

Lutheran Manor
of the Lehigh Valley

August 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

Mona - August 24th

WELCOME New Residents

Catherine Z - Floor 11

ANNOUNCEMENT:

Office Staff will be on-site during the month of August, but closing the office daily at 12:30pm in order to complete required file audits.

***We will ONLY be attending to emergencies during this time.**

General Meeting

with Lutheran Manor

Tuesday, August 9th
at 2:00pm

~LOUNGE / CHANNEL 98

Office Notes



Mobile Farmers' Market

Every Thursday till September 15th
1:00pm - 2:30pm • Lounge

A 'Farm To Neighborhood' initiative that is partnering with local farms, school, municipalities, non-profit organizations and community leaders to bring local farm food to neighborhoods in the Lehigh Valley.

*Accepted Methods of Payment: Cash, Credit Cards, EBT, Vouchers

Pine's Dinner Theatre: 'GAME SHOW'

Set during a live broadcast of a fictional, long-running TV game show, 'Game Show' places the theater audience in the role of the TV studio audience, in which members are picked as the contestants to play the trivia-based game and win actual prizes.

In addition to watching and playing during the broadcast - where anything can and does happen - the audience also witnesses all the backstage, back-stabbing antics "behind the scenes" that go on during the commercial breaks of 'Game Show!' \$32 per ticket which covers reserved seat only. Food & beverages sold a la carte (pick-up a menu from Brenda)

Wednesday, August 10th
12:30pm Dinner | 1:00pm Show

**Sign up with Brenda by August 3rd*

Say Hello to **Jacinda Arzuaga**

Jacinda is our new Fitness Specialist. She recently studied at Pennsylvania State University and obtained her Bachelor's Degree in Kinesiology: Movement Science. She has worked in the fitness industry as a personal trainer, coach & kickboxing instructor. She enjoys fitness in her personal life as well. In her free time, Jacinda likes to spend time with friends and family, increase her Disney collection and kickbox. She cannot wait to meet all of you and share her knowledge throughout your new fitness journey.



Movie Days

The Man From Toronto



The plot follows a New York City screw-up named Teddy who is mistaken for the "Man from Toronto" when the two wind up in the same Airbnb. Antics ensue.

AUGUST 1

Te Ata



Based on the true story of Mary Thompson Fisher (Q'orianka Kilcher), widely known as Te Ata, who traverses cultural barriers to achieve fame as an actress and a Native American storyteller.

AUGUST 8

The Water Man



Desperate to save his sick mother, an 11-year-old ventures into the remote Wild Horse forest to search for a mythical figure rumoured to have the power to cheat death.

AUGUST 15

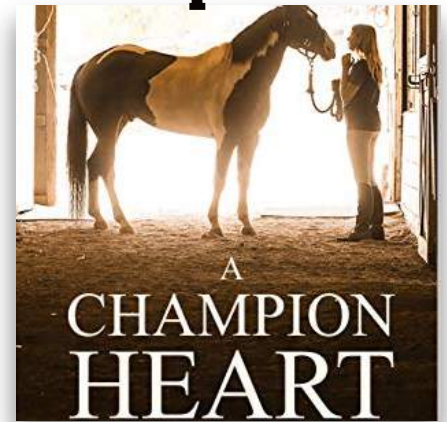
Tick, Tick...BOOM!



An aspiring composer in New York City is worried he made the wrong career choice, whilst navigating the pressures of love and friendship.

AUGUST 22

A Champion Heart



Following the death of her mum, 15-year-old Mandy Renner struggles to overcome her grief in a new town. When a group of popular girls betray her trust, she is forced to serve time at an equine sanctuary.

AUGUST 29

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

Staff Appreciation Picnic

**Congratulate our Staff Cornhole Champions,
Ken & Chentelle**



Awesome Job!!

