

# NOVEMBER 2021

LUTHERAN MANOR  
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>9:00</b> Walker's Club <b>10:00</b> Exercise DVD (98) <b>11:00</b> Exercise DVD-Advanced (98) <b>1:00</b> Movie: Dream Horse (98) <b>6:00</b> Resident's Association Bingo	<b>2</b> <b>Election Day</b> <b>9:30</b> VOTE at Nitschmann Middle School <b>10:00</b> Exercise DVD (98) <b>11:00</b> Yoga DVD (98) <b>2:00</b> Documentary: Diet Fiction (98) <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<b>3</b> <b>9:00</b> Walker's Club <b>9:30</b> BANKS <b>10:00</b> ENTERTAINMENT: Card Making Class <b>10:00</b> Exercise DVD (98) <b>12:30</b> Bible Study <b>1:00</b> CLINIC: Blood Pressure Check <b>2:00</b> Pastor Series: The Chosen Sn2, Ep1 (98)	<b>4</b> <b>9:30</b> Brunch at BORDERLINE RESTAURANT <b>10:00</b> Chat Room <b>10:00</b> Exercise DVD (98) <b>11:00</b> State Rep Meet&Greet <b>12:30</b> Mobile Market <b>12:30</b> Second Harvest <b>2:00</b> Church (Spanish)	<b>5</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at WEIS <b>10:00</b> Tai Chi DVD (98) <b>11:00</b> SPEAKER: Devi AdultDay Services <b>1:00</b> SPEAKER:AttyGeneral 'Senior Scams'	<b>6</b> <b>9:00</b> Coffee and Donuts (Takeout ONLY)
<b>7</b> <b>Daylight Saving Ends</b> Daylight Savings	<b>8</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at RITEAID & CVS <b>10:00</b> Fit for Life <b>11:00</b> Stand Up for Strength <b>1:00</b> Movie: This Little Love of Mine (98) <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> Resident's Association Bingo	<b>9</b> <b>9:30</b> Shopping at WALGREENS <b>10:00</b> Joyful Joints <b>11:00</b> Everybody's Yoga <b>1:00</b> Balance at the Barre <b>2:00</b> <b>GENERAL MEETING</b> <b>3:30</b> Meditation <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<b>10</b> <b>9:00</b> Walker's Club <b>10:00</b> Exercise DVD (98) <b>12:30</b> Bible Study <b>2:00</b> Pastor Series: The Chosen Sn2 Ep3 (98)	<b>11</b> <b>Veterans Day</b> <b>9:30</b> Shopping at ALDI <b>10:00</b> Chat Room <b>10:00</b> Joyful Joints <b>11:00</b> POUND <b>12:30</b> Mobile Market <b>1:00</b> Balance at the Barre <b>2:00</b> Church <b>3:30</b> Meditation <b>4:00</b> SPEAKER: Cantelmi 'Body Donation'	<b>12</b> <b>9:00</b> Walker's Club <b>9:30</b> Morning Meditation <b>10:00</b> Qi Gong Tai Chi with Joanne <b>11:00</b> SPEAKER: Managing Incontinence and Bladder Health <b>12:30</b> CLINIC: OAA Podiatry	<b>13</b>
<b>14</b> <b>11:00</b> Sunday Praise with David Garcia	<b>15</b> <b>9:00</b> Walker's Club <b>10:00</b> Fit for Life <b>11:00</b> Stand Up for Strength <b>1:00</b> Movie: The Starling (98) <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> Resident's Association Bingo	<b>16</b> <b>10:00</b> Joyful Joints <b>11:00</b> Everybody's Yoga <b>1:00</b> Balance at the Barre <b>2:00</b> ENTERTAINMENT: Meredith Twardowski, Flautist <b>3:30</b> Meditation <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<b>17</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at VALLEY FARM MARKET <b>10:00</b> Fit for Life <b>11:00</b> Basic Balance <b>12:30</b> Bible Study <b>1:45</b> LM BINGO <b>2:00</b> Sonshine Ministry Worship DVD (98) <b>3:30</b> Meditation	<b>18</b> <b>9:00</b> CLINIC: HealthDrive Eye <b>9:30</b> Shopping at DOLLAR TREE <b>10:00</b> Chat Room <b>10:00</b> Joyful Joints <b>11:00</b> POUND <b>12:30</b> Mobile Market <b>1:00</b> Balance at the Barre <b>2:00</b> Church <b>3:30</b> Meditation	<b>19</b> <b>9:00</b> Walker's Club <b>9:30</b> Morning Meditation <b>9:30</b> Shopping at TARGET <b>10:00</b> Qi Gong Tai Chi with Joanne <b>11:00</b> ENTERTAINMENT: Lorri&Jim Duet <b>1:00</b> SPEAKER: Diabetes 101 (play Jeopardy in the Community Rm!)	<b>20</b>

All activities are in-person now, and some are on channel 98 as well. Movies are ONLY on channel 98.

# NOVEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> 	<b>22</b> Thanksgiving Meal Delivery- Today! <b>9:00</b> Walker's Club <b>9:30</b> Shopping at GIANT <b>10:00</b> Fit for Life <b>11:00</b> Stand Up for Strength <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> Resident's Association Bingo	<b>23</b> <b>9:30</b> WALMART <b>10:00</b> SPEAKER: Nutrition Over the Holidays (play Bingo!) <b>11:00</b> Everybody's Yoga <b>1:00</b> Balance at the Barre <b>2:00</b> Church <b>3:30</b> Meditation <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<b>24</b> Office Closes 12:30 PM <b>12:30</b> Bible Study <b>2:00</b> Pastor Movie: The Thanksgiving Treasure (98)	<b>25</b> <b>Thanksgiving</b> OFFICE CLOSED- Happy Thanksgiving! <b>10:00</b> Thanksgiving Worship	<b>26</b> <b>Black Friday</b> OFFICE CLOSED- See you Monday!	<b>27</b>
<b>28</b> <b>Hanukkah Begins</b> Holiday Window Candle Lighting <b>4:00</b> Resident's Association SOCIAL	<b>29</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at WEGMANS <b>10:00</b> Fit for Life <b>11:00</b> Stand Up for Strength <b>1:00</b> Movie: The Upside (98) <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> Resident's Association Bingo	<b>30</b> <b>10:00</b> Joyful Joints <b>11:00</b> Everybody's Yoga <b>1:00</b> Balance at the Barre <b>2:00</b> Specialty Exercise: Tips for Shoulder Pain <b>3:30</b> Meditation <b>5:00</b> Dinner at COPPERHEAD GRILLE				

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