

Office Hours

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

Friday 8:30am - 1:00pm

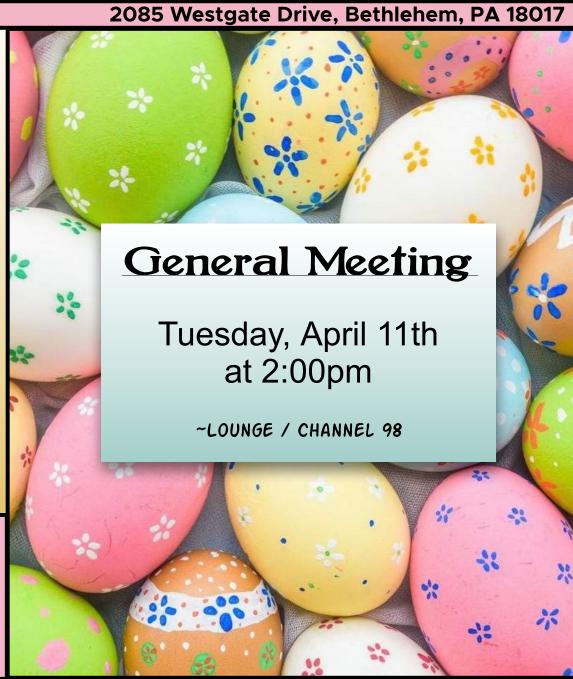
Fitness Center

Every Day 6:00am - 9:00pm

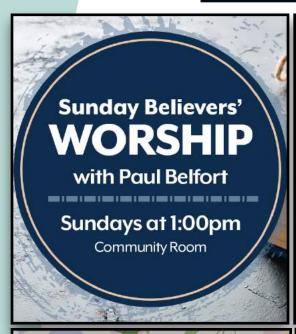
Office Closed:

Friday, April 7th

No New Residents This Month



Office Notes



SUNDAY PRAISE

Led by David Garcia

Prayer, Praise & Proclamation Worship

Sunday, April 9th at 11:00am

Community Room & Channel 98

Pastor Clark MOVIES

Wednesdays at 2:00pm

Live-Streamed on Channel 98

April 5th - 'The Gospel According to St. Matthew'

April 12th - 'Sonshine Ministry'

April 19th - 'Yours, Mine, and Ours'

April 26th - 'Solomon - The Bible Stories'

OFFICE CLOSED IN OBSERVANCE OF Good Friday ~ Friday, April 7th ~

APRIL 26TH IS . . .

Administrative Professionals Day!

rou

THANK

LORI.

Let's give a huge "Thank You" to Lori for all of the



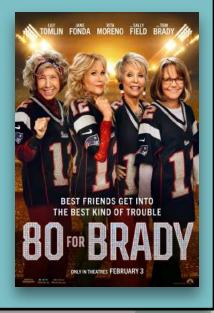
IN-HOUSE MOV

Join us in the Community Room for an at home Movie Theater experience. Once a month we will display a movie on our big screen!

"80 FOR BRADY"

Popcorn and drinks provided. Feel free to bring your own refreshments!

Monday, April 10th @ 1:00pm



Movie Days

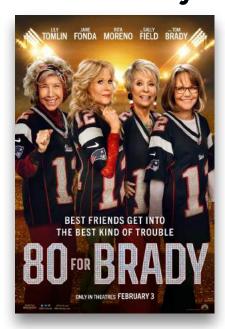
Murder Mystery 2



After their last adventure, now private detectives launching their own agency, Nick and Audrey Spitz land at the center of an international investigation when a friend is abducted.

APRIL 3

80 for Brady



Four best friends live life to the fullest when they embark on a WILD trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

APRIL 10 - COMMUNITY ROOM ONLY

This is Where I leave You



When their father passes away, four grown siblings return to their childhood home and are requested to stay there for a week with their free speaking mother. They come to reconnect with shared history of exes and old friends.

APRIL 17 - RATED R

Honest Thief



A professional bank robber agrees to return all the money he stole in exchange for a reduced sentence. When two FBI agents set him up for murder, he is forced to go on the run to clear his name and bring them justice.

APRIL 24

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

Jacinda's Jumpstart to Wellness



NEW GYM HOURS - 6:00am to 9:00pm



PROMOTION: Take exercise classes throughout the month and if you receive the highest attendance WIN 3 FREE housekeeping appts.