Misc. Information

Lutheran Manor MOVIES

Mondays at 1:00pm

Live-Streamed on Channel 98

8/1 - *The Man from Toronto*

8/8 - *Te Ata*

8/15 - *The Water Man*

8/22 - *Tick, Tick...Boom!*

8/29 - *A Champion Heart*

Second Harvest Food Bank

Please come down to the Lounge at 12:30pm to collect your box

*Contact Brenda to see if you're eligible to receive a box



Thursday, August 4th at 12:30pm

Lutheran Manor: BINGO

Sign up required - Come to the Main Office by August 5th

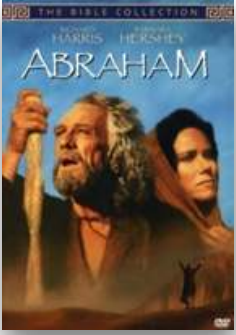
CANCELED for August
*Resumes in September

Monday, August 17th
at 1:45pm



From the Chaplain

Wednesday, August 3rd- 'ABRAHAM' The Bible Stories Collection



In the Old Testament, God tells Abraham to lead his family to the promised land of Canaan where his descendants will become a great and numerous tribe. Abraham, his children and grandchildren must prove their faith to God.



Wednesday, August 10th- 'PEACE BY CHOCOLATE'

After the bombing of their chocolate factory in Syria, Tareq and his family relocate to Nova Scotia hoping to start their lives anew. Under familial pressure, Tareq becomes manager of the new chocolate business, which becomes a booming success. Tareq must decide if he can forge his own path while honoring family duty.



Wednesday, August 24th- 'WEST SIDE STORY'

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.



Wednesday, August 31st- 'SULLY'

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive and Sullenberger becomes a national hero. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.



Wednesday, August 17 @ 2:00pm WORSHIP DVD: SONSHINE MINISTRY

**Recorded at Calvary Baptist Church, Easton*

From the Chaplain



"WHO IS MY NEIGHBOR?"

The Jewish teachers of the law asked Jesus this question one day. What followed was one of Jesus well known parable.

(The Good Samaritan-Luke10:25-37)

Jesus told about a man who is beaten and left for dead on the side of the road. Several Jewish religious leaders walk past him without helping, but a Samaritan (hated by first century Jews) stops to help. The Samaritan not only helps the man, but he also pays for his medical expenses and provides for him until he is healed. Here's the twist...Jesus reminds us not only "who" is my neighbor, but more importantly "how" to be a neighbor. We are called to love our neighbor no matter who they are or what they have done. We should always be on the lookout for ways to help those in need and never hesitate to show compassion to others, just as God loves us.

Pastor Clark

Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW

~LIVE-STREAMED ON CH 98 ~COVID GUIDELINES WILL BE FOLLOWED

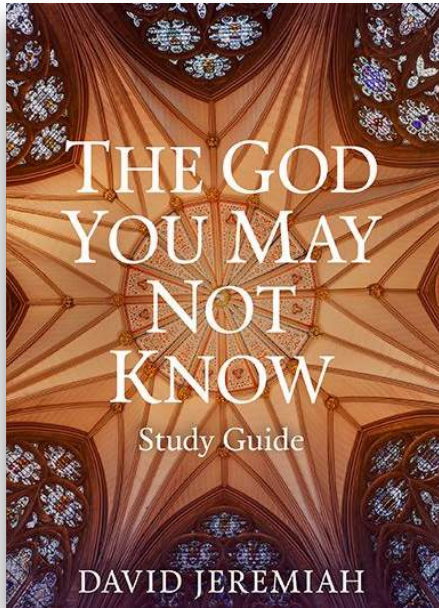
Thursday, August 4	Pastor Jonny Villamar - Cornerstone Church, Easton <i>~Spanish/English</i>
Thursday, August 11	Pastor Jack Tanis, Calvary Baptist, Easton
Thursday, August 18	Pastor Beth Goudy - MCC, Bethlehem *Holy Communion
Tuesday, August 23	Father Venantius Karobo - Notre Dame RC Church, Bethlehem
Thursday, August 25	Dan Miller, Edgeboro Moravian Church

***Note: Holy Communion Worship (August 18th)**

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

Beverly's Bible Study

"The God You May Not Know"



Some say the greatest question in life is: Does God Exist? Nothing is more critical to your life right now. When we worship the Almighty Creator of Scripture, we discover a lifetime of personal growth and praise. The study of God is the supreme study of a lifetime. It lifts our thoughts, steadies our nerves, purifies our motives, expands our confidence and strengthens our influence. It is the greatest subject we could ever study, for God is the apex of all reality.

