

August 2023

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

Fitness Center

Every Day
6:00am - 9:00pm

Staff Birthdays

Mona F- 8/24

WELCOME New Residents

Floor 7 - Donald V.
Floor 7 - Beatrice D.
Floor 9 - Miguelina M.

No General Meeting

in June, July, and August.

We will resume in September.

Check Channel 99 for updates.

Office Notes



~ Community Room ~

Sunday
BELIEVERS'
worship

With Paul Belfort

Sundays at 1:00pm

Sunday
PRAISE

With David Garcia

Canceled in July / August



PASTOR MOVIES

Wednesdays at 2:00pm

LIVE STREAMED ON CHANNEL 98



AUGUST 2ND - 'THE BUCKET LIST'

AUGUST 9TH - 'SONSHINE MINISTRY'

AUGUST 16TH - 'THE CHOSEN-SEASON 3: EPISODE 5: THE CLEAN PART 2'

AUGUST 23RD - 'THE CHOSEN-SEASON 3: EPISODE 6: INTENSITY IN TENT CITY'

AUGUST 30TH - 'CALENDAR GIRLS'

Announcements:

Please be aware of a couple schedule changes throughout the newsletter along with returning events.



LM IN-HOUSE MOVIE

Monday, August 14th @ 1:00pm

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.

MAFIA MAMMA



Movie Days

Missing



When her mother disappears while on vacation with her boyfriend, June's search for answers is hindered by international red tape. Stuck thousands of miles away, she creatively uses all the technology she can to try and find her mom before it's too late.

AUGUST 7TH

Mafia Mamma

(Rated R for language and some content)



A suburban mom unexpectedly inherits her late grandfather's mafia empire in Italy. Guided by the firm's trusted consigliere, she hilariously defies everyone's expectations as she finds herself stuck in the middle of a deadly mob war.

AUGUST 14TH - COMMUNITY ROOM

The Rescue



Based on a true story about an incredible rescue of 12 Thai boys and their soccer coach, trapped deep inside a flooded cave. How did they get in there and why?

AUGUST 21ST

Jesus Revolution

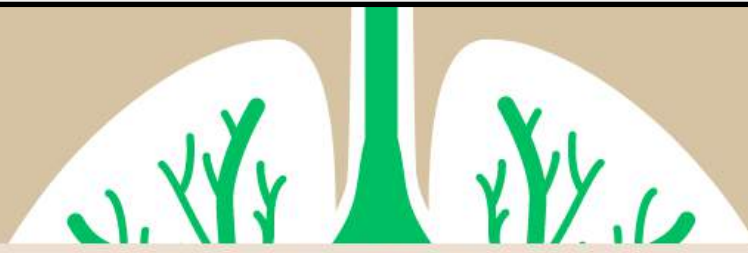


A sea of young people descend on a journey to redefine truth through all means of liberation. Inadvertently, a young street preacher gets a pastor who opens the doors to a church to the youth. A counterculture movement is then born.

AUGUST 28TH

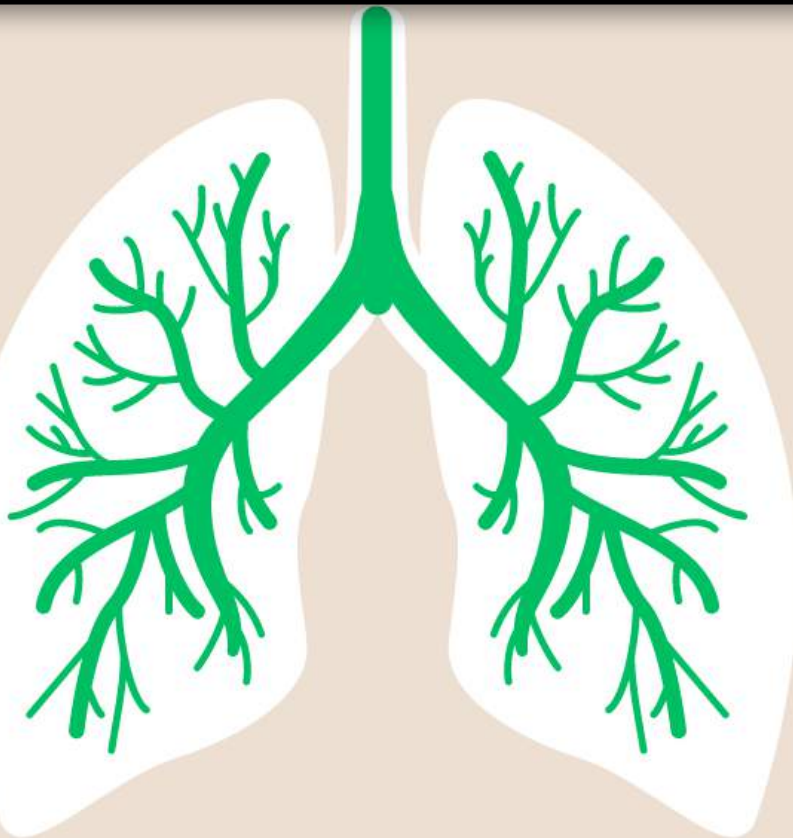
~All LM movies live-streamed on channel 98 every Monday at 1:00pm~

