

# August 2021

## Lutheran Manor of the Lehigh Valley

2085 Westgate Drive, Bethlehem, PA, 18017

### Office Hours

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

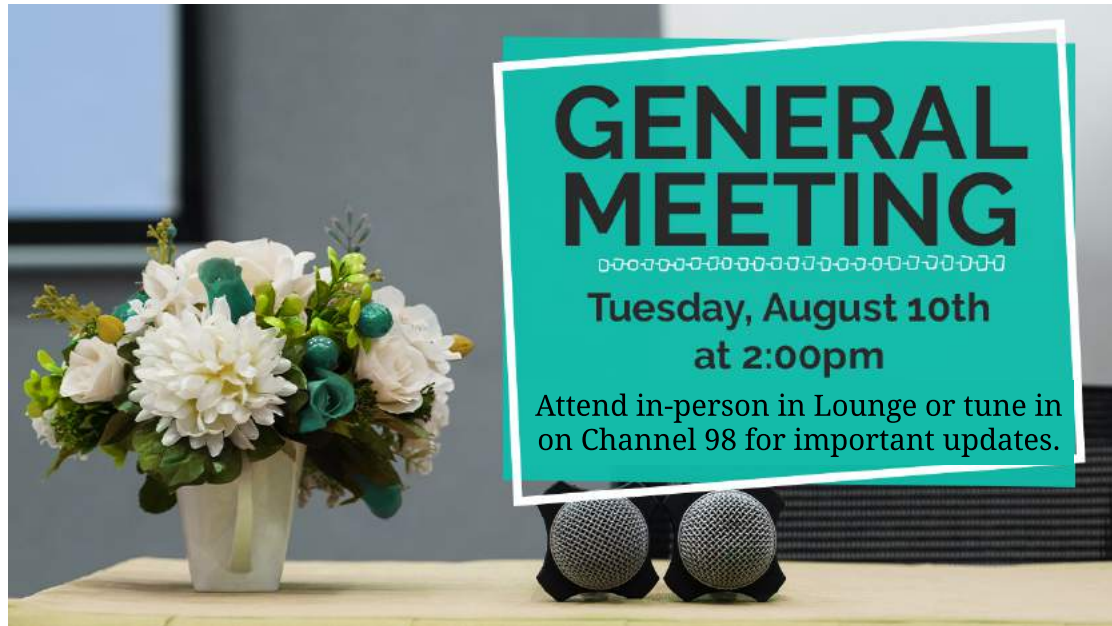
Friday  
8:30am - 1:00pm

### Staff Birthdays

Mona - August 24<sup>th</sup>

**"The bad news is,  
time flies.  
The good news is,  
you're the pilot."**

*-Michael Altshuler*



## GENERAL MEETING

Tuesday, August 10th  
at 2:00pm

Attend in-person in Lounge or tune in  
on Channel 98 for important updates.

### A Note About COVID-19:

*Please continue to social distance and use good hygiene practices, including but not limited to: washing your hands and sanitizing your hands often. Non-vaccinated residents are encouraged to wear masks, and*

**ALL guests must wear masks in common areas.**

These guidelines could change at any time according to changes in the current climate, CDC or Pennsylvania Health department.

**\*Check channel 99 regularly for updates!\***

# Office Notes



## Ice Cream **SOCIAL**

Monday, August 16th at 1:00pm  
in the Lounge

\*Sign up below\*

*Please sign-up below so we  
can have a final headcount.  
You will receive a menu to make  
your selections ahead of time.*



## Ice Cream Social

**Monday, August 16th, 2021  
1:00 pm (Lounge)**

Full Name: \_\_\_\_\_

APT#: \_\_\_\_\_

Phone: \_\_\_\_\_



\*Please return slip to Main office no later than

**Monday, August 9th, 2021**

# Movie Days

## *Movie 1: The Greatest Showman*



**Friday, August 6th 1:00 PM**

Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.

## *Movie 3: The Terminal*



**Friday, August 20th 1:00 PM**

When Viktor Navorski (Tom Hanks), an Eastern European tourist, arrives at JFK in New York, war breaks out in his country and he finds himself caught up in international politics. Because of the war, the Department of Homeland Security won't let him enter or exit the United States. He's trapped at JFK -- indefinitely. While living at the airport, Viktor falls for a flight attendant (Catherine Zeta-Jones). She may have feelings for him too. But what good is love if Viktor can't leave the terminal?