**This is an 11 week course from September 6-November 22
Every Tuesday in the Game Room from 6:30p-8:00p**

Please submit \$5.50 (cash only) to Beverly Westwood in Apt. 303 by August 26.
This amount covers the cost of the study guide required for the class.



Beverly's Bible Study

"The God You May Not Know"

**This is an 11 week course from September 6-November 22
Every Tuesday in the Game Room from 6:30p-8:00p**

**Maximum of 12 slots available*

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 August 26th.

Masks are required for EVERYONE when social distancing is not possible

Bellezza Salon and Spa

Bellezza Salon & Spa August Specials

EAR CANDLING

Earwax builds up when wearing hearing aids and when using q-tips to clean your ears, you are pushing the earwax deeper. This can affect your hearing and balance. SO, LET'S GET THAT WAX CLEARED OUT!! \$5.00 off on Tuesdays with Marcie.

FACIALS

Being in the sun feels great! But now it's time to have your skin neutralized and back to the proper pH. Let's bring your skin to a glow! Call Lorri for a consultation.

PUNCH CARDS

Receive a \$30 bonus each and every time you fill your punch card!

REFERRALS

Refer a friend or family member to earn \$\$ towards your future salon services.

SUGGESTIONS

Please let us know what other services you would like us to offer...suggestions are truly appreciated

SPREAD THE WORD

We are looking for a Nail Technician. If you know of anyone interested, please let us know.

Basket Drawing

DO NOT FORGET...

Whenever you come in for a salon service, Do Not Forget to enter your name into our monthly basket drawing. Sign up to Win!!



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 to book appointments at 610-360-2427

Masks are recommended at all times

AUGUST 2022

'NEW DAY, NEW BEGINNINGS'

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Walker's Club 10:00 BORDERLINE Restaurant 11:00 Core&More with Deana 1:00 MOVIE 6:00 RA Bingo</p>	<p>2</p> <p>11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 2:00 ENTERTAINMENT: Pianist 2:15 CLINIC: BP Checks</p>	<p>3</p> <p>9:00 Walker's Club 9:30 BANKS 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 RITEAID/CVS 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales</p>	<p>4</p> <p>9:30 GIANT 10:00 Chat Room 11:00 TaiChi with Joanne 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish)</p>	<p>5</p> <p>9:00 Walker's Club 11:00 CLINIC: OnSite Derm 11:00 Core&More with Deana 11:00 DAS AWKSCHT Festival 2:00 Stitching with Nena</p>	<p>6</p> <p>8:30 RA COFFEE & DONUTS 12:30 RA Pinochle</p>	
<p>7</p> <p>1:00 PA Shakespeare: 'Much Ado' - CANCELED 1:00 Sunday Believers' with Paul Belfort</p>	<p>8</p> <p>9:00 Walker's Club 11:00 Core&More with Deana 1:00 MOVIE 6:00 RA Bingo</p>	<p>9</p> <p>9:30 WEIS 11:00 CLINIC: Internal Medicine 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 2:00 GENERAL MEETING</p>	<p>10</p> <p>9:00 Walker's Club 11:00 Fit For Life with Dana 11:30 Pine's Theatre: 'GAME SHOW' 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales</p>	<p>11</p> <p>10:00 Chat Room 11:00 TaiChi with Joanne 12:00 Book Discussion 1:00 Mobile Market 2:00 Church</p>	<p>12</p> <p>9:00 Walker's Club 10:00 QMART 11:00 Core&More with Deana 1:00 ENTERTAINMENT: John Collins 2:00 Stitching with Nena</p>	<p>13</p> <p>5:00 Soup/Hot Dogs- CANCELED</p>
<p>14</p> <p>11:00 Sunday Praise with David Garcia- CANCELED 1:00 Sunday Believers' with Paul Belfort</p>	<p>15</p> <p>9:00 Walker's Club 11:00 Core&More with Deana 11:00 VALLEY FARM MKT 1:00 MOVIE 6:00 RA Bingo</p>	<p>16</p> <p>11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 2:00 ENTERTAINMENT: Flautist</p>	<p>17</p> <p>9:00 Walker's Club 9:30 BANKS 11:00 Fit For Life with Dana 12:30 Bible Study 1:45 LM BINGO- CANCELED 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales</p>	<p>18</p> <p>9:00 CLINIC: Health Drive Eye 10:00 Chat Room 10:00 WALMART 11:00 TaiChi with Joanne 12:00 Book Discussion 1:00 Mobile Market 2:00 Church</p>	<p>19</p> <p>9:00 Walker's Club 9:30 ALDI 11:00 Core&More with Deana 12:30 CLINIC: OAA 2:00 Stitching with Nena</p>	<p>20</p> <p>8:30 Resident's Association BREAKFAST- CANCELED 2:00 ENTERTAINMENT: Chris Eckert, Vocals</p>