Jacinda's Jumpstart to Wellness



WELLNESS TIP

August is Lung Cancer Awareness Month. With the past experience of our air quality getting jeopardized from the wildfires, it is important to know how to protect your lungs. Below are some ways to keep your lungs healthy.



1. Avoid Smoking or being around secondhand smoke.
2. Participate in endurance exercise to increase lung capacity.
3. Eat healthy.
4. Practice mindful breathing exercises.
5. Use humidifiers and keep your air inside your home clean.
6. Keep good hygiene.
7. Wear a mask when necessary.
8. Avoid areas with dust, fumes, chemicals, smoke, etc.

Office Hours: Monday-Friday 8:00am-4:00pm
Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

Jacinda's Jumpstart to Wellness

SPEAKER:

Pain and Fall Prevention 101

Join ***Robbins Rehabilitation*** for a workshop on targeting the root cause of muscle or joint pain, learning preventative ways to stop falling, balance exercises, and more!

Friday, August 11th at 1:30pm

~ Community Room ~

Please sign up on the 'Events Form' in the Newsletter.



WALKER'S CLUB VAN TRIP



We're going on a Van Trip!

Join Jacinda on a beautiful walk through Trexler Nature Preserve.

Sign up is required, please sign up on the events form!

Date: Wednesday, August 16th at 10:00am

Office Hours: Monday-Friday 8:00am-4:00pm

Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

From the Chaplain



Summer and Seashells

"The Lord is close to the broken-hearted and saves those who are crushed in spirit". Psalm 34:18 NIV.

I love Summer and I love the beach. Besides sitting by the water and listening to the waves, I enjoy walking along the edge of the surf looking for seashells. My grand-daughter, Bella, and I take our buckets and go searching for shells.

She always comes back with a bucketful and I with only a few shells. The difference is that most all her shells are broken. I have examined and chosen only the perfect ones.

I am glad that Jesus is like my granddaughter. He sees something beautiful in all of us. He especially likes the broken ones, because we've been stepped on and beat up by the crashing waves of life and he knows just how he can use us.

" God, teach us to have eyes like Jesus who can look beyond the broken parts to find something in everybody that is beautiful and useful".

Enjoy days of Summer! Pastor Clark

Worship in the Community Room

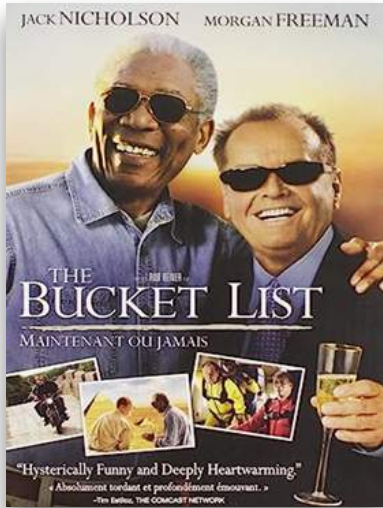
**WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW
~LIVE-STREAMED ON CH 98~**