WALKER'S CLUB: Returning to outside around the paths of LM, starting April 1st and switching to 2:00pm until June 1st.



BONUS: Come down every
Monday and learn a new
exercise with Jacinda. Drop in
whenever!



Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-7:00pm Daily Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

Jacinda's Jumpstart to Wellness

APRIL IS STRESS AWARENESS MONTH

Here are some ways to cope with stress if you feel yourself becoming overstressed:

- 1. Take breaks from social media like news channels, social apps, newspaper, etc.
- Take time to unwind and do activities you enjoy.
- Care for your body by eating healthy, exercising, and pampering.
- 4. Socialize with others even if it's a licensed professional.
- 5. Implement healthy routine habits.
- 6. Take trips or travel to new places that interest you.
- Work on your breathing and calming techniques.

EVENTS

SPEAKER:

ENJOY A PRESENTATION ON STRESS MANAGEMENT!

DATE: TBD

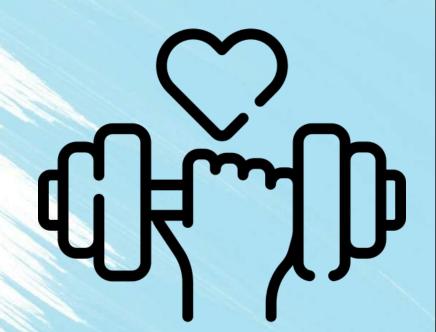
~ COMMUNITY ROOM

DISCUSSION:

JOIN JACINDA IN AN OPEN DISCUSSION ABOUT HEALTH. BRING ALL QUESTIONS, CONCERNS, AND TOPICS OF INTEREST YOU WOULD LIKE TO TALK ABOUT.

DATE: FRIDAY, APRIL 21ST @ 1:30PM

-COMMUNITY ROOM



Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-7:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

From the Chaplain



Shortly after walking out of an empty tomb, Jesus appears to His disciples and says to them: "Peace (Shalom) be with you!". Jesus then adds, "As the Father has sent me,I am sending you." John 20:19-21.

This Jesus who a few days earlier was crucified is now standing before His disciples declaring "Shalom" and inviting his disciples to carry on the mission the Father has given Him...bringing Shalom to chaos and confusion.

The Hebrew word for peace, **shalom**, can describe not only an absence of war or conflict but also inward harmony with God, oneself, and one's community... an inner sense of completeness, wholeness, and tranquility. Shalom points to the flourishing of full life as God intends for us.

Children of God...Because of Easter (the Resurrection of our Lord), everything has changed. Now, living out the will of God—we have been filled with God's Spirit and appointed to continue the work of putting all the broken things back together. **We are called to bring shalom!**

Shalom, Happy Easter! Pastor Clark

Worship in the Community Room

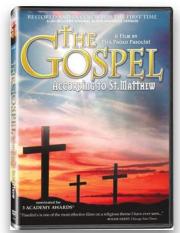
	WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW (EXCEPT EASTER SUNDAY) ~LIVE-STREAMED ON CH 98
Thur, 4/6	Pastor Jonny Villamar, Cornerstone Church, Easton (SPANISH)
**Sun, 4/9 (7:00am)	Pastor Dan Brettell, St. Paul's Lutheran Bethelehm Holy Communion
Thur, 4/13	Pastor Maggie Wellert, Central Moravian Church, Bethlehem
**Thur, 4/20	Pastor Lisa Borrell, Frieden's Lutheran, Center Valley Holy Communion
TUE, 4/25	Fathr Venantius Karobo, Notre Dame RC Church, Bethlehem
Thur, 4/27	Pastor Chris Weltin, Race Baptist Church, Catasauqua

NOTE: Palms will be available on <u>Monday, April 3rd</u> on the counter in the lounge. Pastor Clark will be making palm crosses on <u>Thursday, April 6th at 3pm</u> in the lounge.

**Note: Holy Communion Worship (April 9th & 20th)

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 Gospel according to St. Matthew"

Pier Paolo Pasolini's masterpiece comes to life in color for the first time about the life of Jesus Christ according to St. Matthew. The story begins with his birth and illustrates how his teachings attracted not only his disciples, but believers. When the pharisees, chief priests, and elders learn of Jesus, they conspire to have him arrested, beaten, tried, and crucified on the cross. This classic film is a beautiful interpretation of the greatest story ever told.



