



LUTHERAN MANOR
OF THE LEHIGH VALLEY

December 2021

2085 Westgate Drive, Bethlehem, PA, 18017

Office Hours

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

Friday
8:30am - 1:00pm

Staff Birthdays

Michelle- Dec 14

Pastor Clark- Dec 17

Courtney- Dec 21

OFFICE CLOSED
for Christmas
Holiday

Full day- Friday, 12/24

Full day- Friday, 12/31



General Meeting

*Don't miss important updates
happening in our community.*

December 14th @ 2:00pm

~Lounge & Channel 98



Office Notes

HOLIDAY SWEATERS

Join in on the fun when Lutheran Manor Staff wear their holiday sweaters at the General Meeting on



DECEMBER 14TH



SNOW PARKING SPOT

Snow parking spots must remain EMPTY, during the winter months, especially when snow is expected in the weather forecast.

Pastor Clark Movies

Wednesdays at 2:00pm

Live-Streamed on Channel 98

12/1 - *'The Perfect Opportunity'*

12/8 - *'Spirit'*

12/15 - *'Come to the Stable'*

12/22 - Worship DVD: *'Sonshine Ministry'*

12/29 - *'The Best Christmas Pageant Ever'*

Catholic Worship with Father Ezaki is the 4th Tuesday of the month.

**December 28th
at 2:00pm**

Sunday Praise

with David Garcia

December 12th at 11:00am

Praising, Singing, Enjoying
the word of God.

Community Room

WONDERFUL NEWS!!

Social Security will increase
5.9% in January, 2022.

Please remember to bring
your new award letter to
the Main Office to be copied
for your file.

Movie Days

Movie 1: *Red Notice*



MONDAY, DECEMBER 6TH @ 1:00PM

In the world of international crime, an Interpol agent attempts to hunt down and capture the world's most wanted art thief.

Movie 2: *Jungle Cruise*



MONDAY, DECEMBER 13TH @ 1:00PM

Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together, they search for an ancient tree that holds the power to heal -- a discovery that will change the future of medicine.

Movie 3: *Love Hard*



MONDAY, DECEMBER 20TH @ 1:00PM

After meeting her perfect match on a dating app, an LA writer learns she's been catfished when she flies 3,000 miles to surprise him for Christmas.

Movie 4: *Let it Snow*

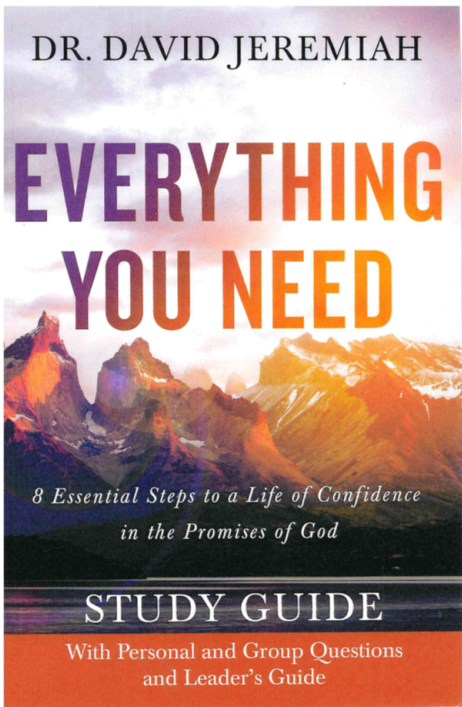


MONDAY, DECEMBER 27TH @ 1:00 PM

A snowstorm hits a small midwestern town on Christmas Eve, bringing together a group of highschool students. They soon find their friendships and love lives colliding and Christmas morning, nothing will be the same.

~All movies live-streamed on channel 98~

Beverly's Bible Study



Have you ever seen so many people under so much pressure? That's the nature of our times, but don't despair! God has given you everything you need to withstand the stresses of life and overcome the challenges of the journey.

According to the apostle, Peter, God knows how to equip you for life and godliness. He has given you His very great and precious promises. Through them you can escape the corruption of the world and begin living with steadfast, daily confidence.