Thur, 8/3	Brother Sam Claudio - Christ Fellowship Church, Allentown (Spanish/English)
Thur, 8/10	Pastor George Eckstein - St. Mark's UCC, Allentown
Thur, 8/17	Pastor Brandon Heavner - Weisenberg Lutheran, New Tripoli - Holy Communion
Tues, 8/22	Father Venantius Karobo - Notre Dame RC Church, Bethlehem
Thurs, 8/24	Pastor Dan Miller - Edgeboro Moravian, Bethlehem - Holy Communion
Thurs, 8/31	Pastor Chris Weltin - Race Street Baptist, Catasauqua

****Note: Holy Communion Worship**

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

From the Chaplain

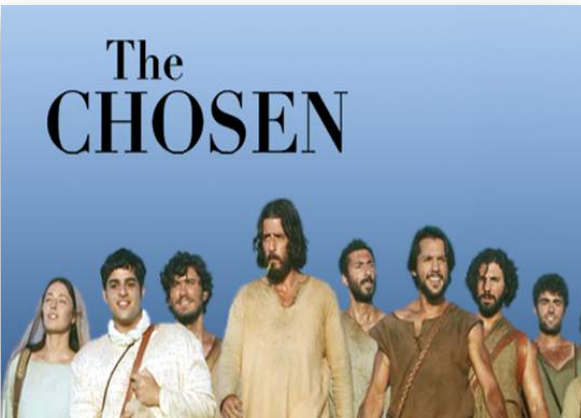


~AUGUST 2ND~ "The Bucket List"

Billionaire (Jack Nicholson) and car mechanic (Morgan Freeman) meet in the same hospital room. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.



~AUGUST 9TH~
WORSHIP DVD - SONSHINE MINISTRY
Calvary Baptist Church, Easton



~AUGUST 16TH AND AUGUST 23RD~

"The Chosen - Season 3 DVD"

AUGUST 16TH : SEASON 3 - EPISODE 5: CLEAN PART 2
AUGUST 23RD: SEASON 3 - EPISODE 6: INTENSITY IN TENT CITY

The Chosen is a historical drama series about the life and ministry of Jesus of Nazareth



~AUGUST 30TH~ "Calendar Girls"

Comedy based on the true story of a women's group in a small English town who choose to upend the traditional order as they created their annual charity calendar.



PASTOR CLARK'S MOVIES PLAYING EVERY WEDNESDAY AT 2:00PM

Lutheran Manor

MOBILE MARKET

Starting today and commencing every Thursday until the end of summer.

Farm to Neighborhood

Reasonable priced fresh fruits & vegetables from your local farms.
Use your Senior Farmers' Vouchers



Thursdays
1:00pm-2:30pm
Lounge

Bellezza Salon and Spa

BELLEZZA SALON & SPA Reminder:

Don't forget we are still using punch cards in the salon! If you're interested please ask one of the stylists to sign up!

Bellezza Salon and Spa

BELLEZZA SALON & SPA

Winner of June Basket Drawing was:

MARIE BRYANT! CONGRATULATIONS!

EAR CANDLING

Earwax builds up when wearing hearing aids and when using q-tips to clean your ears. Q-tips push 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!