~APRIL 12TH~

WORSHIP DVD -- SONSHINE MINISTRY CALVARY BAPTIST CHURCH, EASTON







-APRIL 19TH"Yours, Mine, and Ours"

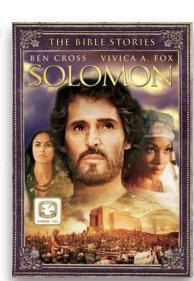
Navy nurse Helen North and Navel Officer Frank Beardsley are both widowed, and discover that this is not the only thing they have in common. Both have large families - she has eight children - he has ten - and when they fall in love and decide to wed this causes problems. The North and Beardsley offspring are extremely resentful of each other, and set out to sabotage their parents imminent union.



~APRIL 26TH~

"Solomon - The Bible Stories"

Ben Cross stars in the title role of Solomon, the son of King David, who inherits his father's title and rules over all of Israel. His famous wisdom guides him well through his royal duties initially, but as he achieves greater and greater highs, Solomon begins to fail his people... and his God.



Lutheran Manor BINGO



Lutheran Manor BINGO

Wednesday, April 12th at 1:45pm

NAME:	
PHONE#:	APT#:

*Return this completed form to the Main Office no later than Friday, April 7th.

Bellezza Salon and Spa

SPECIAL REWARDS:

Monthly Drawings - Please feel free to enter your name to win the April basket drawing filled with goodies!

Gift Certificates - Always available at your leisure!

Bonus Cards - Remember each time you visit the Salon for a service, you get a sticker. When the card is filled you will receive a \$30 reward to go towards your next service.

REFERRALS: Share with your friends and family to make an appointment at the salon for a service. You both will receive a gift for coming..

PLUS a fantastic service.

APARTMENT VISITS: If you cannot make your appt. please ask for a private visit to your apartment. Notify the stylist in advance for accommodations.

CANCELLATIONS: If you need to cancel an appt. PLEASE leave a message on the Salon phone number at 610-866-6010 Ext. 209 or put a note under the door. Thank you for your consideration.

Thank you for the pleasure of serving you in our Salon!!

Happy Easter to all of you!



Not just for beauty, but... for your health!! With regular pedicures your nails have a less likely chance of developing infections. It takes 6 weeks for the dead skin to reform on the feet. Targeting this BEFORE it worsens can be beneficial.

During a pedicure you receive a massage of your feet and lower legs. The massage helps promote the circulation of the blood. Increasing blood circulation can prevent arthritis and evenly distribute heat throughout the body.

FOR MEN

Having a regular pedicure helps your feet feel better and when wearing shoes, they won't hurt as much. If your nails are too long, and hit the top of your shoes – it could cause pain and injury. Putting oil or cream on your cuticles keeps them soft and will nourish them between pedicures.

FOR WOMEN

Same goes for women! The only difference is we add a base coat, 2 coats of color, and a top coat! It feels much better to have your toes painted when wearing sandals or walking around your home barefoot!

Let's Keep Your Feet Healthy and Looking Good!

Make your appointment now and pick up our gift while at the Salon.



