

Lutheran Manor of the Lehigh Valley

2085 Westgate Drive, Bethlehem, PA 18017

### **Office Hours**

Monday - Thursday 8:30a - 4:30p Friday 8:30a - 1:00p

### **Fitness Center**

Every Day 6:00a - 9:00p

## **Staff Birthdays**

No April Babies

## WELCOME New Residents

Sally M. - Floor 5 Maria N. - Floor 2

# **General Meeting**

Tuesday, April 15th @ 2:00p

Lounge / Channel 98

### Office Notes





# Administrative Assistant & Occupancy Specialist Appreciation Day

Thank You,
Lori & Mona,
for always providing
spectacular service
to our residents
and staff.

We truly appreciate you!

Wednesday, April 23rd

# WELCOME OUR NEW STAFF MEMBER KATIE BARBARO

Katie is a Lehigh Valley native. As a child, she never wanted to sit still and enjoyed any type of physical activity. Not much has changed decades later; Katie still loves movement and physical activity. She has a passion for motivating others to meet their fitness goals, assisting with positive behavior changes, and making movement accessible and fun! She has taught yoga and fitness classes for over 10 years. She and her husband Vinnie have four children, two dogs and a cat. They live in Nazareth & enjoy being outdoors, camping, & traveling.



## Movie Days

# HEART OF SEA



In 1820, crewmen aboard the vessel Essex face a battle of starvation, panic despair, & survival when a whale attacks with force, crippling their ship and leaving them adrift in the ocean.

**APRIL 7TH | PG13** 

#### **IN-PERSON MOVIE**

~With English Subtitles

An army captain leads her historic battalion of all-female soldiers as they face a mission unlike any other; to restore hope to WWII's frontlines by delivering backlogged letters.

Despite war-torn conditions and discrimination, these women sort over seventeen million pieces of mail ahead of schedule.



**APRIL 14TH | PG13 | COMMUNITY ROOM** 

#### Película Española en Persona



~Con Subtítulos en Inglés

Lucía cree llevar una vida modélica y tenerlo todo bajo control. Desde que se casó, volcó todos sus esfuerzos en el cuidado de su familia ideal. Pero todo comienza a derrumbarse el día que aparece Sara, la novia de su hijo; una chica joven, libre y deslenguada y, con ella, una familia política muy diferente a la idea que Lucía siempre soñó para para su hijo. A partir de ese momento, Lucía descubrirá que la familia perfecta no era exactamente lo que ella pensaba.

25 DE ABRIL | TVMA | SALA COMUNITARIA



The story travels through generations, capturing the most relatable of human experiences in the same home. This is a tale of love, loss, laughter and life, all of which happen right...Here.

**APRIL 28TH | PG13** 

## Katie's Korner

## WALKER'S CLUB

Every Monday at 2:30p & Wednesday and Friday at 9:30a

Meet in front of the gym

Don't walk...Run to enjoy time with your fellow neighbors!

# Introducing...

## **CHAIR YOGA**

with Katie

Fridays @ 11:00a Starts April 4th

> Sign-up REQUIRED

# CELEBRATING STRESS AWARENESS & OCCUPATIONAL THERAPIES THIS MONTH

## Katie, Fitness Specialist

Join us for an hour of Mental Health coping skills - Deep Breathing, Gentle Stretching, Visualization and Meditation

Tuesday, 4/8 @ 2:00p

SPEAKER:

Moravian University Occupational Therapy

of Occupational
Therapies and how
they can benefit
your daily life.

Check out Channel 99 for Date/Time

**Community Room | Sign-up on the Events Form** 

## Katie's Korner

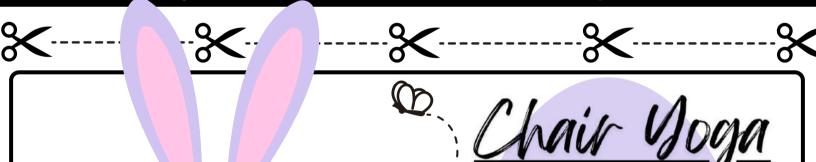
Drum	Fitness
Every Tu Thursda	uesday and y @ 12:15p
	act Lori

Sign-up REQUIRED | Community Room

<b>4/1</b>	with Anna	<b>12:15</b> p	
4/3	with Katie	<b>12:15</b> p	
4/8	with Anna	<b>12:15</b> p	
4/10	with Katie	<b>12:15</b> p	
4/15	with Anna	<b>12:15</b> p	
4/17	with Katie	<b>12:15</b> p	
4/22	with Anna	<b>12:15</b> p	
4/24	with Katie	<b>12:15</b> p	
4/29	with Anna	<b>12:15</b> p	

Name: \_\_\_\_\_ Apt. \_\_\_\_

Check the dates you would like to attend & return this slip to the Main Office!