Join us from January 4-March 8 every Tuesday in the Game Room 6:30p-8p on this exciting journey and discover Everything You Need: 8 Essential Steps to a Life of Confidence in the Promises of God!

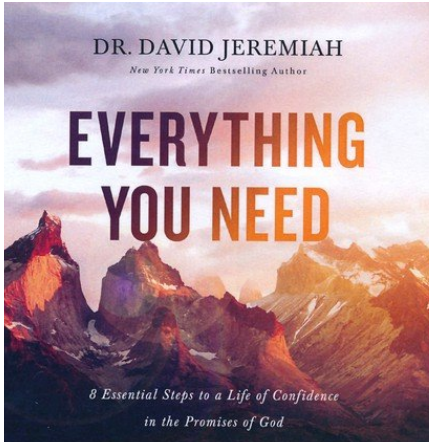


Beverly's Bible Study

Full Name: _____

Phone: _____

Apt#: _____



Place this completed slip in a sealed envelope along with a cash payment of \$5.50 and slide it under Beverly Westwood's door, Apt#303 no later than **Friday, December 24***

From the Chaplain

2022 Worship Services

Please send all of your suggestions
for scheduling clergy next year!



From the Chaplain

2022 Worship Services

Full Name: _____

Congregation: _____

Address: _____

Phone: _____ **Email:** _____

*Please return slip to MAIN OFFICE no later than
Friday, December 24

From the Chaplain

TV MINI SERIES: THE CHOSEN- SEASON TWO

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



Wednesday, December 1st @ 2:00pm—*"The Perfect Opportunity"*

As Jesus and the disciples head to Jerusalem to celebrate the Feast of Tabernacles, a new enemy follows them, while a familiar enemy awaits.

Wednesday, December 8th @ 2:00pm - *"Spirit"*

After stirring the water, Jesus is now pursued by Simon the Zealot, Atticus & Samuel. John, the Baptizer, visits the group and tells Jesus his dangerous mission.

Meanwhile, back at the camp, Mary Magdalene is devastated by an encounter with a mysterious and dangerous stranger.



"COME TO THE STABLE"

Wednesday, December 15th @ 2:00pm

A heartwarming film about two French nuns who come to America setting up operations in a local stable in order to raise money for a children's hospital.



WORSHIP DVD: SONSHINE MINISTRY

Wednesday, December 22nd @ 2:00pm

**Recorded at Calvary Baptist Church, Easton*

THE BEST CHRISTMAS PAGEANT EVER

Wednesday, December 29th @ 2:00pm

Warm and wonderful Holiday special stars Loretta Swit as the 'caretaker' for several delinquent youngsters. How she keeps them in line while staging the town's annual Christmas play makes for a heartfelt story of love and faith.



From the Chaplain

WE NEED A LITTLE CHRISTMAS!

“For we need a little Christmas, right this very minute...”Remember that song from the Broadway musical 'Mame?' Yes, I think we need Christmas more than ever this year. In a world & nation that is overwhelmed with division, hatred and bitterness, we need Christmas! We need the promise of the angels, the joy of the shepherds and the certain hope of the baby Jesus.

This Christmas put away our differences, put up the Christmas tree, bake the cookies, put candles in the windows. Take comfort in the familiar story and the wonderful carols. Yet, in the midst of it all, let's do what Mary did, invite the source of peace to enter our world.

Let's find hope, once more, in the infant King.

God became one of us so we could become one with Him.

A Blessed Advent-Christmas Season

-Pastor Clark



Worship in the Community Room

**WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW & ALSO STREAMED ON CH 98.
*COVID GUIDELINES WILL BE FOLLOWED***

Thursday, Dec 2nd	Pastor Jonny Villamar, Cornerstone Church, Easton- ~Spanish/English
Thursday, Dec 9th	Pastor Dan Bretell, St. Paul's Lutheran, Easton - ~Holy Communion
Thursday, Dec.16th	Pastor Beth Goudy, Metropolitan Community Church, Bethlehem
Thursday, Dec 23rd	Christmas Worship-Pastor Clark Kuntz, Chaplain ~Holy Communion
Tuesday, Dec 28th	Father Bernard Ezaki, Notre Dame RC Church, Bethlehem
Thursday, Dec 30th	Pastor Brian Riedy, Holy Trinity Lutheran, Catasauqua - ~Holy Communion

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

Holiday Meal

Wednesday, December 22nd

Lutheran Manor will be providing a pre-portioned Holiday meal to those who would like one.