Massage Therapy

with Karen

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

Contact Karen directly 610-360-2427

Contact 610-866-6010 x209 to schedule an appointment

APRIL 2023

Blossom by Blossom, Spring Begins

Saturday	April Fools: Day RA COFFEE & DONUTS RA Pinochle	5:00 RA Soup and Hot Dogs			8:30 Resident's Association BREAKFAST
Sat	8:30 RA COFFEE & DONUTS 12:30 RA Pinochle	5:00 RAS		15	8:30 Resic
Friday		OFFICE CLOSED - GOOD FRIDAY 10:00 Meditation - CANCELED	10:00 Walmart 11:00 Energetic Exercise - CANCELED 2:00 Sitrbing with Nena 2:00 Walmart	14	10:00 Meditation 11:00 Energetic Exercise 12:30 CLINIC: OAA-Podiatry 2:00 Sitiching with Nena 2:00 Walker's Club
Thursday		9:00 BREAKFAST AT VALLEY 10:00 Chat Room 11:00 Fit 4 Life with Dana	WI	13	10:00 Chat Room 10:00 Wegmans 11:00 Fit 4 Life with Dana 2:00 Church 2:00 Wegmans 3:00 Meditation-Exercise Room
Wednesday		9:00 Pastor Movie 10:00 BANKS 11:30 ZUMBA with Anna 12:30 Bible Study	1:00 Easter Dinner 2:00 RA Shredding - CANCELED 2:00 RITEAID/CVS/MALGREE 2:00 Snacks/ loe cream sales - CANCELED 2:00 Walker's Club 3:00 Meditation	12	10:00 LEESPORT MKT/DINER 11:30 ZUMBA with Anna 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor Movie 2:00 RA Shredding - CANCELED 2:00 Snacks/loeCream Sales -CANCELED 2:00 Walker's Club 3:00 Meditation
Tuesday		10:00 WEIS 11:00 Everybody's Yoga with Dana 1:15 CLINIC: BP Checks	2:00 RA Shredding 2:00 Snacks/ Ice Cream Sales 2:00 WEIS 3:00 Meditation	11	11:00 BACH AT NOON 11:00 Everybody's Yoga with Dana 2:00 RA Shredding 2:00 RA Shredding 2:00 Snacks/ loc Cream Sales 2:00 GENERAL MEETING 3:00 Meditation
Monday		11:00 Energetic Exercise 1:00 MOVIE 2:00 Walker's Club 3:00 Meditation	6:00 RA Bingo	10	11:00 Energetic Exercise 1:00 MOVIE - In Person Only 2:00 Walker's Club 3:00 Meditation 6:00 RA Bingo
Sunday		12:30 Sunday Believers' with Paul Belfort - ANNIVERSARY		9 Easter	7:00 Eastor Worship 1:00 Sunday Believers' with Paul Belfort

Tune into Channel 99 regularly for updates.

APRIL 2023 Blossom by Blossom, Spring Begi

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1:00 Sunday Believers' with Paul Belfort 4:00 RA SOCIAL	1:00 Sunday Believers' with Paul Belfort		1:00 Sunday Believers' with Paul Belfort	Sunday	ı
	10:00 HOBBYLOBBY / WESTSIDE GRILL 11:00 Energetic Exercise 1:00 MOVIE 2:00 Walker's Club 3:00 Meditation 6:00 RA Bingo	24	10:00 BANKS 11:00 Card Making Class 11:00 Energetic Exercise 1:00 MOVIE 2:00 TARGET 2:00 Walker's Club 3:00 Meditation 6:00 RA Bingo	Monday	Biosso
	11:00 Everybody's Yoga with Dana 2:00 Church 2:00 Flautist 3:00 Meditation	25	18 Tax Day 10:00 VALLEY FARM MKT 11:00 Everybody's Yoga with Dana 2:00 VALLEY FARM MKT 3:00 Meditation	Tuesday	Blossom by Blossom, Spring Begins
	11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding - CANCELED 2:00 Snacks/loeCream Sales 2:00 Walker's Club 3:00 Meditation 5:00 BINGO ActiveLife	26	11:00 Painting with a Twist 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/loeCream Sales 2:00 Walker's Club 3:00 Meditation	Wednesday	Begins
	10:00 Chat Room 11:00 Fit 4 Life with Dana 2:00 Church 3:00 Meditation- Exercise Room	27	9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 11:00 Fit 4 Life with Dana 2:00 Church 3:00 Meditation- Exercise Room 5:00 FIAMMA ITALIAN 7:00 RTO Concert	Thursday	ı
	9:00 CLINIC: Dermatology 10:00 Meditation 11:00 Energetic Exercise 11:00 Hibachi at KOME 2:00 Stitching with Nena - CANCELED 2:00 Walker's Club	38	10:00 Meditation 11:00 Energetic Exercise 1:30 Health/ Fitness Open Discussion 2:00 Stitching with Nena 2:00 Walker's Club	Friday	ı
	S	28	22 Earth Day	Saturday	

Tune into Channel 99 regularly for updates.