4/4	Friday	<b>11:00</b> a	
<b>4/11</b>	Friday	<b>11:00</b> a	
4/25	Friday	<b>11:00</b> a	

Every Friday
a 11:00a

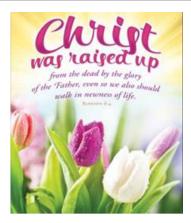
Contact Lori about cancelations

Sign-up REQUIRED | Fitness Room

Name: \_\_\_\_\_ Apt. \_\_\_\_

Check the dates you would like to attend & return this slip to the Main Office!

## From the Chaplain



A Pastor was speaking to a group of 2nd graders about Easter & the resurrection of Jesus, when one student asked, "What did Jesus say when He came out of the grave?" The pastor explained that the Gospels do not tell us what He said. The hand of one little girl shot up. "I know what he said: He said, "Tah-dah!"

Yes...Tah-dah! In a world where there is too much bad news, we will once again celebrate Easter Sunday (April 20th) and hear the promise of new Life, share with others His presence and speak words of hope to a neighbor. Easter Worship is at 7:00a (Holy Communion) and 1:00p (Believer's Worship) both in the Community Room.

Wishing you a happy Spring and a joyous Easter! "Tah-Dah!"

\*Palms will be available on the lounge donation counter on Wednesday, April 16th. Pastor Clark will be making palm crosses that afternoon at 2:00p in the lounge.

## Worship in the Community Room

Worsh (E	nip Services at 2:00p - Live-Streamed on Ch98 aster Sunday Services at 7:00a and 1:00p)
Thurs, 4/3	Pastors Luis & Betty Ortiz - Iglesia Casa de Dios (Spanish/English)
Thurs, 4/10	Pastor Larry Burd - Calvary Baptist, Easton
Thurs, 4/17	**HOLY THURSDAY with Pastor Beth Goudy - MCC, Bethlehem
Sun, 4/20	EASTER - Pastor Dan Brettell - St.Paul's Lutheran, Easton
Tues, 4/22	Father Venatius Korobo - Notre Dame RC Church, Bethlehem
Thurs, 4/24	**Pastor Lisa Borrell - Friedens Lutheran, Center Valley

\*\*Holy Communion Worship

~If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark

## Pastor's Movies

#### STORY OF RUTH



The story of Ruth; one of the most popular & revered stories of the Bible and often used to teach the virtues of faith & loyalty. Though it adds parts not recorded in scripture, it shares the Biblical story very well.

**APRIL 2ND** 

## LEAGUE OF THEIR OWN



Daring female athletes win over a skeptical public and lead their team to victory in the WWIIera women's baseball league. Starring Tom Hanks, Geena Davis and Madonna.

**APRIL 9TH** 

#### CHOSEN S4:E8 HUMBLE



Concluding this season with several key Biblical moments like the plot to kill Jesus, the plot to kill Lazarus and the retrieval of the donkey for Palm Sunday.

**APRIL 16TH** 

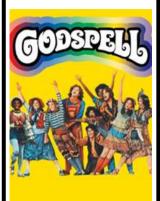
#### EASTER PARADE



A nightclub performer (Fred Astaire) hires a naive chorus girl (Judy Garland) to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.

**APRIL 23RD** 

#### **GODSPELL**



Set in New York
City, using song &
dance, the apostles
traverse the city,
spreading Christ's
message of love &
tolerance as the
time moves ever
closer to his
betrayal and,
ultimately, his
crucifixion.

**APRIL 30TH** 

All Pastor Movies are live-streamed on Wednesdays at 2:00p on Channel 98

## Lutheran Manor BINGO

# LUTHERAN MANOR BINGO

Wednesday, April 23rd @ 1:45p | Lounge

\*Sign-up REQUIRED on the Events Form

## Bellezza Salon

We work by appointments, but will also accept Walk-Ins when availability presents itself. If you cannot make your scheduled reservation, PLEASE either leave a message with your stylist directly, or leave a note under the salon door. By doing so, it gives another patron the opportunity to acquire a time for their service requests. Due to the continuous No Call, No Shows, we had to implement a cancelation fee policy to anyone that does not follow the cancelation protocol. We truly appreciate your patronage and hope you understand.