## *Movie 2: Life as we Know It*



**Monday, August 9th 1:00 PM**

After a disastrous first date, the only things Holly Berenson (Katherine Heigl) and Eric Messer (Josh Duhamel) have in common are mutual dislike and their love for their goddaughter, Sophie. When they unexpectedly become her caretakers, Holly and Eric have to put aside their differences and learn to work together for the sake of the child. Juggling competing career and social commitments, Holly and Eric look for common ground while living under the same roof.

## *Movie 4: Black Beauty*



**Monday, August 23rd 1:00 PM**

Born free in the American West, Black Beauty is rounded up and brought to Birtwick Stables, where she meets spirited teenager Jo Green. Black Beauty and Jo forge a bond that carries Beauty through the different chapters, challenges and adventures.

**All movies will be live-streamed on channel 98**

# Beverly's Bible Study

## "Revealing the Mysteries of Heaven"

Book By: David Jeremiah

Study Taught By: Beverly Westwood

"Revealing the Mysteries of Heaven will answer and clarify the most important questions Christians have about their future eternal home. Pastor David Jeremiah provides answers to questions about the nature of heaven, the kind of bodies heaven's occupants will have, why heaven will never be boring, why infants and small children will go to heaven, and the dwelling place God is preparing for Christians in heaven. Answers to those questions and more- eleven critical issues in all- are revealed in this Turning Point study guide."

**An 11-week course, starting September 14th, 2021**

**Tuesdays in the Game Room from 6:30-8:00 PM**

The cost for the class is \$5.50

This will help cover a study guide that you will be able to use during the class.

**MONEY AND REGISTRATION MUST BE  
TURNED IN BY AUGUST 31ST.**



# Beverly's Bible Study

Full Name: \_\_\_\_\_

APT#: \_\_\_\_\_

Phone: \_\_\_\_\_



\*Place slip in a sealed envelope along with cash payment of \$5.50 and slide it under Beverly Westwood's door Apt #303 no later than

**Tuesday, August 31st\***

# Lutheran Manor BINGO

## LUTHERAN MANOR WILL BE HOSTING **BINGO**

DATE: *Wednesday, August 18th*

TIME: **1:45 PM**

LOCATION: **Lounge**



Please note:

Space is limited to 30 residents



## LUTHERAN MANOR BINGO

***Wednesday, August 18th, 2021***

***1:45 pm (Lounge)***

Full Name: \_\_\_\_\_

APT#: \_\_\_\_\_

Phone: \_\_\_\_\_



\*Please return slip to Main office no later than

**Friday, August 13th, 2021**

# From the Chaplain

## TV MINI-SERIES: CHOSEN

The Life of Jesus Through the Eyes of Those who Knew Him



**Wednesday, August 4th at 2:00 PM- The Rock on Which It Is Built**

With his life and family under threat from Rome, Simon spends one last night fishing in a desperate attempt to square his debts. Andrew spots a familiar face waiting for them on the shores of Galilee.

**Wednesday, August 11th at 2:00 PM- The Wedding Gift**

Nicodemus interrogates John the Baptizer while Jesus and his students make their way to a wedding celebration in Cana. When the wine runs low, Mary asks her son to intervene on behalf of the bridegroom's family.

**Wednesday, August 18th at 2:00 PM- Indescribable Compassion**

After witnessing the healing of a leper on the road to Capernaum, a woman forces her paralytic friend through the crowd to meet Jesus.



**Worship DVD: Sonshine Ministry**

**Wednesday, August 25th at 9 am**

**Recorded at the Calvary Baptist**

**Church, Easton.**

**South Pacific**



**Wednesday, August 25th at 2 pm**

It all starts "Some Enchanted Evening," when a young American nurse from Little Rock (Mitzi Gaynor) meets the handsome and mysterious French planter (Rossano Brazzi) on a South Pacific island during World War II. Seeking respite from the battles around them, they find refuge in each other as their romance blooms in the lush tropical paradise. The natural beauty of the islands, the hijinks of the sailors, the danger of war, the passion of young love and the strength of true love are joined by a sensational Rodgers & Hammerstein score.

**ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98**

# From the Chaplain

## KEEPING YOUR EYES ON JESUS *I write this devotion just after a morning of Vacation*

*Bible School at our church with the lesson from Matthew 14:22-33*



The disciples were out on a boat in a lake, and there were some big winds and waves coming up. Suddenly, in the middle of the night, they saw someone walking over the water to them. They were sort of scared at first, but then the person called out, and it was Jesus! He told them not to worry. Then Peter asked Jesus if he could come join Him on the water. Jesus invited Peter out, so he

stepped out of the boat and began to walk over the waves. It must have suddenly occurred to Peter that this should not be happening, because he suddenly looked down and started to panic. He began to sink, and called out to Jesus "save me!" Jesus took Peter's hand and led him back to the boat, and as soon as they climbed in, the wind died down.

The lesson for us, children of God, is that we all go through some pretty stormy "seas" at times. Peter started to sink when he took His eyes off Jesus. In our lives, we start to "sink" spiritually if we put our trust in ourselves only. If we think we can do things on our own, we will fail. But when we fix our eyes on Jesus, we can know that we will be safe. He has promised to be with us always.

**KEEP your EYES on JESUS! Blessings, Chaplain Clark**

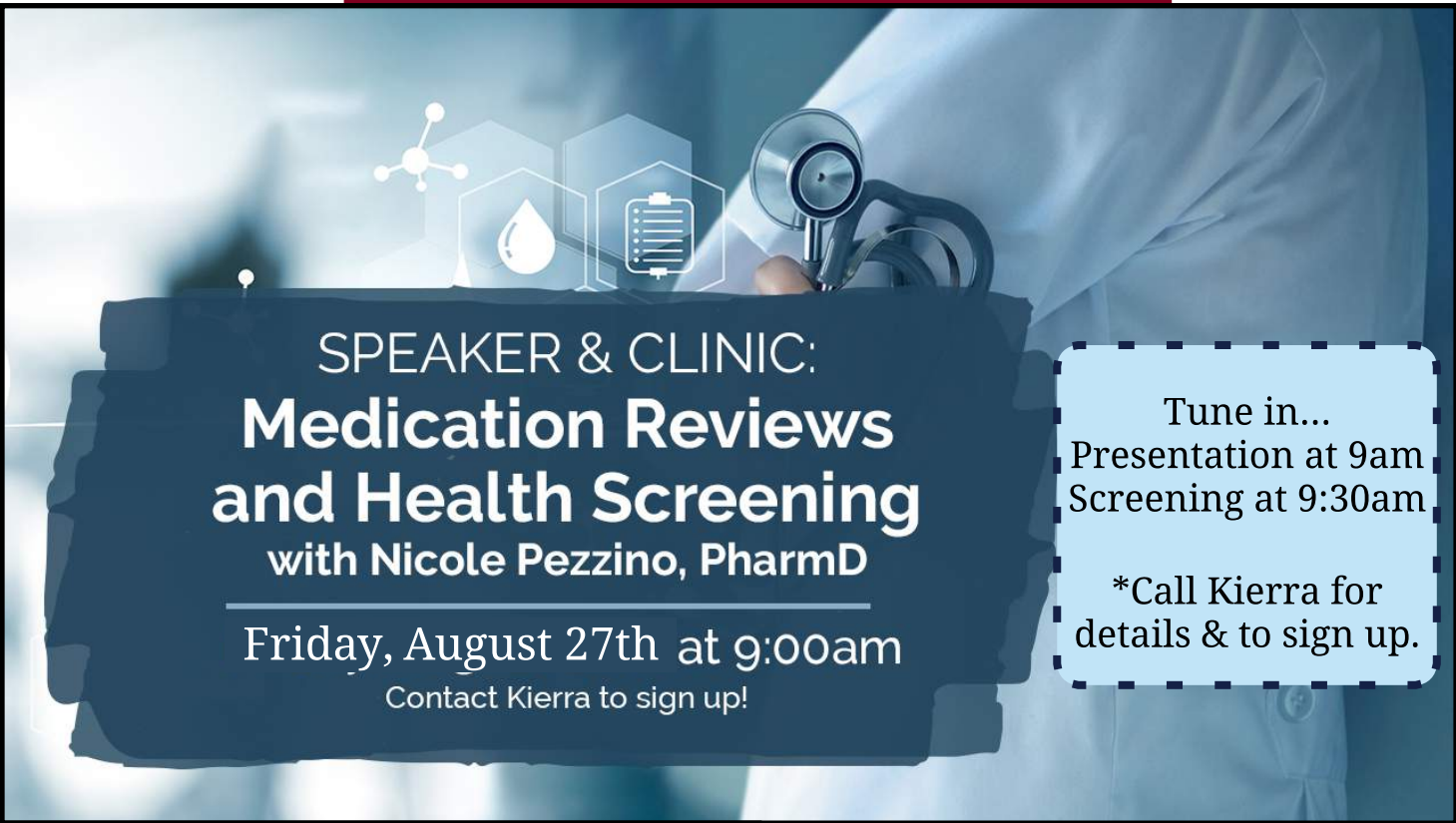
## Worship in the Community Room

*Worship will be at 2:00 PM on the dates listed below, and you may attend in-person or continue to watch on channel 98. COVID guidelines will be followed, so space is limited.*

Tuesday, August 3rd	Father Bernard Ezaki, Notre Dame RC Church, Bethlehem
Thursday, August 5th	Pastor Luis Ortiz, Casa El Dios, Allentown
