

Lutheran Manor
of the Lehigh Valley

April 2022

2085 Westgate Drive, Bethlehem, PA, 18017

Office Hours

Monday-Thursday
8:30am - 4:30pm

Friday
8:30am - 1:00pm

Fitness Center

Every Day
6:00am - 7:00pm

Staff Birthdays

No April Babies

**WELCOME
New Residents**

Kathleen T.- Floor 5

Irma B.- Floor 10

Angel/Miriam N.- Floor 10



Office Notes

Join Nena for Fellowship

April 1st & 15th
at 2:00pm (Game Room)

Bring your own projects...

- Knitting
- Crocheting
- Embroidery
- Hand Work



Resident's Association: Donuts & Coffee

\$1.00 each

April 2nd at 8:30am (Lounge)



CLOSED

in Observance of
Good Friday

April 15th



Lutheran Manor MOVIES

Mondays at 1:00pm
Live-streamed on Channel 98

- 4/4 - "The Guernsey Literary & Potato Peel Pie Society"
- 4/11 - "The Artist"
- 4/18 - "Enola Holmes"
- 4/25 - "The Two Popes"



Welcome New Staff Members



Mike Hertzler - Fitness Specialist

A native of central Pennsylvania, Mike recently relocated to Hellertown from Carlisle, PA. He joined our team in February 2022. Mike is passionate about working to create a broad wellness program and an individual-centered approach to health and fitness. His focus has been serving older adults with orthopedic limitations, past injuries & chronic conditions. He has served in senior communities for the last 11 years. Mike's favorite sport is basketball, which he played all throughout school. He also enjoys going to church, trying new adventures, being outdoors, hiking, camping and spending quality time with his wife, Heather and new addition, Caroline!

Jessica Caraballo - Janitorial, Custodial, HK

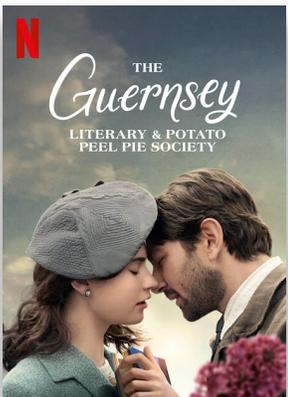
Jessica hails from Manhattan, NY and has settled in our historic town of Bethlehem, PA. She joined our team in March, 2022. Jessica graduated from trade school and has worked in the maintenance industry for the past 12 years, the last six of those years managing a gym in Hell's Kitchen.

Jessica enjoys playing softball and basketball, eating seafood and trying out new dining places in the city. Her favorite pastime is enjoying new Bethlehem adventures with her husband, Luis.



Movie Days

The Guernsey Literary & Potato Peel Pie Society



The story of a small island community composed of very disparate people who came together during the German occupation of World War II to protect, comfort, and in some cases, save one another. Therein lays the true story of love.

APRIL 4TH

The Artist



In the 1920s, actor George Valentin is a bona fide matinee idol with many adoring fans. George finds himself falling in love with an ingenue named Peppy Miller, it seems Peppy feels the same way. But George is reluctant to cheat on his wife with the beautiful young actress. As George's career begins to fade while Peppy's star rises.

APRIL 11TH

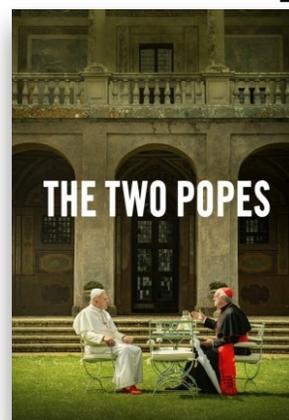
Enola Holmes



While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.

APRIL 18TH

The Two Popes



Behind Vatican walls, Pope Benedict and the future Pope Francis must face their pasts and find common ground in order to forge a new path for the Catholic Church.

APRIL 25TH

~All LM movies live-streamed on channel 98 every Monday at 1:00pm~

Resident's Association



Resident's Association: **Breakfast in the Lounge**

April 16th at 8:30am

MENU:

3 pancakes, 2 sausage links,
1 coffee, 1 juice

Complete this form and place in a sealed envelope along with \$3 cash and slide it under Jeannette Horninger's door, Apt 1002 no later than Friday, 4/8



Resident's Association



Breakfast in the Lounge

April 16th



FULL NAME: _____

PHONE: _____

APT#: _____

**Please return this completed slip along with \$3 cash and slide under Jeannette Horninger's door, Apt.1002, no later than Friday, April 8th **

Resident's Association

Resident's Association: **Social in the Lounge**

Get your Dancing Shoes On & Let's Have Fun!