Diane, Lorri, Tracy

Should you desire a service that is not on our menu, please ask. We would love to accommodate as best we can. Thank you for your patronage!

Hoppy Easter!

## <u>Massage Therapy</u>

With over 35 years of study, skills & experience, Karen rewrites the rules of wellness and medicine with innovative options to keep mind, body, and soul in balance.

Contact Karen directly to book an appointment at 610-360-2427.

## **Services with Lorri:**

- Mondays & Wednesdays ONLY
- To make, change, or cancel an appointment with Lorri, please call her directly at 610-751-4458

## <u>Services with Tracy:</u>

- Specializes in EAR CANDLING-Hearing Aids get full of wax; keep your ears and hearing aids clean with a service.
- Every OTHER Tuesday ONLY
- To make, change, or cancel an appointment with Tracy, you can either do so in the salon or call her directly at 484-280-5977

# Bellezza Salon and Spa

#### **NAILS:**

We are trying to find the perfect fit for your nail needs but have been unsuccessful. If you know of a nail technician that would like to join our amazing team to work one day a month, please call Diane Rizzetto at 610-390-9676.

#### **PEDICURES:**

Let's keep your feet healthy and looking good.

Make your pedicure appointments with Lorri at 610-751-4458

#### **FACIALS:**

Appointments MUST be scheduled in advance with Lorri at 610-751-4458.

#### **RETAIL ITEMS:**

20% off ALL retail items this month!

If there is something you are looking for that we do not have on our shelves, just ask and we will order it for you.

#### <u>REFERRALS:</u>

Refer a friend, neighbor, or family member for any service and YOU will receive a FREE retail item.

#### **PUNCH CARDS:**

Punch cards are worth reward \$\$\$. After each service, you receive a sticker on your punch card. Once you fill up your card, you will receive \$25.00 towards your next salon service.

\*Gift presented by Lutheran Manor.

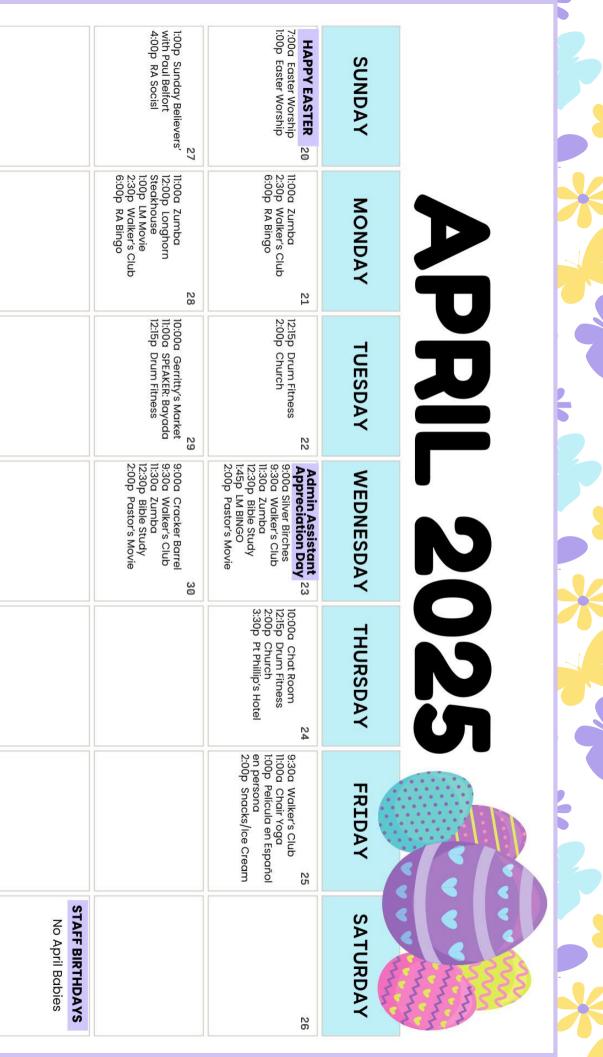
#### **GIFT BOX DRAWING:**

Remember to enter the drawing...you may be our next Lucky Winner!!

#### **GIFT CERTIFICATES:**

Always available for purchase!