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

AUGUST 2022

'NEW DAY, NEW BEGINNINGS'



21	22	23	24	25	26	27
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Citizen's Day 1:00 Sunday Believers' with Paul Belfort	9:00 Walker's Club 11:00 Core&More with Deana 11:30 Cooking Class 1:00 MOVIE 5:00 GRILLE 3501 6:00 RA Bingo	11:00 CLINIC- Internal Medicine 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne- CANCELED 2:00 Church	9:00 Walker's Club 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales	9:30 WEGMANS 10:00 Chat Room 11:00 TaiChi with Joanne- CANCELED 12:00 Book Discussion 1:00 Mobile Market 1:00 TARGET 2:00 Church	9:00 Walker's Club 10:00 DOLLAR TREE 11:00 Core&More with Deana 2:00 Stitching with Nena	
1:00 Sunday Believers' with Paul Belfort 4:00 Resident's Association SOCIAL- CANCELED	9:00 Walker's Club 11:00 Core&More with Deana 1:00 MOVIE 6:00 RA Bingo	11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne	9:00 Walker's Club 10:00 BOSCOVS/RED LOBSTER 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales			

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 Channel 98
Sunday Praise with David Garcia	Canceled in August	--	--
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room

Exercise Activities

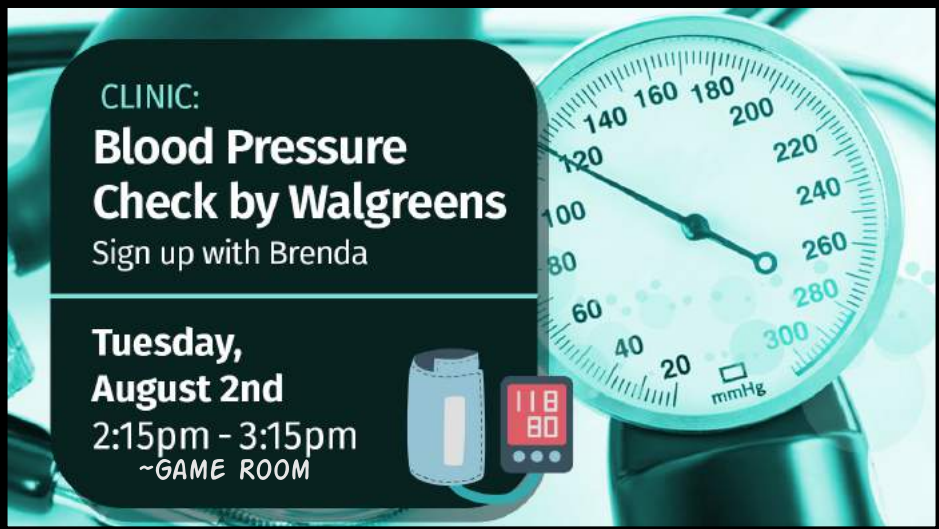
ACTIVITY	DAY(s)	TIME	PLACE
Core & More with Deana	Mondays Fridays	11:00am	Exercise Room (98)
Everybody's Yoga with Dana	Tuesdays	11:00am	Exercise Room (98)
Fit For Life with Dana	Wednesdays	11:00am	Exercise Room (98)
Tai Chi with Joanne	Tuesdays Thursdays	12:00pm 11:00am	Exercise Room (98)

