

# SEPTEMBER 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>9:30</b> Brunch at Borderline Restaurant <b>10:00</b> Fit for Life <b>11:00</b> Basic Balance <b>12:30</b> Bible Study <b>2:00</b> Pastor Series: Chosen Ep. 7 <b>3:30</b> Meditation	<b>2</b> <b>9:30</b> Shopping at ALDI <b>10:00</b> Chat Room <b>10:00</b> POUND <b>11:00</b> Joyful Joints <b>12:30</b> Mobile Market <b>12:30</b> Second Harvest <b>1:00</b> Balance at the Barre <b>2:00</b> Church (Spanish) <b>3:30</b> Meditation	<b>3</b> <b>9:00</b> Walker's Club <b>9:30</b> Morning Meditation <b>9:30</b> Shopping at CVS Pharmacy <b>10:00</b> Qi Gong Tai Chi <b>11:00</b> ENTERTAINMENT: Rob Ballonoff Guitarist & Singer <b>1:00</b> Humana Webinar: Simple Changes for Managing Cholesterol (98)	<b>4</b> <b>9:00</b> Coffee and Donuts (Takeout ONLY)
<b>5</b>	<b>6</b> <b>Labor Day</b> <b>6:00</b> Residents Association Bingo	<b>7</b> <b>Rosh Hashanah Begins</b> <b>9:30</b> Shopping at WALGREENS Pharmacy <b>11:00</b> Everybody's Yoga with Dana <b>2:00</b> Church <b>2:15</b> CLINIC: Blood Pressure Checks	<b>8</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at WEIS <b>10:00</b> Fit for Life <b>11:00</b> Basic Balance <b>12:30</b> Bible Study <b>1:45</b> Lutheran Manor Bingo <b>2:00</b> Pastor Series: Chosen ep. 8 <b>3:30</b> Meditation	<b>9</b> <b>9:00</b> Health Drive Eye (appt. only) <b>10:00</b> Chat Room <b>10:00</b> POUND <b>11:00</b> Joyful Joints <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>10</b> <b>9:00</b> Walker's Club <b>9:30</b> Morning Meditation <b>9:30</b> Shopping at RITEAID Pharmacy <b>10:00</b> Qi Gong Tai Chi with Joanne <b>11:00</b> Entertainment: It's Show Time! with Mike Evans <b>1:00</b> Lawrence Welk Special: God Bless America (98)	<b>11</b>
<b>12</b> <b>Grandparent's Day</b>	<b>13</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at WALMART248 <b>10:00</b> SPEAKER: PACENET & Waiver Assistance Program <b>10:00</b> Fit for Life <b>11:00</b> Stand Up for Strength <b>1:00</b> What is Barre? (98) <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> R.A. Bingo	<b>14</b> <b>10:00</b> POUND <b>11:00</b> Everybody's Yoga with Dana <b>1:00</b> Balance at the Barre <b>2:00</b> <b>GENERAL MEETING</b> <b>3:00</b> Massage Therapist Meet & Greet (Lounge) <b>3:30</b> Meditation <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<b>15</b> <b>Yom Kippur Begins</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at VALLEY FARMS <b>10:00</b> Fit for Life <b>11:00</b> Basic Balance <b>11:00</b> Paint with David <b>12:30</b> Bible Study <b>2:00</b> Worship DVD: Sonshine Ministry <b>3:30</b> Meditation	<b>16</b> <b>10:00</b> Chat Room <b>10:00</b> POUND <b>11:00</b> Joyful Joints <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>17</b> <b>9:00</b> Walker's Club <b>9:30</b> A Walk at the Promenade Shops with Kierra <b>10:00</b> Qi Gong Tai Chi with Joanne <b>1:00</b> Movie: Fatherhood (98)	<b>18</b>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at DOLLAR TREE <b>10:00</b> Fit for Life <b>11:00</b> SPEAKER: The Importance of Vaccines <b>11:00</b> Stand Up for Strength <b>1:00</b> Movie: Respect (98) <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> R.A. Bingo	<b>21</b> <b>10:00</b> POUND <b>11:00</b> Everybody's Yoga with Dana <b>1:00</b> Balance at the Barre <b>2:00</b> Speaker: St. Luke's Neurology- Alzheimer's Awareness <b>3:30</b> Meditation <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<b>22</b> <b>Fall Begins</b> <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> Basic Balance <b>12:30</b> Bible Study <b>2:00</b> Pastor Movie: Casablanca <b>3:30</b> Meditation	<b>23</b> <b>10:00</b> Chat Room <b>10:00</b> POUND <b>11:00</b> Joyful Joints <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>5:00</b> Dinner at Prime Steakhouse	<b>24</b> <b>9:30</b> Shopping at WALMART248 <b>10:00</b> Qi Gong Tai Chi with Joanne <b>1:00</b> Movie: The Terminal (98)	<b>25</b>
<b>26</b>	<b>27</b> <b>9:00</b> Walker's Club <b>9:30</b> Shopping at TARGET <b>10:00</b> Fit for Life <b>11:00</b> Stand Up for Strength <b>1:00</b> Movie: Eddie the Eagle (98) <b>2:00</b> Basic Balance <b>3:30</b> Meditation <b>6:00</b> Residents Association Bingo	<b>28</b> <b>10:00</b> POUND <b>11:00</b> Everybody's Yoga with Dana <b>1:00</b> Balance at the Barre <b>2:00</b> Humana webinar: Benefits of High Fiber Foods (98) <b>3:30</b> Meditation <b>6:30</b> Heavenly Bible Study with Beverly Westwood	<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> SPEAKER: World Heart Day and Cholesterol Month <b>12:30</b> Bible Study <b>2:00</b> Pastor Movie: Bible Stories- Jacob <b>3:30</b> Meditation	<b>30</b> <b>10:00</b> Chat Room <b>10:00</b> POUND <b>11:00</b> Joyful Joints <b>12:30</b> Mobile Market <b>1:00</b> Balance at the Barre <b>3:30</b> Meditation		

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