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# Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30p	Community Room
Chat Room	Every Thursday	10:00a	Community Room
Church	4th Tues & Every Thurs (1st Thurs - Spanish Service)	2:00p	Community Room Channel 98
Sunday Believers' with Paul Belfort	Every Sunday	1:00p	Community Room

## Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
<b>CHAIR YOGA</b> with Katie	Friday	11:00a	Fitness Room
DRUM FITNESS	Anna on Tuesdays Katie on Thursdays	12:15p	Community Room
<b>WALKER'S CLUB</b> with Katie	Monday Wednesday Friday	2:30p 9:30a 9:30a	Front of the Gym
<b>ZUMBA</b> with Anna	Monday Wednesday	11:00a 11:30a	Exercise Room Channel 98

## April Activities

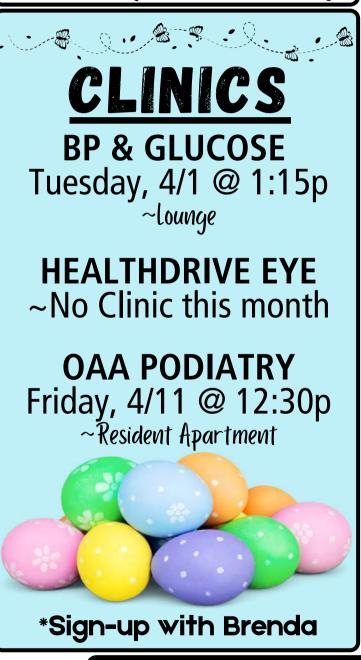
RA BINGO	Every Monday	6:00p	Community Room	
RA Snacks & Ice Cream	Every Friday	2p-3p	Lounge	
RA Coffee & Donuts	1st Saturday	9:30a	Lounge	
RA Soup & Hot Dogs	2nd Saturday	4:00p	Lounge	
RA Breakfast	3rd Saturday	9:30a	Lounge	
Van Trip Drop	Tuesday, April 1st	9:00a	Brenda's Office	
CLINIC: BP / GLUCOSE	Tuesday, April 1st	1:15p	Lounge	
TAXES	Wednesday, April 2nd	10a-2p	Computer Lab	
Second Harvest Food Boxes	Thursday, April 3rd	12:30p	Resident Apts.	
<b>VOCERO:'Afrontar el Estrés'</b>	viernes, 4 de abril	11:00a	Sala Comunitaria	
Mental Health Coping Skills with Katie	Tuesday, April 8th	2:00p	Community Room	
RENT REBATES	Thursday, April 10th	10a-3p	Computer Lab	
ENTERTAINMENT: 'The Danny Grae Show'	Thursday, April 10th	11:00a	Lounge	
ENTERTAINMENT: Chris Lorenzetti, Violinist	Friday, April 11th	11:00a	Lounge	
CLINIC: OAA Podiatry	Friday, April 11th	12:30p	Resident Apts.	
DOMINÓ Español	viernes, 11 de abril	2:00p	Sala Comunitaria	
LM In-Person Movie: 'The Six Triple Eight'	Monday, April 14th	1:00p	Community Room	
GENERAL MEETING	Tuesday, April 15th	2:00p	Lounge	
EASTER LUNCHEON	Wednesday, April 16th	11:00a	Lounge	
GOOD FRIDAY	CLOSED			
LM BINGO	Wednesday, April 23rd	1:45p	Lounge	
Película presencial: 'La Familia Perfecta'	Friday, April 25th	1:00p	Sala Comunitaria	
SPEAKER: 'Coping with Stress'	Tuesday, April 29th	11:00a	Community Room	

### Brenda's Bulletin

### SECOND HARVEST FOOD BANK

Boxes are delivered directly to your apartment. Please plan accordingly to be home at this time. Contact Brenda to sign up.

Thursday, 4/3 @ 12:30p



# **DOMINÓ Español**

Únase a nosotros para disfrutar de algunos juegos, excelente comida española y una compañía increíble.

viernes, 11/04@2:00p

~Sala Comunitaria

\*Registrate en el Formulario de Eventos

## **INCOME TAXES**

Wednesday, 4/2 is the last available date for an Income Tax appointment.

## **RENT REBATES**

Thursday, 4/10 is the last available date for a Rebate appointment.

If you have not already signed up, please do so with Brenda ASAP!