*Full exercise schedule to resume soon.
Thank you for your patience.*

August 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	No August Event	--	--
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	No August event	--	--
RA Social	No August event	--	--
Stitching with Nena	Every Friday	2:00pm	Game Room
Van Trip Drop Off	Monday, August 1	9:00am	Brenda's Office
ENTERTAINMENT: Pianist	Tuesday, August 2	2:00pm	Lounge/Ch98
CLINIC: Blood Pressure Checks <i>*SIGN UP REQUIRED</i>	Tuesday, August 2	2:15pm	Game Room
Second Harvest Food Bank	Thursday, August 4	12:30pm	Lounge
CLINIC: OnSite Dermatology <i>*SIGN UP REQUIRED</i>	Friday, August 5	11:00am	Resident Apartments
CLINIC: Internal Medicine <i>*SIGN UP REQUIRED</i>	Tuesday, August 9 Tuesday, August 23	11:00am	Game Room
GENERAL MEETING with LM	Tuesday, August 9	2:00pm	Lounge/Ch98
ENTERTAINMENT: Accordionist	Friday, August 12	1:00pm	Lounge/Ch98
ENTERTAINMENT: Flautist	Tuesday, August 16	2:00pm	Lounge/Ch98
CLINIC: Health Drive Eye <i>*SIGN UP REQUIRED</i>	Thursday, August 18	9:00am	Game Room
CLINIC: OAA <i>*SIGN UP REQUIRED</i>	Friday, August 19	12:30pm	Resident Apartments
ENTERTAINMENT: Vocals	Saturday, August 20	2:00pm	Lounge/Ch98
Cooking Class: Lyndi Wieand from Weis	Monday, August 22	11:30am	Lounge <i>*SIGN UP DEADLINE 8/12</i>

Brenda's Bulletin



CLINIC:
Blood Pressure Check by Walgreens
Sign up with Brenda

Tuesday, August 2nd
2:15pm - 3:15pm
~GAME ROOM



CLINIC:
INTERNAL MEDICINE

Come meet your new Doctor!
Dr. Bilal Mannan-Board Certified in Internal Medicine
Focuses on lifestyle and nutrition therapy for De-Prescription,
prevention, treatment & reversal of chronic illnesses
By appointment ONLY

Sign up with Brenda - Most Insurances Accepted

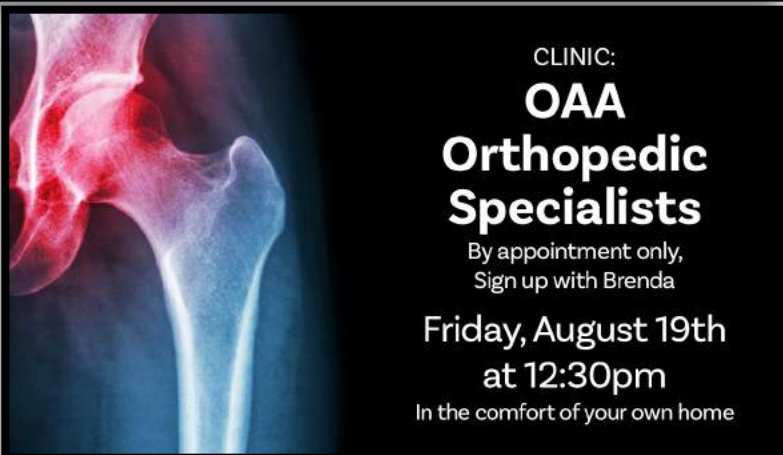
Tuesday, August 9th & 23rd
11:00am - 2:00pm
Game Room



CLINIC:
Health Drive Eye

By appointment only - Sign up with Brenda

Thursday, August 18th
9:00am - 1:00pm
Game Room



CLINIC:
OAA Orthopedic Specialists

By appointment only,
Sign up with Brenda

Friday, August 19th
at 12:30pm
In the comfort of your own home

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

Brenda's Bulletin

ENTERTAINMENT:

Jose Torres, Pianist

Spanish & English Christian Hymns

Tuesday, August 2nd at 2:00pm

Lounge/Channel 98

ENTERTAINMENT:

John Collins

Accordionist

Come one, Come all and enjoy a truly unforgettable experience!