Thursday, August 12th	Pastor Dan Miller, Edgeboro Moravian, Bethlehem
Thursday, August 19th	Holy Communion- Pastor Brandon Heavner, St Mark Lutheran, Bethlehem
Thursday, August 26th	Pastor Marion Johnson, Church of the Manger, UCC, Bethlehem

**\*No Bible Study Wednesday, August 4th  
or Chat room Thursday, August 5th\***

# Kierra's Words of Wellness



SPEAKER & CLINIC:  
**Medication Reviews  
and Health Screening**  
with Nicole Pezzino, PharmD

Friday, August 27th at 9:00am

Contact Kierra to sign up!

Tune in...  
Presentation at 9am  
Screening at 9:30am

\*Call Kierra for  
details & to sign up.

## Save the Date: Van Trip

### 'A WALK AT THE PROMENADE'

- Sign-up on the Van Trip Sheet
- Contact Kierra for more details!

**Friday, Sept. 17th 9:30 AM**

## Humana Webinars on channel 98

Good Foods for your Gut

**Fri. 8/06 11:00 AM**

Managing Multiple Health Conditions

**Tues. 8/17 2:00 PM**

Battling Dangerous Belly Fat

**Fri. 8/20 11:00 AM**

## NEW FITNESS CLASS ALERT!

### Barre Fitness

is coming to Lutheran Manor.  
Attend "Balance at the Barre"  
Class to regain your strength and  
balance, all while having fun!

**Tuesdays & Thursdays  
at 1:00pm**

**Try a New  
Class!**

**Be sure to check the calendar for changes to the class  
schedule. Also, if you would like to try POUND, but  
are not sure what to expect, tune in on channel 98  
to see what it's like before joining us!**

\*MASKS ARE STRONGLY ENCOURAGED FOR THOSE WHO ARE NOT VACCINATED\*

KIERRA VARCOS

FITNESS SPECIALIST

610-866-6010 x208

\*TIME SLOTS ARE REQUIRED TO ACCESS THE FITNESS CENTER\*



# Bellezza Salon and Spa

## Bellezza Salon August Specials

### Mini Facials ONLY \$25

- Don't forget to sign up for the drawing in the facial room each time you receive a facial!
- Ask your stylist about our referral system
- Continue using your Punch Cards!