Office Hours: Monday - Friday 9am - 3pm Brenda Pagán-Fontañez, Service Coordinator 610-866-6010 ext.4

## Brenda's Bulletin

## **ENTERTAINMENT:**

**'The Danny Grae Show'** Thursday, 4/10 @ 11a



Chris Lorenzetti, Violinist Friday, 4/11 @ 11a

Lounge | Sign-up on the Events Form

### **BUS TRIP REMINDER**

A cancelation fee will be charged for any trips not canceled with a 24-hour notice.



## **VOCERO: Red Lion**

## 'Cómo Afrontar el Estrés'

Únase a nosotros para aprender técnicas de afrontamiento del estrés y disfrute de actividades con aceites esenciales, jabones perfumados, bálsamos y aerosoles.

## viernes, 4/4 @ 11a

~Sala Comunitaria

Registrate en el Formulario de Eventos

## <u>SPEAKER: Bayada</u>

# 'How to Cope with Stress'

Join us to learn different stress coping techniques to implement into your daily routine.

Tuesday, 4/29 @ 11a

~Community Room

Sign-Up on the Events Form



"When one flower blooms," spring awakens everywhere."





~Ham with Jezebel Sauce ~Turkey ~Mashed Potatoes ~Cabbage & Noodles ~Green Beans ~Buttered Corn ~Desserts

Wednesday, April 16th @ 11:00a





# Easter Luncheon

Come enjoy this special treat with your fellow neighbors! Sign-up REQUIRED. Complete this form & submit to the Main Office no later than ~Friday, 4/4~

Name:	Ap		
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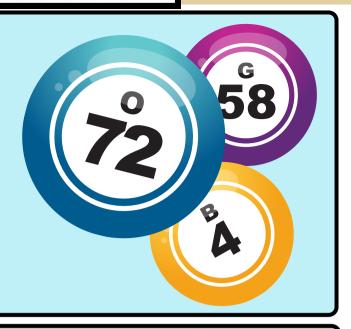
## Resident's Association

# BINGO

Come one, Come all! Enjoy the Fun!!

Mondays at 6:00p

~Community Room



## **COFFEE & DONUTS**



Come mingle
with your fellow
neighbors while
enjoying a cup of
joe with some
delicious donuts to
start your day!

April 5th @ 9:30a

\$1.50 each | Lounge

## **SOUPS & HOTDOGS**

Indulge in delicious hot soup (\$3.00) and/or hotdogs (\$2.00) with all the fixings.

April 12th @ 4:00p

Sign-up REQUIRED ~Lounge

### **BREAKFAST**

Start your day off on the right foot with 3 pancakes, 2 sausage links, coffee, & juice.

\$5.00 Entry Fee

April 19th @ 9:30a

~Lounge

### SOCIAL

Come enjoy the festivities, music, and great food. You don't want to miss this!

Let's Party!

#### April 27th @ 4:00p

4:00p - Doors Open 5:00p - Food Served

6:00p - Entertainment

Sign-up REQUIRED | Lounge

# CLOTHING DRIVE

Let's start Spring Cleaning! Bring your gently used clothing/shoes to the Lounge every Friday at 2:00p, beginning on 4/4, so they can be donated to the Salvation Army.

## Event Sign-Up Form

Please CHECK OFF which event you would like to attend below:

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Lutheran Manor Events				
4/4	viernes	VOCERO: Red Lion Home Care 'Cómo Afrontar el Estrés'	<b>11:00</b> a	
4/8	Tuesday	Mental Health Coping Skills with Katie	2:00p	
4/10	Thursday	ENTERTAINMENT: 'The Danny Grae Show'	11:00a	
4/11	Friday	ENTERTAINMENT: Chris Lorenzetti, Violinist	11:00a	
11/4	viernes	DOMINÓ Español	2:00p	
4/14	Monday	LM IN-PERSON MOVIE: 'The Six Triple Eight'	1:00p	
4/23	Wednesday	LM BINGO	1:45p	
<b>25/4</b>	viernes	PELÍCULA ESPAÑOLA EN PERSONA: 'La Familia Perfecta'	1:00p	
4/29	Tuesday	SPEAKER: Bayada 'How to Cope with Stress'	11:00a	
TBD		SPEAKER: Moravian University 'The Benefits of Occupational Therapies'		

Resident's Association Events					
4/12 Saturday RA SOUPS / HOTDOGS 4:00p					
4/27 Sunday RA SOCIAL		4:00p			
Name(s):					
Phone#: Apt.#:					
*Please return this form to the MAIN OFFICE starting on Tuesday, April 1st*					