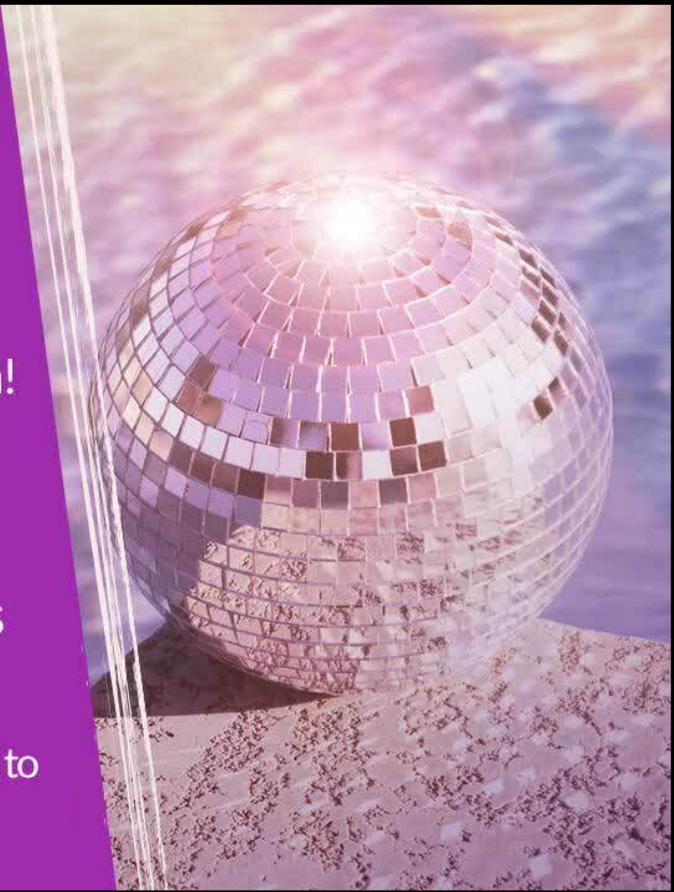
April 23rd at 4:00pm

4:00pm - Doors Open

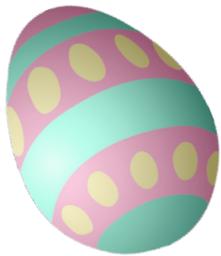
5:00pm - Food: Meatball Sandwiches

6:30pm - Entertainment: Bill Reese

Sign up required | Complete this form and drop off to Main Office no later than **Thursday, April 14th**



Resident's Association



Social in the Lounge **Saturday, April 23rd**

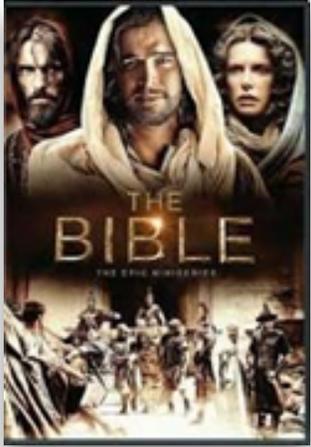


Name: _____

Apt #: _____ Phone #: _____

**Please return this completed slip to MAIN OFFICE no later than Thursday, April 14th*
~LIMITED CAPACITY~*

From the Chaplain



THE BIBLE- TV Miniseries

THE BIBLE is a television miniseries which is based on familiar Bible stories from Genesis to Revelation. We conclude with the following two episodes.

(approximately 45 minutes each)

Wednesday, April 6th @ 2:00pm- Episode 9 "PASSION"

Jesus is brought before Pilate and is sentenced to die by the Roman crucifixion. Unable to carry the cross bar, Simon of Cyrene was put upon to carry it to Golgotha, where He is crucified for all to see. When He commends His Spirit to God, the sun was darkened and the earth quakes as His mother stands by.