*Money Jar Winner:*  
**Ann Mancinelli**

**Enjoy the rest of your summer!**

*~Diane, Lorri & Marcie*

\*MASKS ARE REQUIRED AT ALL TIMES\*

APPOINTMENTS / 610 - 866 - 6010 x209

TUESDAYS 9:30AM - 3:00PM

THURSDAYS 9:00AM - 3:00PM

# AUGUST 2021

## LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 3:30 Meditation 6:00 Residents Association Bingo	3 9:00 Shopping at WALGREENS 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 Shopping at CVS Church 2:15 CLINIC: Blood Pressure Checks 3:30 Meditation 6:30 Prophecy Bible Study	4 9:00 Shopping at WEIS 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 1:00 Shopping at WEIS 2:00 Pastor Series: Chosen Ep. 4 (98) 3:00 Ice Cream Sales 3:30 Meditation	5 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 12:30 Second Harvest 1:00 Balance at the Barre 2:00 Church (Spanish) 3:30 Meditation	6 9:00 Shopping at DOLLAR TREE 9:00 Walker's Club 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne 11:00 Humana Webinar: Good Foods for your Gut (98) 1:00 Movie: The Greatest Showman (98) 2:00 Basic Balance	7 9:00 Coffee and Donuts (Takeout ONLY)
8	9 9:00 Shopping at RITEAID Pharmacy 9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: Life as We Know It (98) 1:00 Shopping at DOLLAR TREE 3:30 Meditation 6:00 Residents Association Bingo	10 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 GENERAL MEETING 3:30 Meditation 6:30 Prophecy Bible Study	11 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 2:00 Pastor Series: Chosen Ep. 5 (98) 3:00 Ice Cream Sales 3:30 Meditation	12 9:00 Shopping at VALLEY FARMS 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 1:00 Shopping at VALLEY FARMS 2:00 Church 3:30 Meditation	13 9:00 OAA Podiatry (appt. only) 9:00 Shopping at TARGET 9:00 Walker's Club 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne 11:00 Entertainment: Oldie's Hits with Ian Gallagher 2:00 Basic Balance	14
15	16 9:00 Walker's Club 9:30 Shopping at WALMART 248 10:00 Paint with David 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Ice Cream Social 3:30 Meditation 6:00 Residents Association Bingo	17 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 Humana Webinar: Managing Multiple Health Conditions (98) 3:30 Meditation 6:30 Prophecy Bible Study	18 9:00 Shopping at GIANT 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 1:45 Lutheran Manor Bingo 2:00 Pastor Series: Chosen Ep. 6 (98) 3:00 Ice Cream Sales 3:30 Meditation	19 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	20 9:00 Walker's Club 9:30 Morning Meditation 9:30 Shopping at ALDI 10:00 Qi Gong Tai Chi with Joanne 11:00 Humana Webinar: Battling Dangerous Belly Fat (98) 1:00 Movie: The Terminal (98) 2:00 Basic Balance	21 <b>Senior Citizen's Day</b>

\*All activities are in-person and on channel 98. Anything noted with (98) is ONLY streamed on channel 98\*

# AUGUST 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	9:00 Walker's Club 9:30 Shopping at SHOPRITE 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: Black Beauty (98) 3:30 Meditation 6:00 Residents Association Bingo	10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 Entertainment: Flute Performance 3:30 Meditation 6:30 Prophecy Bible Study	9:00 SonshineMinistryDVD 9:00 WEGMANS 9:00 Walker's Club 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 1:00 WEGMANS 2:00 Movie:South Pacific(98) 3:00 Ice Cream Sales 3:30 Meditation	9:00 Health Drive Eye (appt. only) 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	9:00 Speaker: Medication Safety 9:00 Walker's Club 9:30 Clinic: Health Screenings/Medication Reviews 9:30 Morning Meditation 9:30 Shopping at DOLLAR TREE 10:00 Qi Gong Tai Chi with Joanne 2:00 Basic Balance	
29	30	31				
	9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Basic Balance 3:30 Meditation 6:00 Residents Association Bingo	10:00 POUND 11:00 Everybody's Yoga with Dana 6:30 Prophecy Bible Study				

\*All activities are in-person and on channel 98. Anything noted with (98) is ONLY streamed on channel 98\*

## Religious Activities

<u>Activities</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Bible Study	Every Wednesday	12:30 PM	Community Room
Chat Room	Every Thursday	10:00 AM	South Pavilion outside
Church	1st Tuesday & Every Thursday (1st Thurs. Spanish Service)	2:00 PM	Community Room & Ch. 98

## Exercise Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 AM	Exercise Room (98)
POUND	Tuesdays & Thursdays	10:00 AM	Exercise Room (98)
Stand Up for Strength	Mondays	11:00 AM	Exercise Room (98)
Everybody's Yoga	Tuesdays	11:00 AM	Exercise Room (98)
Walkers Club	Mon., Wed., Fridays	9:00 AM	Outside
Basic Balance	Wednesdays Fridays	11:00 AM 2:00 PM	Exercise Room (98)
Meditation	Monday- Thursday Friday	3:30 PM 9:30 AM	Community Room (98)
Balance at the Barre	Tuesdays and Thursdays	1:00 PM	Exercise Room (98)
Joyful Joints	Thursdays	11:00 AM	Exercise Room (98)
Qi Gong Tai Chi	Friday	10:00 AM	Exercise Room (98)

