 7:00-10:00 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 2:00 Walkers Club	