Wednesday, April 6th @ 3:00pm- Episode 10 "COURAGE"

Mary Magdalene and other women come to prepare the body with spices prepared and find the stone rolled away and the tomb empty and they are told that He is not there and to go tell the Apostles. The resurrected Jesus gives His Apostles His final instructions before He is caught up to Heaven, telling them to wait for the Holy Spirit to come so that they may continue what Jesus started.

PALMS from Palm Sunday Worship will be available on Monday, April 11th in the Lounge. On Thursday, April 14th, following worship (about 3:15pm), Pastor Clark will make palm crosses in the lounge. You're welcome to receive cross and/or learn how to make them.



WEDNESDAY, APRIL 20TH AT 2:00PM

WORSHIP DVD: SONSHINE MINISTRY

**Recorded at Calvary Baptist Church, Easton*

From the Chaplain

DEAR GOD: THINGS CHILDREN SAY...

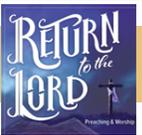


- Dear God, I bet it is very hard for you to love the whole world. There are only four people in our family and I can never do it. ~Nancy.*
- Dear God, Thank you for our baby brother, but what I asked for was a puppy. You can look it up. ~Joyce.*
- Dear God, I read the Bible. What does "beget" mean? Nobody will tell me. ~Alison.*
- Dear God, Please put another holiday between Christmas and Easter. There's nothing good there now. ~Amanda.*
- Dear God, Is it true my father won't get to heaven if he uses golf words in the house? ~Anita.*
- Dear God, Maybe Cain and Abel wouldn't kill each other if they each had their own rooms. That works for me and my brother. ~Larry.*
- Dear God, Did you mean giraffes to look like that or was it an accident? ~Norma.*

People of God, we will always be children in God's eyes: sometimes messy, crazy, self-destructive children. But as long as we make Him the single focus of our hearts, He doesn't care. So take a lesson from these little ones, pursue God recklessly and don't pay attention to what others think, for the Kingdom of Heaven belongs to such as these.

Happy Spring!~Pastor Clark

Worship in the Community Room

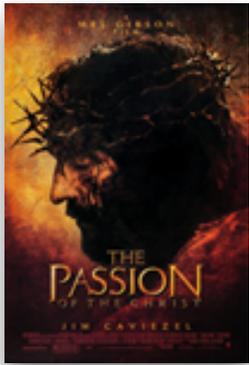


WORSHIP IS LIVE AT 2 PM (EXCEPT EASTER MORNING) ON THE DATES LISTED BELOW
 ~LIVE-STREAMED ON CH 98 ~COVID GUIDELINES WILL BE FOLLOWED

Thursday, Apr 7	Pastor Jonny Villamar - Cornerstone Church, Easton ~Spanish/English
Tuesday, Apr 12	Father Bernard Ezaki - Notre Dame RC Church, Bethlehem
HOLY Thursday, Apr 14	Pastor Larry Humbard - LV Grace Brethren, Bethlehem ~Holy Communion
EASTER Sunday, Apr 17 @ 7:00 AM	'The Resurrection of Our Lord' - Pastor Dan. Brettell St. Paul's Lutheran, Bethlehem ~Holy Communion
Thursday, Apr 21	Pastor Marian Johnson - Church of the Manger, Bethlehem
Thursday, Apr 28	Pastor Rick Sergi - Emmanuel's E. C., Bethlehem

Note: Holy Communion Worship (April 14th and 17th):
 If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark.

From the Chaplain



THE PASSION OF CHRIST

Wednesday, April 13th @ 2pm

A 2004 epic Biblical drama covering the final 12 hours before Jesus Christ's death, known as the "Passion". It received three nominations for the Academy Awards although controversial.

MY BIG FAT GREEK WEDDING

Wednesday, April 27th @ 2pm

My Big Fat Greek Wedding tells the story of Toula Portokalos. She's 30 years old and still not married, which means as a nice Greek girl she's a failure. Then one day she meets Ian who is tall and handsome but definitely not Greek. Their courtship is a culture clash. One thing's for sure — with Ian's proposal, they're all headed for a big, fat Greek wedding.