# August Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Ice Cream	Every Wednesday	3:00 pm	Lounge
Resident's Association BINGO	Every Monday	6:00 pm	Lounge
Pastor Movies	Wednesdays	2:00 pm	Channel 98
Mobile Market	Thursdays	12:30- 2:00 pm	South Pavilion
Second Harvest Food Bank	Thursday, August 5	12:30 pm	Brenda's Office
Van Drop Off	Monday, August 2	9:00 am	Brenda's Office
CLINIC: Blood Pressure Checks	Tuesday, August 3	2:15 pm	Lounge
<b>General Meeting</b>	<b>Tuesday August 10th</b>	<b>2:00 pm</b>	<b>Lounge/ Channel 98</b>
ENTERTAINMENT: Ian Gallagher 'Popular Oldies'	Friday, August 13	11:00 am	Community Room/ Channel 98
CLINIC: OAA Podiatry	Friday, August 13	All Day	By Appt. Only
Ice Cream Social	Monday, August 16	1:00 pm	Lounge Sign-up required
Lutheran Manor BINGO	Wednesday, August 18	1:45 pm	Lounge Sign-up required
Entertainment: Flute Performance	Tuesday, August 24	2:00 pm	Community Room/ Channel 98
CLINIC: Health Drive Eye Services	Thursday, August 26	By appointment only	By appointment only
SPEAKER: Medication Safety CLINIC: Health Screenings & Medication Reviews	Friday, August 27	Presentation- 9am Screening-9:30am *appointments to follow *Call Kierra	Community Room

# Brenda's Bulletin

## OAA Podiatry **CLINIC**

Friday, August 13th

IN THE COMFORT OF  
YOUR OWN HOME

**By Appointment ONLY**

*\*Contact Brenda today*

## Health Drive Eye Clinic

**By Appointment ONLY**

*\*Contact Brenda today*

Thursday,  
August 26th

GAME ROOM

## RENT REBATES CHECKS

**Please Note: Due to a staffing shortage in Harrisburg, the Revenue office is delayed in processing applications. Your patience is greatly appreciated.**

# Brenda's Bulletin



**LIVE** Entertainment:  
**OLDIES HITS**  
with Ian Gallagher  
.....  
Friday, August 13th at 11:00am  
COMMUNITY ROOM OR CHANNEL 98



## *Paint with David*

**Monday, August 16 @ 10:00am**

LOUNGE

LIMIT OF 15 PER CLASS

*\*Sign up with Brenda today*



**LIVE** FLUTE  
**PERFORMANCE**  
.....  
August 24 @ 2:00pm  
COMMUNITY ROOM OR CHANNEL 98

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

# September Van Trips

LIMIT OF 13 PASSENGERS PER TRIP

Sept 1	Wednesday	Brunch at Borderline Restaurant	9:30a_____
Sept 2	Thursday	Shopping at ALDI	9:30a_____
Sept 3	Friday	Shopping at CVS Pharmacy	9:30a_____
Sept 7	Tuesday	Shopping at WALGREENS Pharmacy	9:30a_____
Sept 8	Wednesday	Shopping at WEIS	9:30a_____
Sept 10	Friday	Shopping at RITEAID Pharmacy	9:30a_____
Sept 13	Monday	Shopping at WALMART 248	9:30a_____
Sept 15	Wednesday	Shopping at VALLEY FARMS	9:30a_____
Sept 17	Friday	A Walk at the Promenade Shops with Kierra	9:30a_____
Sept 20	Monday	Shopping at DOLLAR TREE	9:30a_____
Sept 22	Wednesday	Shopping at GIANT	9:30a_____
Sept 23	Thursday	Dinner at Prime Steakhouse	5:00p_____
Sept 24	Friday	Shopping at WALMART 248	9:30a_____
Sept 27	Monday	Shopping at TARGET	9:30a_____
Sept 29	Wednesday	Shopping at WEGMANS	9:30a_____

**\*\$5.00 fee will be charged for any cancellations WITHOUT 24hr notice\***

Full Name: \_\_\_\_\_

Phone#: \_\_\_\_\_ Apt#: \_\_\_\_\_

*Van Trip forms will be collected starting at 9:00 am on Monday, August 2nd.*