		May Van Trips	
		Iviay vari irips	$\checkmark$
5/5	Monday	BANKS & Shopping at CVS / WALGREENS	10:00a
5/6	Tuesday	Lunch at PLAZA AZTECA Mexican	11:00a
5/7	Wednesday	Shopping at WEIS	10:00a
5/8	Thursday	Dutch Apple Theatre: 'FIDDLER ON THE ROOF' (\$78.00 includes ticket fare and lunch)	10:30a
5/9	Friday	Dinner at FIORENTINA GRILL Italian	3:00p
5/13	Tuesday	Shopping at WALMART 248	10:00a 2:00p
5/14	Wednesday	DOME TRAIN RIDE in Jim Thorpe (\$32.00 for ticket fare only; Lunch not included) Lunch at MOLLY MAGUIRE'S IRISH PUB	10:30a
5/15	Thursday	BANKS & Shopping at TARGET	10:00a
5/19	Monday	Shopping at WEGMANS	12:00p
5/20	Tuesday	Breakfast at DINER 248	10:00a
5/21	Wednesday	Silver Birches: 'GIVE MY REGARDS TO BROADWAY' (\$45.00 includes ticket fare, breakfast, lunch, open bar, snack, entertainment, & gratuity)	9:00a
5/27	Tuesday	Shopping at DOLLAR TREE 378	10:00a 2:00p
5/28	Wednesday	Shopping at LV Mall Lunch at BONEFISH GRILLE	11:00a
5/29	Thursday	KLEIN FARMS DAIRY & CREAMERY	12:00p
5/30	Friday	Shopping at WINDCREEK OUTLETS & Lunch	10:00a
	me:	Apt#:	

\*Please return this form to <u>BRENDA</u> starting on Tuesday, April 1st\*

## May Van Trips \$\$ Inexpensive \$\$ Moderate \$\$\$ Expensive

Below are descriptions of the unique trips scheduled & what you should expect if you attend...

#### **PLAZA AZTECA MEXICAN:**

Make your way to Mexico to enjoy Elote, Guacamole, Burritos, Tacos, Sizzling Fajitas, Nachos, Enchiladas, Chimis, Steaks, Quesadillas, and Fried Rice...all with a Margarita in hand.



#### **DUTCH APPLE THEATRE 'FIDDLER ON THE ROOF':**

A Tony Award-winning musical. Set in a small Russian village, Tevye, his wife Golde, and their five daughters are led through the wonders of life and have their faith tested. This timeless score includes "If I Were a Rich Man," "Tradition," "Matchmaker, Matchmaker," "To Life," and "Sunrise, Sunset."

#### JIM THORPE DOME CAR TRAIN RIDE:

Witness the beauty of high-rising cliffs, mountain scenery, and wildlife while enjoying the narrated trip around the Lehigh River over bridges, through Glen Onoko, and into the Gorge State Park. This car is fully climate controlled with clean restrooms to keep passengers comfortable.

#### **MOLLY MAGUIRES PUB:**

Family owned & operated for over 25yrs; built on the reputation of great service and tasty foods. Enjoy Bavarian Pretzels, Specialty Burgers, Steaks, Seafood, Crafted Beer, and House Wine served by the glass.



#### SILVER BIRCHES 'REGARDS TO BROADWAY':

11a ARRIVAL to coffee & apple streusel cake, shop Artisan jewelry, gifts, & local food specialties

11:30a ENJOY music and dancing.

12:00p DIVE into the open bar with drafts on tap, wine & soda

12:30p BUFFET SERVICE includes Coffee Cake, Broccoli Salad, House Baked Bread, Roasted Pork Loin, Wild Rice Pilaf, All Beef Meatloaf with Gravy, Garlic Roasted Potatoes, Chef's Whim Salad, Roasted Veggies, Rice Pudding & Ice Cream 2:00p JOIN IN ON THE FUN with John Monforto's rich baritone voice bringing you this tribute to Broadway musicals. He celebrates all the best show tunes from your favorite Broadway shows from "Fiddler On The Roof," "South Pacific," "Oklahoma," "Guys & Dolls," "The Phantom of the Opera," "Camelot," "West Side Story," and many more! 3:30p SNACK before departure

#### KLEIN FARMS DAIRY & CREAMERY:

Stop in to visit them and their furry friends, shop the freshest products from homemade cheese, milk, yogurt, and much more. Don't forget to take care of that sweet tooth with their delicious homemade ice cream as well! Keep your fingers crossed for a surprise farm tour.