Sunday Praise

with David Garcia

April 10th at 11:00am
Community Room (Channel 98)

PALMS

Palms will be available on
Monday, April 11th in the Lounge

Pastor Clark will make Palm Crosses
Thursday, April 14th (about 3:15pm)
in the Lounge

*Come receive cross and learn how to
make them as well.*

Holy Communion Worship

April 14th & April 17th

If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark, ext.206

REMINDER:

EASTER SUNDAY

The Resurrection of Our Lord

Holy Communion with
Pastor Dan Brettell
St. Paul's Lutheran, Easton PA

April 17th at 7:00am

Pastor Clark MOVIES

Wednesdays
Live-streamed on Channel 98

THE BIBLE – TV Miniseries

April 6th at 2:00pm - Passion (Episode 9)
April 6th at 3:00pm - Courage (Episode 10)
April 13th at 2:00pm - The Passion of Christ
April 20th at 2:00pm - Sonshine Ministry
April 27th at 2:00pm - My Big Fat Greek Wedding

Masks are required for EVERYONE when social distancing is not possible

BELLEZZA SALON & SPA

APRIL SPECIALS

COUPON - April showers are bringing you coupons...\$5.00 off any perm service until April 30th

EAR CANDLING - Offered on Tuesdays...and for every 3rd appointment, you will receive the 4th appointment at 50% off

REFERRAL PROGRAM - Get rewarded when you refer friends and family for a salon or spa service

PUNCH CARDS - Great way to get rewarded for coming into the salon for services. Get rewards after you fill up your card.

EASTER BASKET DRAWING - You will be entered in a drawing for any services you receive during the month of April

Massage Therapy with Karen

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

Contact Karen directly to book appointments
610-360-2427

Do not contact the salon for
massage appointments.

APRIL 2022

Happy Easter

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays						1 April Fools' Day 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 TaiChi with Joanne 11:00 Relax & Renew 1:00 RENT REBATES 2:00 Fellowship with Nena	2 Ramadan Begins 8:30 Resident's Association COFFEE & DONUTS 9:30 PALACE Restaurant 10:00 RITEAID/CVS - Canceled
3 2:30 DOUGHBOYS	4 9:00 Walker's Club 10:00 BANKS 10:00 Exercise DVD (98) 10:00 Fit Forever 1:00 MOVIE 2:00 PM Stretch 3:00 Relax & Renew 6:00 Resident's Association Bingo	5 9:00 Relax&Renew 10:00 AM Stretch 10:00 Exercise DVD (98) 10:00 SPEAKER:C.A.R.I.E. 10:00 WEIS 2:00 Muscle&Move 2:15 CLINIC: BP Checks 3:00 Balance Fun	6 9:00 Walker's Club 9:30 VALLEY FARM MKT 10:00 Exercise DVD (98) 10:00 Smart Bells 12:30 Bible Study 1:00 OneOnOne Training 2:00 Pastor Movie 2:00 Snacks/IceCream Sales 3:00 Pastor Movie 3:00 Relax&Renew	7 9:00 Relax&Renew 10:00 Chat Room 10:00 Everybody's Yoga w/ Dana 10:00 Exercise DVD (98) 10:00 RENT REBATES 10:00 WALMART 12:30 Second Harvest 2:00 Cardio&Tone 2:00 Church (Spanish) 3:00 Balance Fun	8 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 TaiChi with Joanne 11:00 ENTERTAINMENT: Lorri&Jim 11:00 Relax&Renew 12:30 CLINIC: OAA 1:00 RENT REBATES 2:00 Fit Forever	9	
10 11:00 Sunday Praise with David Garcia	11 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Fit Forever 1:00 MOVIE 2:00 PM Stretch 3:00 Relax&Renew 6:00 Resident's Association Bingo	12 9:00 Relax&Renew 10:00 AM Stretch 10:00 Exercise DVD (98) 2:00 Church 2:00 Muscle&Move 3:00 Balance Fun	13 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Smart Bells 12:30 Bible Study 1:00 OneOnOne Training 2:00 Pastor Movie 2:00 Snacks/IceCream Sales 3:00 Relax&Renew	14 9:00 CLINIC: Eye 9:00 Relax&Renew 10:00 Chat Room 10:00 Everybody's Yoga w/ Dana 10:00 Exercise DVD (98) 10:00 RENT REBATES 1:00 CLINIC: Dermatology 2:00 Cardio&Tone 2:00 Church 3:00 Balance Fun 3:15 Palm Crosses	15 Tax Day 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 TaiChi with Joanne 11:00 Relax&Renew 1:00 RENT REBATES 2:00 Fellowship with Nena	16 8:30 Resident's Association BREAKFAST	