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 Channel 98	
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room Channel 98	
Sunday Praise with David Garcia	2nd Sunday of Every Month	11:00am	Community Room	

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays	11:00am	Exercise Room (98)
Everybody's Yoga with Dana	Tuesdays	11:00am	Exercise Room (98)
Fit For Life with Dana	Thursdays	11:00am	Exercise Room (98)
Meditation with Jacinda	Monday-Wednesday Thursdays Fridays	3:00pm 3:00pm 10:00am	Community Room (98) Exercise Room (98) Community Room (98)
ZUMBA with Anna	Wednesdays	11:30am	Exercise Room (98)

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 Breakfast	Saturday. Apr. 15th	9:00am	Lounge
RA Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Pinochle	Every 1st Saturday	12:30pm	Lounge
RA Shredding	Every Wednesday	2:00pm	Lounge
RA Soup & Hot Dogs	Every 2nd Saturday	5:00pm	Lounge
Stitching with Nena	Every Friday	2:00pm	Game Room
Van Trip Drop Off	Monday, April 3rd	9:00am	Brenda's Office
CLINIC: Blood Pressure	Tuesday, Apr. 4th	1:15pm	Lounge
Easter Dinner	Wednesday, Apr. 5th	1:00pm	Lounge
Second Harvest Food Bank	Thursday, Apr. 6th	12:30pm	Brenda's Office
OFFICE CLOSED	Friday, Apr. 7th	All Day	Lutheran Manor
GENERAL MEETING	Tuesday, Apr. 11th	2:00pm	Lounge/Ch98
LM BINGO	Wednesday, Apr. 12th	1:45pm	Lounge
CLINIC:OAA Podiatry	Friday, Apr. 14th	12:30pm	Resident Apartments
ENTERTAINMENT: Card Making Class	Monday, Apr. 17th	11:00am	Lounge
ENTERTAINMENT: Painting with a Twist	Wednesday, Apr. 19	11:00am	Lounge
CLINIC: Health Drive Eye	Thursday, Apr. 20th	9:00am	Game Room
ENTERTAINMENT: RTO Concert	Thursday, Apr. 20th	7:00pm	Lounge
Health/Fitness Meeting: Open Discussion	Friday, Apr. 21	1:30pm	Community Room
ENTERTAINMENT: Flautist	Tuesday, Apr. 25th	2:00pm	Lounge
CLINIC: OnSite Dermatology	Friday, April 28th	9:00am	Resident Apartments
RA SOCIAL	Sunday, April 30th	4:00pm	Lounge
SPEAKER: Stress Management	TBD	TBD	Community Room

Brenda's Bulletin

WHAT DO YOU NEED?

At times, we receive furniture and other household item donations from fellow residents. If you find there is something you may need, please complete this form below and return to Brenda. Upon receipt of any items on your list, she will contact you immediately to see if you are still interested.

WHAT DO YOU NEED?
NAME:
PHONE#:
APT#:
List your items:
Thank you!



CLINICS:

BLOOD PRESSURE CHECKS:

Tuesday, April 4th at 1:15pm to 2:15pm ~ In the Lounge

OAA PODIATRY:

Friday, April 14th at 12:30pm ~ In the comfort of your own home

HEALTHDRIVE EYE:

Thursday, April 20th at 9:00am ~ Game Room

ONSITE DERMATOLOGY:

Friday, April 28th at 9:00am ~In the comfort of your own home

CONTACT BRENDA TO RESERVE A

Office Hours: Monday-Friday 9am-3pm

Brenda Pagan-Fontanez, Service Coordinator
610-866 -6010 x4

Brenda's Bulletin



Entertainment:

RTO Concert

Come one, Come all to enjoy this amazing show!

Thursday, April 20th at 7:00pm

Lounge



Office Hours: Monday-Friday 9am-3pm

Brenda Pagan-Fontanez, Service Coordinator
610-866 -6010 x4

May Van Trips

5/2	Tuesday	Shopping at WEIS	10:00a
5/2	Tuesday	Shopping at RITEAID/CVS/WALGREENS	2:00p
5/3	Wednesday	BANKS WRITE YOUR BANK	10:00a
5/8	Monday	Shopping at GIANT	10:00a
5/8	Monday	Shopping at DOLLAR TREE	2:00p
5/9	Tuesday	Shopping at HAMILTON CROSSINGS Lunch at SMASH BURGER	9:45a
5/11	Thursday	Dinner at MAD DOGS HOT DOGS	4:00p
5/12	Friday	BACH OUTDOORS at Payrow Plaza, Church & New Streets, Bethlehem	11:00a
5/15	Monday	BANKS WRITE YOUR BANK	10:00a
5/16	Tuesday	Shopping at VALLEY FARM MARKET	10a2p
5/17	Wednesday	KLEIN FARMS Ice Cream and shopping	12:30p
5/19	Friday	BACH OUTDOORS at Payrow Plaza, Church & New Streets, Bethlehem	10:00a
5/23	Tuesday	Shopping at WALMART	10a2p
5/23	Tuesday	Shopping at KITCHEN KETTLE VILLAGE & Lunch at HARVEST CAFE	9:00a
5/25	Thursday	LVAIP Senior Expo & Lunch at GEAKER'S TACOS	10:00a
5/30	Tuesday	Dinner at HELLERTOWN CROSSROADS HOTEL	4:00p
5/31	Wednesday	Shopping at WEGMANS	10a2p