**AUGUST
SPECIALS**



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**



Contact 610-866-6010 x209 to schedule an appointment

AUGUST 2023



August, the border between summer and autumn!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:00 Hobby Lobby & Westside Grill 1:15 CLINIC: BP Checks 3:00 Meditation</p>	<p>2</p> <p>9:30 Walker's Club 10:00 WALMART 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Ice Cream at THE CUP 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation</p>	<p>3</p> <p>10:00 BANKS/ PHARMACIES 10:00 Chat Room 11:00 Yoga with Dana 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish) 3:00 Meditation- Exercise Room</p>	<p>4</p> <p>9:30 Walker's Club 10:00 Meditation 10:45 WERTS CAFE/FARM MKT 11:00 Energetic Exercise</p>	<p>5</p> <p>8:30 RA COFFEE & DONUTS 12:30 RA Pinochle</p>
<p>6</p> <p>1:00 Sunday Believers' with Paul Belfort</p>	<p>7</p> <p>9:30 Walker's Club 10:00 Card Making Class 11:00 Energetic Exercise 11:00 THE SHELBY 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo</p>	<p>8</p> <p>10:00 SPEAKER: Body Donation 10:00 WEIS 3:00 Meditation</p>	<p>9</p> <p>9:30 Walker's Club 11:00 Crystal Springs Farm 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation</p>	<p>10</p> <p>10:00 Chat Room 11:00 Yoga with Dana 1:00 Mobile Market 2:00 Church 3:00 DoughBoys 3:00 Meditation- Exercise Room</p>	<p>11</p> <p>9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 12:30 CLINIC: OAA Podiatry 1:30 SPEAKER: Pain and Fall Prevention 101</p>	<p>12</p> <p>4:00 RA PIZZA SOCIAL</p>
<p>13</p> <p>1:00 Sunday Believers' with Paul Belfort</p>	<p>14</p> <p>9:30 Walker's Club 11:00 Energetic Exercise 12:00 SPEAKER: Care Patrol - Trivia 1:00 GIANT 1:00 MOVIE - In Person 3:00 Meditation 6:00 RA Bingo</p>	<p>15</p> <p>10:00 Banks/Target 2:00 Snacks/IceCream Sales 3:00 Meditation</p>	<p>16</p> <p>9:30 Walker's Club 10:00 Walker's Club Van Trip 11:30 ZUMBA with Anna 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation</p>	<p>17</p> <p>9:00 CLINIC: Eye 10:00 Chat Room 11:00 Yoga with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room 3:00 Morgan's</p>	<p>18</p> <p>9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise</p>	<p>19</p>

Tune into Channel 99 regularly for updates.

AUGUST 2023



August, the border between summer and autumn!

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
20	1:00 Sunday Believers' with Paul Belfort	21	Senior Citizen's Day 9:30 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	22	10:00 Valley Farm Market 2:00 Church 3:00 Meditation	23	8:30 Silver Birchies 9:30 Walker's Club 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation	24	Mona's Birthday! 10:00 Chat Room 11:00 Yoga with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	25	9:30 Walker's Club 10:00 Meditation 11:00 ENTERTAINMENT: 40's to Today 11:00 Energetic Exercise 12:00 Black River Farms Vineyard & Winery	26	Staff Birthdays: Mona F. - 8:24
27	1:00 Sunday Believers' with Paul Belfort	28	9:30 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 1:00 WEGMANS 3:00 Meditation 6:00 RA Bingo	29	9:00 Hometown Bar & Grill 1:00 Flower Arrangement Class 3:00 Meditation	30	9:30 Walker's Club 10:00 Dollar Tree 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation	31	CLINIC: Dermatology 10:00 Chat Room 11:00 Yoga with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room				

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	CANCELED JULY/AUGUST	-----	-----

Exercise Activity Schedule

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays	11:00am	Exercise Room
Everybody's Yoga with Dana	Thursdays	11:00am	Exercise Room
Meditation with Jacinda	Monday-Wednesday Thursdays Fridays	3:00pm 3:00pm 10:00am	Community Room Exercise Room Community Room
Walker's Club with Jacinda	Monday, Wednesday, Friday	9:30am	Outside Lutheran Manor
ZUMBA with Anna	Wednesdays	11:30am	Exercise Room

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	CANCELED	-----	Until September
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	CANCELED	-----	Until September
Stitching with Nena	Canceled for summer	-----	Until September
MOBILE MARKET	Every Thursday	1-2:30pm	Lounge
Van Trip Drop Off	Tuesday, Aug 1st	9:00am	Brenda's Office
CLINIC: Blood Pressure	Tuesday, Aug 1st	1:15pm	Lounge
Second Harvest Food Bank	Thursday, Aug 3rd	12:30pm	Lounge
ENTERTAINMENT: Pianist	TBD	TBD	Community Room
Card Making Class (Signup Required)	Monday, Aug 7th	10:00am	Lounge
SPEAKER: Body Donation	Tuesday, Aug 8th	10:00am	Community Room
CLINIC: OAA Podiatry	Friday, Aug 11th	12:30pm	Resident Apartments
SPEAKER: Pain and Fall Prevention 101	Friday, Aug 11th	1:30pm	Community Room
RA PIZZA SOCIAL (Signup Required)	Saturday, Aug 12th	4:00pm	Lounge
SPEAKER: Care Patrol: Trivia	Monday, Aug 14th	12:00pm	Lounge
In Person Movie	Monday, Aug 14th	1:00pm	Community Room
Walker's Club Van Trip	Wednesday, Aug 16th	10:00am	Trexler Nature Preserve
CLINIC: Health Drive Eye	Thursday, Aug 17th	9:00am	Game Room
ENTERTAINMENT: '40's to Today'	Friday, Aug 25th	11:00am	Lounge
Flower Arrangement Class (Signup Required)	Tuesday, Aug 29th	1:00pm	Lounge
CLINIC: OnSite Dermatology	Thursday, Aug 31st	TBD	Resident Apartments
RA SOCIAL	CANCELED	-----	Until September