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

APRIL 2022

Happy Easter



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday															
Easter										Earth Day																	
17	7:00 Church	18	9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Fit Forever 1:00 MOVIE 2:00 PM Stretch 3:00 Relax&Renew 6:00 Resident's Association Bingo	19	9:00 Relax&Renew 10:00 AM Stretch 10:00 Exercise DVD (98) 2:00 Muscie&Move 2:00 Snacks/IceCream Sales 2:00 GENERAL MEETING 3:00 Balance Fun	20	9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Smart Belis 12:30 Bible Study 1:00 OneOnOne Training 1:45 LM BINGO 2:00 Pastor Movie 2:00 Snacks/IceCream Sales 3:00 Relax&Renew	21	9:00 Relax&Renew 9:30 GIANT 10:00 Chat Room 10:00 Everybody's Yoga w/ Dana 10:00 Exercise DVD (98) 10:00 RENT REBATES 11:00 ENTERTAINMENT: Paint 2:00 Cardio&Tone 2:00 Church 3:00 Balance Fun	22	9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 Relax&Renew 1:00 RENT REBATES 2:00 Fit Forever	23	10:00 GIANT 4:00 Resident's Association SOCIAL	24		25	9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Fit Forever 1:00 MOVIE 2:00 PM Stretch 3:00 Relax&Renew 5:00 MARBLEHEAD 6:00 Resident's Association Bingo	26	9:00 Relax&Renew 10:00 AM Stretch 10:00 Exercise DVD (98) 10:00 WEGMANS 12:00 Road To Wellness Challenge 2:00 ENTERTAINMENT: Fautist 2:00 Muscie&Move 3:00 Balance Fun	27	9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Smart Belis 12:30 Bible Study 1:00 OneOnOne Training 2:00 Pastor Movie 2:00 Snacks/IceCream Sales 3:00 Relax&Renew	28	9:00 Relax&Renew 9:30 DOLLAR TREE 10:00 Chat Room 10:00 Everybody's Yoga w/ Dana 10:00 Exercise DVD (98) 10:00 RENT REBATES 2:00 Cardio&Tone 2:00 Church 3:00 Balance Fun	29	9:00 Walker's Club 10:00 ALDI 10:00 Exercise DVD (98) 11:00 Relax&Renew 1:00 RENT REBATES 2:00 Fit Forever	30	

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

Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30pm	Community Room
Chat Room	Every Thursday	10:00am	Community Room
Church	4th Tues & Every Thurs (1st Thurs-Spanish Service)	2:00pm	Community Room/Ch98

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Balance Fun	Tuesdays, Thursdays	3:00pm	Exercise Room
Cardio & Tone	Thursdays	2:00pm	Exercise Room
Everybody's Yoga with Dana	Thursdays	10:00am	Exercise Room (98)
Fit Forever *No Class on 4/15	Mondays Fridays	10:00am 2:00pm	Exercise Room
Muscle & Move	Tuesdays	2:00pm	Exercise Room (98)
One-on-One Training	Wednesdays (By appointment only)	1pm-3pm	Gym
Relax & Renew	Mondays, Wednesdays Tuesdays, Thursdays Fridays	3:00pm 9:00am 11:00am	Exercise Room
Smart Bells	Wednesdays	10:00am	Exercise Room
Stretch	Tuesdays Mondays	10:00am 2:00pm	Exercise Room
Tai Chi with Joanne	Fridays	10:00am	Exercise Room (98)
Walker's Club	Mon, Wed, Fri	9:00am	Wellness Center