Friday, August 12th at 1:00pm

Lounge/Channel 98

Entertainment:

Meredith Twardowski Flautist

Tuesday, August 16th at 2:00pm

Lounge & Channel 98

ENTERTAINMENT:

Chris Eckert Vocals

Seasoned performer & recording artist providing live vocals of songs from the 1940's to today.

Saturday, August 20th at 2:00pm

~LOUNGE/CHANNEL 98

Office Hours: Monday-Friday 9:00am-3:00pm

Brenda Pagan-Fontanez, Service Coordinator

610-866 -6010 x4

September Van Trips

Sep 1	Thursday	Shopping at GIANT	9:30a____
Sep 2	Friday	Shopping at DOLLAR TREE 378	10:00a____
Sep 4	Sunday	Bethlehem Rose Garden FREE concert 'Bethlehem Municipal Band'	6:00p____ <i>7:00p Show</i>
Sep 6	Monday	Banks _____ Write your bank name here	9:00a____
Sep 6	Monday	Shopping at RITEAID/CVS Pharmacies	1:00p____
Sep 7	Tuesday	Dinner at BECK'S LAND & SEA	5:00p____
Sep 9	Friday	Shopping at SCHOLL ORCHARDS	10:00a____
Sep 12	Monday	Breakfast at PARKLAND DINER	9:30a____
Sep 13	Tuesday	Shopping at WEIS	9:30a____
Sep 15	Thursday	National Canal Museum BOAT RIDE (\$14 entry)	12:00p____
Sep 16	Friday	Banks _____ Write your bank name here	10:00a____
Sep 19	Monday	Shopping at WALMART 248	10:00a____
Sep 21	Wednesday	Shopping at HOMETOWN FARM MKT	9:00a____
Sep 22	Thursday	Shopping at WEGMANS	10:00a____
Sep 23	Friday	Celtic Fest Parade	10:30a____
Sep 26	Monday	Shopping at VALLEY FARM MKT	9:30a____
Sep 27	Tuesday	Shopping at TARGET	10:00a____
Sep 28	Wednesday	Lunch at SAMUEL OWEN'S RESTAURANT	11:00a____
Sep 30	Friday	Shopping at REDNER'S	9:30a____

Full Name: _____

Phone#: _____ Apt#: _____

Van Trip forms will be collected starting at 9:00 am on **MONDAY, AUGUST 1ST.**

Resident's Association

Resident's Association

SHREDDING

*every Wednesday
2:00p-4:00p
in the Lounge*

- *No magazines or newsprint
- *Remove all clips and staples

Resident's Association

BINGO

Come one, Come all! Enjoy the fun!

Mondays at 6:00pm

Lounge



Resident's Association

PINOCHLE

\$2.00 per Play - Light Refreshments Served

Saturday, August 6th at 12:30pm

Lounge



**Resident's Association
SOUP & HOT DOGS**
will not be held in August

Will resume in September



**Resident's Association
BREAKFAST**

will not be held in August

.....

Will resume in September



Misc. Information



PASTOR CLARK MOVIES

Wednesdays at 2:00pm
Live-Streamed on Channel 98

- 8/3 - Abraham
- 8/10 - Peace by Chocolate
- 8/17 - Sonshine Ministry
- 8/24 - West Side Story
- 8/31 - Sully

Sunday Believers' Worship

with Paul Belfort
Light Refreshments Served

Sundays at 1:00pm

Community Room
NO Live-Streaming

Holy Communion Worship

August 18th

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

SUNDAY PRAISE

with David Garcia
will not be held in August

Will resume in
September

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

610-866-6010 x208

Cooking Class

COOKING CLASS

with Lyndi from Weis

Come Learn How To Make These Delicious Recipes and then Enjoy A Plate!

Turkey Meatloaf, Cauliflower Mashed, Roasted Brussels

**Monday, August 22nd
at 11:30am**

Lounge & Channel 98 - Maximum of 20 Seats Available
Return this completed form to the Main Office no later than
Friday, August 12th



Cooking Class

**Monday, August 22nd
@ 11:30am**



Name: _____ Apt #: _____

Phone #: _____

***Return this completed form to the Main Office
no later than Friday, August 12th**

**Maximum of 20 slots available*

Everyday is a fresh start...