Brenda's Bulletin

SECOND HARVEST FOOD BANK

AUGUST 3RD @ 12:30PM

*MUST COME TO LOUNGE
TO COLLECT YOUR BOX



CLINICS

BLOOD PRESSURE

TUESDAY, 8/1 @ 1:15PM
~LOUNGE

OAA PODIATRY

FRIDAY, 8/11 @ 12:30PM
~RESIDENT APARTMENT

HEALTHDRIVE EYE

THURSDAY, 8/17 @ 9AM
~GAME ROOM

ONSITE DERMATOLOGY

THURSDAY, 8/31 (TIME TBD)
~RESIDENT APARTMENT



*SIGN UP WITH BRENDA

SPEAKER: CANTELM LONG

'BODY DONATION'

IS THIS THE RIGHT
DECISION FOR YOU?

TUE, 8/8 @ 10AM

- Community Room -

SPEAKER: CARE PATROL

'SENIOR TRIVIA'

Get the answers to your
burning questions about
Seniors! Join us for TRIVIA
& an ICE CREAM BAR.

MON, 8/14 @ 12PM

~Lounge
~Sign up on Events Form

Clinics-sign up directly with Brenda
Entertainment & Speakers-sign up on 'Events Sign-Up Form'

Brenda's Bulletin

ENTERTAINMENT:

Jose Torres, Pianist
to be determined



Card Making with Eileen
monday; august 7th @ 10am



Lorri Woodward Concert '40's to today'
friday; august 25th @ 11am



Flower Arrangements with Jannal
tuesday; august 29th @ 1pm

LOUNGE | SIGN UP ON EVENTS FORM

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

Event Sign-Up Sheet

Please **CHECK OFF** or **CIRCLE** which special event you would like to attend below:

Lutheran Manor Events				CHECK HERE
TBD	TBD	ENTERTAINMENT: <i>Pianist</i>	TBD	_____
8/7	Monday	Card Making with Eileen	10:00a	_____
8/8	Tuesday	SPEAKER: Cantelmi Long <i>'Body Donation'</i>	10:00a	_____
8/11	Friday	SPEAKER: 'Pain and Fall Prevention 101'	1:30p	_____
8/14	Monday	SPEAKER: Care Patrol <i>Senior Trivia & Ice Cream Bar</i>	12:00p	_____
8/14	Monday	In Person Movie: Mafia Mamma	1:00p	_____
8/16	Monday	Walker's Club Van Trip: Trexler Nature Preserve	10:00a	_____
8/25	Friday	ENTERTAINMENT: 40's to Today	11:00a	_____
8/29	Tuesday	Flower Arrangements with Jannal	1:00p	_____

Name(s): _____ Apt.#: _____

Phone Number: _____

Please return to the Main Office by Tuesday, August 1st!

Resident's Association

Resident's Association

BINGO

Come One, Come All!
Enjoy the Fun!

.....
Mondays at 6:00pm

Lounge

RA Bingo will be held in the
Community Room on August
7th and August 14th.

All other dates will be in the
lounge.

Thank you!

Resident's Association:

Coffee & Donuts

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

\$1.00 Each

.....
August 5th at 8:30am

Lounge

Resident's Association:

PINOCHLE

August 5th at 12:30pm

\$2.00 Per Play | Light Refreshments Served | Lounge

Resident's Association

Resident Association
PIZZA SOCIAL

August 12th

Doors Open - 4:00pm

Food - 5:00pm

Entertainment - 6:00pm

Donations appreciated and Sign up required!

