

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|---|---|
| Fitness Events VanTrips Resident's Association Events Religious Events | Lutheran Manor Events Holidays/ Observanc- es/Other | 1 VAN TRIP PAPERS 9:00 Weis 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:30 Prophecy Bible study | 2 10:00 Fit For Life 11:00 Hello Neighbor Social 1:15 Bible Study 2:00 Walkers Club 2:00 Sciatic Pain Workshop 3:00 Speaker: Fred Rooney , Esq. 3:00 Snack Stand 5:00 Ice Cream Sale | 3 9:00 Banks/Post Office 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 12:30 Second Harvest 1:00 CVS/Lehigh Ctr 2:00 Church (Spanish) 6:00 Blood Pressure Check 6:00Shuffle board 7:00 Prayer Time 7:00 Really Terrible Orchestra | 4 7:00-10:00 Lounge Closed 9:00 Breakfast at Cracker Barrel Lounge Closed 11:00 Tai Chi 12:15 Mobile Market 2:00 Walkers Club | 5 9:00 Donuts 12:30 Pinochle |
| 6 | 7 10:00 Fit For Life 11:30 Stand Up for Strength 1:30 Board Meeting 2:00 Walkers Club 3:00 Snack Stand 4:00 Dinner at Sewyco 6:00 BINGO | 8 10:00 Wegmans 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Mtg 6:30 Prophecy Bible study | 9 9:00 Flu Clinic 10:00 Fit For Life 11:00 Everybody's Yoga 12:00 Speaker: AETNA (Lounge) 12:30 Bible Study 2:00 MOVIE: Book of Ruth 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale | 10 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Anniversary Party | 11 7:00-10:00 Lounge Closed 11:00 Lunch at Cracker Barrel & Shopping at Target 12:15 Mobile Market 1:00 MOVIE DAY: Mia & The White Lion 2:00 Walkers Club | 12 8:30 Breakfast 1:30 Camels Hump Farm |
| 13 1:00 Sunday Praise with David | 14 COLOMBUS DAY OFFICE CLOSED 9:00 Giant 3:00 Snack Stand 6:00 BINGO | 15 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Speaker: Red Lion Home Care 2:00 On-site Dermatology 4:00 Dinner at Doughboys 6:30 Prophecy Bible study | 16 BOSS'S DAY 10:00 Fit For Life 11:00 Everybody's Yoga 12:30 Bible Study 1:30 Balance Clinic 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale | 17 10:00 Shopping at Kohl's & Hobby Lobby 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 7:00 Prayer Time 6:00Shuffle board | 18 7:00-10:00 Lounge Closed 10:00 Shopping at Airport Road Center & Lunch at Miller Ale House 12:15 Mobile 11:00 Tai Chi Market 1:00 MOVIE DAY: A Dog's Journey 1:00 Computer Class 2:00 Walkers Club | 19 5:00 Soup & Hot Dog Social |
| 20 | 21 9:30 Allentown Art Museum 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: Mia & The White Lion 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO | 22 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Shoprite 1:30 Watercolor with David 6:30 Prophecy Bible study | 23 10:00 Fit For Life 11:00 Everybody's Yoga 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale | 24 7:00-10:00 Lounge Closed 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Dinner at Cracker Barrel 6:00 Shuffle board | 25 10:00 QMART 11:00 Sandwich Sale Pick Up 11:00 Tai Chi 12:15 Mobile Market 2:00 Walkers Club | 26 |
| 27 5:00 Halloween Social | 28 9:00 Breakfast at The Palace/Shopping at Valley Farms 10:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE DAY: A Dog's Journey 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO | 29 10:00 LV Zoo 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Christmas Bazar donations 6:30 Prophecy Bible study | 30 10:00 Fit For Life 11:00 Everybody's Yoga 11:00 Aldi 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale | 31 HALLOWEEN 10:00 Joyful Joints 10:00 Chat Room 11:00 Lunch at Hellertown Diner 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00Shuffle board |  | |