~PINEAPPLE GLAZED SMOKED COUNTRY HAM
~CHEDDAR YUKON PIEROGI CASSEROLE
~SOUTHERN BACON SEARED GREEN BEANS
~CHRISTMAS DESSERT

Those who DO NOT want a thanksgiving meal, please complete the slip below.

~Those who DO want a meal, Do nothing~



Holiday Meal Opt-Out

Wednesday, December 22nd

*Only return this slip if you **DO NOT** want a meal.**

Full Name: _____

Phone: _____ Apt#: _____

*Please return this slip to the MAIN OFFICE no later than
Monday, December 6, 2021

MASKS ARE REQUIRED FOR EVERYONE WHEN SOCIAL DISTANCING IS NOT POSSIBLE
FITNESS CENTER HOURS: EVERY DAY 6:00 AM- 7:00 PM

Bellezza Salon and Spa

Everyone is excited about the Holiday Season. The songs and stories about baby Jesus are so heartwarming. I'm sure all of you remember the magic when you were kids. We celebrate these stories with gift giving to show our love and caring with our friends and family.

Happy Holidays!!

Your friends & stylists: DIANE, LORRI, AND MARCIE

Massage Therapy

Contact Karen directly to book appointments.

610-360-2427

DO NOT call the salon for massage appointments

Bellezza Salon & Spa

December Specials

~Mini Facials \$25
~FREE facial waxing with any hair color

*Don't forget to enter your name in for the
Holiday Basket drawing.

GOOD LUCK!!

MASKS ARE REQUIRED AT ALL TIMES

DECEMBER 2021

LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00 CLINIC: Blood Pressure Check from LifeSpring</p> <p>9:00 Walker's Club</p> <p>10:00 Exercise DVD (98)</p> <p>12:30 Bible Study</p> <p>2:00 Pastor Movie: The Perfect Opportunity</p>	<p>2</p> <p>10:00 Chat Room</p> <p>10:00 ENTERTAINMENT: Painting with a Twist</p> <p>10:00 Exercise DVD(98)</p> <p>11:00 Fit for Life(98)</p> <p>12:30 Second Harvest</p> <p>2:00 Church (Spanish)</p>	<p>3</p> <p>9:00 Walker's Club</p> <p>9:30 BANKS</p> <p>10:00 Exercise DVD(98)</p> <p>10:00 Qi Gong Tai Chi with Joanne</p> <p>12:30 CLINIC: OAA Podiatry</p>	<p>4</p> <p>9:00 Coffee and Donuts</p>
<p>5</p>	<p>6</p> <p>9:00 Walker's Club</p> <p>9:30 RITEAID/CVS</p> <p>11:00 Fit for Life(98)</p> <p>1:00 MOVIE: Red Notice</p> <p>6:00 Resident's Association Bingo</p>	<p>7</p> <p>9:30 WEIS</p> <p>11:00 Everybody's Yoga(98)</p> <p>2:00 LVHN Info Session: Hip Pain (98)</p>	<p>8</p> <p>9:00 Walker's Club</p> <p>9:30 BETHLEHEM DINER</p> <p>12:30 Bible Study</p> <p>2:00 Pastor Movie: Spirit</p>	<p>9</p> <p>10:00 Chat Room</p> <p>11:00 SPEAKER: Canteimi Long</p> <p>Funeral Home</p> <p>11:00 Fit for Life(98)</p> <p>2:00 Church</p>	<p>10</p> <p>9:00 Walker's Club</p> <p>10:00 Exercise DVD (98)</p> <p>11:00 ENTERTAINMENT: Sing for America</p> <p>2:00 SPEAKER: Stress and Your Health with Capital Blue</p>	<p>11</p> <p>10:00 CLINIC: Phone/Tablet Basics 101</p>
<p>12</p> <p>11:00 Sunday Praise with David Garcia</p>	<p>13</p> <p>9:00 Walker's Club</p> <p>9:30 VALLEY FARMS</p> <p>11:00 Fit for Life(98)</p> <p>1:00 MOVIE: Jungle Cruise</p> <p>6:00 Resident's Association Bingo</p>	<p>14</p> <p>11:00 Everybody's Yoga(98)</p> <p>2:00 GENERAL MEETING</p>	<p>15</p> <p>9:00 Walker's Club</p> <p>9:30 DOLLAR TREE</p> <p>12:30 Bible Study</p> <p>2:00 Pastor Movie: Come to the Stable</p>	<p>16</p> <p>9:00 CLINIC: HealthDrive Eye</p> <p>10:00 Chat Room</p> <p>11:00 Fit for Life(98)</p> <p>2:00 Church</p>	<p>17</p> <p>9:00 Walker's Club</p> <p>10:00 Qi Gong Tai Chi with Joanne</p> <p>5:00 MILLER'S ALE HOUSE</p>	<p>18</p> <p>10:00 CLINIC: Phone/Tablet Help (20 minute timeslots)</p>