Every resident will receive 2 slices of pizza



Resident's Association Pizza Social

NAME: _____

PHONE#: _____ APT#: _____

Please circle if you need gluten free dough or regular:

Regular

Gluten Free

**Please sign and return this slip to the Office by
Wednesday, August 9th**

September Van Trips

			CHECK HERE
9/5	Tuesday	BANKS _____ & Shopping at CVS / RITEAID / WALGREENS	10:00a_____
9/6	Wednesday	Shopping at WEIS	10:00a_____
9/7	Thursday	Breakfast at CRACKER BARREL	9:00a_____
9/8	Friday	Ice Cream at CRAZY CONES	2:30p_____
9/11	Monday	Dinner at FLYING PIG TAVERN & TAP	3:45p_____
9/12	Tuesday	Shopping at GERRITY'S FARM MARKET (formerly Valley Farm Market)	12:00p_____
9/13	Wednesday	HOOVER MASON TRESTLE / Lunch	10:00a_____
9/14	Thursday	ALLENTOWN ART MUSEUM	11:00a_____
9/18	Monday	BANKS _____ & Shopping at TARGET	10:00a_____
9/20	Wednesday	Lunch & Miniature Golf at MOUNTAIN VIEW DRIVE-IN	11:00a_____
9/21	Thursday	Shopping at DOLLAR TREE 378	12:00p_____
9/25	Monday	Shopping at WALMART 248	12:00p_____
9/26	Tuesday	The Waterfront at Silver Birches: 'FALL FOLIAGE TRAIN RIDE' (\$44 due to Brenda by August 7th)	9:00a_____
9/27	Wednesday	Brunch at MITZI'S TABLE	10:00a_____
9/28	Thursday	Shopping at GIANT	10:00a_____

Full Name: _____

Phone#: _____ Apt#: _____

***This form to be collected starting at 9:00 am on Tuesday, August 1st**

September Van Trips. . .

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

FLYING PIG TAVERN & TAP:

Enjoy exceptional service, while mouthwatering creations such as burgers, bacon trios, soups, and salads come out of the kitchen.

Come experience the newest hot spot for cocktails and comfort!!

HOOVER MASON TRESTLE:

Once used as a railroad to carry the coke, limestone, and iron ore to the blast furnaces. Today it is reimagined as an elevated park & pedestrian walkway.

Get up close & personal with what molded our sleepy town to what it is today!

ALLENTOWN ART MUSEUM 'Fashion As Experiment':

Featuring more than 80 garments & accessories illustrating the tumultuous mood of the decade, ranging from hippie to ready to wear designs. This selection illustrates how the 60's youth mobilized fashion as a place for debate, activism, imagination, and social and political change.

Come experience a glimpse of history!

MOUNTAINVIEW DRIVE-IN:

Come enjoy amazing food, then a round of miniature golf, finishing off your visit with delicious ice cream. Family owned and operated, bringing the community together for safe, fun, entertainment!

Eat, Play, Enjoy your rounds!!

THE WATERFRONT AT SILVER BIRCHES: **'Fall Foilage Train Ride'**

11a-Arrive to coffee & apple streusel cake; shop Artisan jewelry, gifts, specialty foods

11:30a-Sit back, relax, enjoy the show featuring Voices of Legends with Eric Kerns.

One man serenading you with the greatest superstars to ever have graced the stage.

12:30p-Buffer Service offering coffee cake, broccoli salad, house baked bread, roasted pork loin, wild rice pilaf, all beef meatloaf with gravy, yukon mashed potatoes, green bean salad, roasted vegetables, and cinnamon raisin rice pudding

2:00p-Train Ride along the Lackawaxen River on Stourbridge Line Train.

5:00p-Departure from Honesdale

Get ready for the musical ride of your life & enjoy PA in it's most colorful splendor!!

MITZI'S TABLE:

Visit this culinary institution that has established itself here in the Lehigh Valley as one of the Best restaurants for more than just breakfast. From a typical breakfast of pancakes, bacon, and eggs to chef creations of stuffed french toast to Shrimp PoBoy sandwiches to quesadillas.

Whatever you get, it will be the best!!