April Activities

Lutheran Manor MOVIES	Every Monday	1:00pm	Community Rm/Ch98
Pastor Clark MOVIES	Every Wednesday	2:00pm	Community Rm/Ch98
Snacks/Ice Cream Sale	Every Wednesday	2:00pm	Lounge
RA BINGO	Every Monday	6:00pm	Lounge
RA Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Breakfast	Every 3rd Saturday	8:30am	Lounge
Van Trip Drop Off	Friday, Apr 1	9:00am	Brenda's Office
SPEAKER: C.A.R.I.E. 'Medicare Fraud Prevention'	Tuesday, Apr 5	10:00am	Community Room/Ch98
CLINIC: Blood Pressure Checks	Tuesday, Apr 5	2:15pm	Lounge
Second Harvest Food Bank	Thursday, Apr 7	12:30pm	Lounge
ENTERTAINMENT: Lorri & Jim	Friday, Apr 8	11:00am	Community Room/Ch98
CLINIC: OAA Podiatry *Sign up Required	Friday, Apr 8	12:30pm	Resident Apartments
Sunday Praise with David	Sunday, Apr 10	11:00am	Community Room/Ch98
CLINIC: HealthDrive Eye *Sign up Required	Thursday, Apr 14	9:00am	Game Room
CLINIC: Onsite Dermatology *Sign up Required	Thursday, Apr 14	1:00pm	Resident Apartments
SPEAKER: Mike Hertzler 'Parkinson's Disease & Exercise'	Friday, Apr 15	1:30pm	Community Room/Ch98
GENERAL MEETING	Tuesday, Apr 19	2:00pm	Lounge/Ch98
Lutheran Manor BINGO *Sign up Required	Wednesday, Apr 20	1:45pm	Lounge
ENTERTAINMENT: Painting *Sign up Required	Thursday, Apr 21	11:00am	Lounge
RA SOCIAL *Sign up Required	Saturday, Apr 23	4:00pm	Lounge
ENTERTAINMENT: Road To Wellness Challenge	Tuesday, Apr 26	12:00pm	Community Room
ENTERTAINMENT: Flautist	Tuesday, Apr 26	2:00pm	Community Room/Ch98

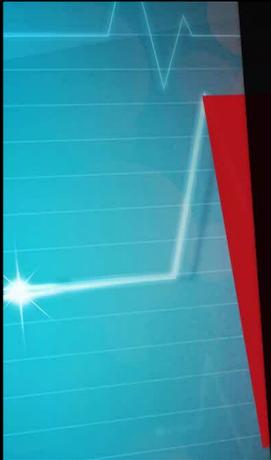
Brenda's Bulletin



Speaker:
C.A.R.I.E
Medicare Fraud Prevention

April 5th at 10:00am
Community Room (Channel 98)

Sign up with Brenda
Light Refreshments to be served



CLINIC:
Blood Pressure Checks
by Walgreens

April 5th
2:15pm-3:15pm
Lounge



SECOND HARVEST

April 7th at 12:30pm
Please come down to Lounge to collect your food box.



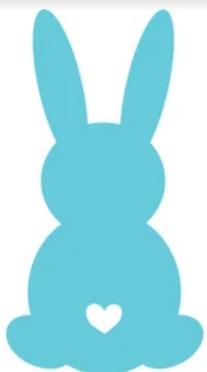
CLINIC:
OAA Orthopedic Specialists

In the comfort of your own home
April 8th at 12:30pm
By Appointment Only • Sign up with Brenda



CLINIC:
HealthDrive Eye

April 14th
9:00am-1:00pm
Game Room
By Appointment Only
Sign up with Brenda



OnSite Dermatology

April 14th • 1:00pm-4:00pm
In the comfort of your own home
By appointment only | Sign up with Brenda



Brenda's Bulletin

Entertainment:
**Lorri & Jim
Duet**

April 8th at 11:00am
Community Room
(Channel 98)

Entertainment:
**MEREDITH
TWARDOWSKI**

Flautist, Performing Three Centuries of Melodies

April 26th @ 2:00pm
Community Room (Channel 98)

***WE ARE NOW LIVE, IN-PERSON FOR ALL CLINICS, SPEAKERS & ENTERTAINMENT**
-Sign up with Brenda today

Entertainment:
**PAINTING
with a Twist**

with Judy Peters

April 21st at 11:00am
Lounge

Enjoy some wine with brushstrokes
Sign up with Brenda
Limited to 10 people

Office Hours: Monday-Friday 9:00am-3:00pm
Brenda Pagan-Fontanez, Service Coordinator
610-866 -6010 x4