Full Name:______Apt#:______Apt#:_____

^{*}Van Trip forms will be collected starting at 9:00 am on Monday, April 3rd

Resident's Association





SOUP & HOT DOGS

Come enjoy some drinks, delicious hot soup (\$3) and hot dogs (\$1.50) with all the fixings.

Saturday, April 8th at 5:00pm

Lounge









Resident's Association:

BINGO

Come one, Come all! Enjoy the fun!

Mondays at 6:00pm

in the Lounge

Special Events

Food Ministry and Lutheran Manor's Hoppy Easter Dinner!

Wednesday, April 5th

1:00 pm - Doors Open

2:00 pm - Dinner Served

3:00 pm - Entertainment: 'Sing for America'

Sign Up Required!

PAINTINGwith a Twist

Come enjoy some wine with brushstrokes! Don't miss out!

Wednesday, April 19th at 11:00am Sign Up Required!

Card Making

Come enjoy creating personalized cards at no cost to you. All included.

Monday, April 17th at 11:00am

Sign Up Required!

Resident's Association:

SOCIAL

Sunday, April 30th

4:00 pm - Doors Open

5:00 pm - Food

6:00 pm - Entertainment

Sign Up Required!

Lounge

Please see NEW 'Events Sign-Up Sheet' on the following page, to signup for the events above.

Event Sign Up Sheet

Please check off or circle which special event you would like to attend in the blanks below:

Lutheran Manor Events							
4/5	Wednesday	Easter Dinner	1:00pm	1 person 2 person			
4/10	Monday	In Person Movie: 80 for Brady	1:00pm				
4/17	Monday	Card Making Class	11:00am				
4/19	Wednesday	Painting with a Twist	11:00am				
4/20	Thursday	HealthDrive Eye	9:00am				
4/21	Friday	Health/Fitness Open Discussion	1:30pm				
		Resident's Association Events	5				
4/15	Saturday	RA Breakfast	9:00am	1 person 2 person			
4/30	Sunday	RA SOCIAL	4:00pm	1 person 2 person			
Name: Apt.#:							
Phon	Phone Number:						
	Please return to the Main Office by Monday, April 3rd!						

May Van Trips Notice '



Shop Dick's Sporting Goods, DSW, Nordstrom Rack, Old Navy, Petsmart, Target, ULTA, Whole Foods and much more! Come shop till you drop!

SMASH BURGER:

Fresh, hand-smashed to order, 100% Angus beef certified, pasture fed. Smashing burger standards...Every bite a better burger!

MAD DOGS HOT DOGS:

Enjoy over 27 different toppings, including the juiciest burger in town. Doing traditional food in a non-traditional way! Don't forget the milkshakes, sundaes and more.... Come and get it!

BACH OUTDOORS:

Enjoy classical pieces on the Plaza overlooking our beautiful City of Bethlehem. Let's Bach on!

KLEIN FARMS: DAIRY AND CREAMERY

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

KITCHEN KETTLE VILLAGE:

As the trees and flowers bloom, take in the fresh air and gorgeous views surrounding the village. With over 40+ unique shops, restaurants, and lodging, Kitchen Kettle Village is where you need to be!

HARVEST <u>CAFE:</u>

The line moves quickly so you have plenty of time for shopping. Grab a seat by the windows to enjoy the farmland views while filling up your belly.

GEAKER'S TACOS:

Tacos aren't just for Tuesdays! Choose from beef, chicken, gator, fish, or shrimp. Spice up your life...Eat more tacos...one love, one heart. Let's Eat!!

HELLERTOWN CROSSROADS HOTEL:

Come enjoy their famous spaghetti masterpiece! Immerse yourself in meals like chicken parm, ravioli, meatball parm, pizza and more. Join us to see what all the fuss is about!

