NOVEMBER 2022

New Month, New Dreams, Fresh Start



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff Birthdays Chentelle-Nov12 Brenda-Nov13		1 11:00 ENTERTAINMENT: Florist 11:00 Everybody's Yoga with Dana 2:15 CLINIC: BP Checks 3:00 Meditation	2 9:00 Walker's Club 10:00 Energetic Exercise 11:00 Fit For Life with Dana 11:00 WERT'S CAFE 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation- CANCELED	 9:30 BANKS 10:00 Chat Room 11:00 ZUMBA with Ed 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Meditation- Game Room 	4 9:00 GREEN DRAGON FARMERS' MARKET 9:00 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 11:30 CLINIC: Dermatology 2:00 Stitching with Nena	5 8:30 RA COFFEE & DONUTS 12:30 RA Pinochle
6 Daylight Saving Ends 1:00 Sunday Believers' with Paul Belfort	9:00 Walker's Club 10:00 RITEAID/CVS 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	8Election Day9:30WEIS11:00Everybody's Yoga with Dana2:00GENERAL MEETING3:00Meditation	9 9:00 Walker's Club 10:00 Energetic Exercise 11:00 ENTERTAINMENT: Oldies 11:00 Fit For Life with Dana 12:30 Bible Study 1:45 LM BINGO 2:00 Church 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation	10 10:00 Chat Room 10:00 WALMART 248 11:00 ZUMBA with Ed 3:00 Meditation- Game Room	11Veterans Day9:00Walker's Club10:00Meditation11:00Energetic Exercise11:30Cooking Class2:00Stitching with Nena	12 5:00 RA Soups/HotDogs
 11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort 	 9:00 Walker's Club 9:30 VALLEY FARM MARKET 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo 	 9:30 BANKS 11:00 Everybody's Yoga with Dana 2:00 Snacks/IceCream Sales 3:00 Meditation 	 9:00 Walker's Club 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation 3:00 RANDALL'S RESTAURANT 	9:00 CLINIC: Eye 10:00 Chat Room 11:00 DAN SCHANTZ GREENHOUSE 11:00 ZUMBA with Ed 2:00 Church 3:00 Meditation- Game Room	 9:00 Walker's Club 10:00 DOLLAR TREE 378 10:00 Meditation 11:00 Energetic Exercise 12:30 CLINIC: OAA 2:00 Stitching with Nena 	19 8:30 Resident's Association BREAKFAST

Tune into Channel 99 regularly for updates.

LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



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Wednesday Thursday Friday Saturday		Tuesday	Monday	Sunday
9:00 Walker's Club 10:00 Chat Room 9:00 Walker's Club	n OF 9 9	22 11:00 Everybody's Yoga with Dana 1:00 SPEAKER: Scams 2:00 Church 3:00 Meditation	2 8:00 HERSHEY'S CHOCO WORLD / LUNCH 9:00 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE	2* 1:00 Sunday Believers' with Paul Belfort
Social 2:00 Pastor Movie 2:00 Snacks/IceCream Sales 5:00 HOPS AT THE PADDOCK	2 2 5	4:00 Thanksgiving Social	3:00 Meditation 6:00 RA Bingo	
11:00 Fit For Life with Dana R 12:30 Bible Study	n 9 11 12 At 2 2	 29 11:00 Everybody's Yoga with Dana 11:00 PINES DINNER THEATRE: 'A Stroke At Midnight' 3:00 Meditation 	 9:00 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 5:00 BUCKEYE TAVERN 6:00 RA Bingo 	28 1:00 Sunday Believers' with Paul Belfort
		3.00 Meditation	6.00 HA Bingo	

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