May Van Trips

LIMIT OF 16 PASSENGERS PER TRIP

May 2	Monday	Breakfast at Coopersburg Diner	9:30am__
May 3	Tuesday	Banks _____ Write the name of your bank here	9:30am__
May 4	Wednesday	Shopping at RITEAID/CVS Pharmacies	10:00am__
May 6	Friday	Shopping at GIANT	9:30am__
May 9	Monday	Brunch at CRACKER BARREL	10:00am__
May 10	Tuesday	Shopping at WEIS	10:00am__
May 11	Wednesday	Ice Cream at The Cup	11:00am__
May 13	Friday	Shopping at TARGET Lunch at PANERA	10:00am__
May 16	Monday	Banks _____ Write the name of your bank here	9:30am__
May 17	Tuesday	Shopping at AIRPORT SHOPPING CTR	10:00am__
May 18	Wednesday	Shopping at VALLEY FARM MKT	9:30am__
May 19	Thursday	Shopping at DOLLAR TREE 378	11:00am__
May 20	Friday	State Rep. McNeill's Senior Fair	10:00am__
May 22	Sunday	Civic Theatre presents SPAMALOT: A Monty Python Parady \$28	2:00pm__
May 23	Monday	Dinner at PRIME STEAKHOUSE	5:00pm__
May 24	Tuesday	Shopping at ALDI	9:30am__
May 26	Thursday	Shopping at WALMART 248	10:00am__
May 27	Friday	Shopping at GIACOMO'S ITALIAN MARKET (Quakertown)	10:00am__
May 31	Tuesday	Shopping at WEGMANS	9:30am__

Full Name: _____

Phone#: _____ Apt#: _____

Van Trip forms will be collected starting at 9:00 am on **Friday, April 1st.**

Lutheran Manor BINGO



DATE: *Wednesday, April 20th*

TIME: *1:45 PM*

LOCATION: *Lounge*

Please note: Space is limited to 30 residents



Lutheran Manor BINGO



Wednesday, April 20th

Name: _____

Apt #: _____ Phone #: _____

Please return this completed slip to MAIN OFFICE no later than Friday, April 8th

Mike's Minute

Parkinson's Awareness Month

Approximately 60,000 Americans are diagnosed with Parkinson's Disease (PD) each year. More than 10 million people worldwide are living with PD. Incidence of Parkinson's disease increases with age, but an estimated four percent of people with PD are diagnosed before age 50. Come learn new ways to keep a balanced and healthy lifestyle!



Fitness Center Bonus:

Stop by the Fitness Center every Monday in April for a "Brain Booster" activity and exercise!

SPEAKER: "Parkinson's Disease & Exercise"

Friday, April 8th at 1:30pm
Community Room

Join Mike as he discusses Parkinson's Disease (PD) in-relation to exercise!

Come Learn About:

- The early signs of PD
 - The next steps
- Educational resources
- Exercises to prevent PD from happening to you *and much more.*

ENTERTAINMENT: "Road To Wellness Challenge"

Tuesday, April 26th from 12pm-2pm
Community Room

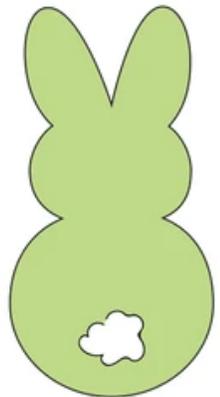
Join us in Bonus Fun Day & Games

We will be announcing our top three winners of our "Road To Wellness" challenge! The goal of this is to bring life back into the Wellness Center & create a true lifestyle change while enjoying the ride!

Come enjoy...

- ~ Blood Pressure Check-ins ~ Body Composition
- ~ Resting Heart Rate Evaluations ~ Tasty Food
- ~ Wellness Games

RSVP with Mike at 610-866-6010, ext.208



Fitness Center Hours: Everyday 6:00am-7:00pm

Mike Hertzler 610-866 -6010 x208

What do you need?



WHAT DO YOU NEED?

At times, fellow residents donate furniture and other household items to rehome for the less fortunate. If you find there is something you need, please complete this form and return to Brenda.



What do you need?

*Complete this form and return to Brenda.
As items become available, she will contact you.*

Name: _____ Apt #: _____

Phone #: _____

List of items needed: _____



EASTER IS THE ONE
TIME OF YEAR WHEN
IT IS SAFE TO PUT
ALL OF YOUR EGGS
IN TO ONE BASKET.