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

DECEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	9:00 Walker's Club 9:30 GIANT 11:00 Fit for Life(98) 1:00 MOVIE: Love Hard Residents 6:00 Association Bingo	Winter Begins 11:00 Everybody's Yoga(98) 2:00 ENTERTAINMENT: Meredith Twardowski, Flautist	9:00 Walker's Club 9:30 WALMART 11:00 Holiday Meal Distribution 12:30 Bible Study 2:00 Pastor Move: Sunshine Ministry	9:30 ALDI 10:00 Chat Room 11:00 Fit for Life(98) 2:00 Church	Christmas Eve	Christmas Day
26	27	28	29	30	31	
Kwanzaa Begins	9:00 Walker's Club 9:30 WEGMANS 11:00 Fit for Life(98) 1:00 MOVIE: Let It Snow Residents 6:00 Association Bingo	9:30 DOLLAR TREE 11:00 Everybody's Yoga(98) 1:00 OnSite Dermatology 2:00 Church	9:00 Walker's Club 12:30 Bible Study 2:00 Pastor Movie: Best Pageant Ever	9:30 WEIS 10:00 Chat Room 11:00 Fit for Life(98)	New Year's Eve	

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	12:30 PM	Community Room
Chat Room	Every Thursday	10:00 AM	Community Room
Church	4th Tuesday & Every Thursday (1st Thursday- Spanish Service)	2:00 PM	Community Room/Ch98

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Everybody's Yoga	Tuesdays	11:00 AM	Exercise Room (98)
Fit For Life	Mondays, Thursdays	11:00 AM	Exercise Room (98)



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



December Activities

Pastor Clark MOVIES	Every Wednesday	2:00pm	Community Rm/Ch98
Snacks/Ice Cream Sale	Every Wednesday	3:00pm	Lounge
Resident's Association BINGO	Every Monday	6:00pm	Lounge
Van Trip Drop Off	Wednesday, Dec 1	9:00am	Brenda's Office
CLINIC: BP Checks	Wednesday, Dec 1	9:00am	Lounge
ENTERTAINMENT: Painting with a Twist	Thursday, Dec 2	10:00am	Lounge <i>*Sign up Required</i>
Second Harvest <i>*Resident's required to pickup boxes in Lounge</i>	Thursday, Dec 2	12:30pm	Lounge
CLINIC: OAA Podiatry	Friday, Dec 3	12:30pm	Resident Apartments <i>*Sign up Required</i>
SPEAKER: Cantelmi Long Funeral Home	Thursday, Dec 9	11:00am	Community Rm/Ch98
ENTERTAINMENT: Sing for America	Friday, Dec 10	11:00am	Community Rm/Ch98
Resident's Association Breakfast in the Lounge	Saturday, Dec 11	8:30am	Lounge <i>*Sign up Required</i>
CLINIC: Phone/Tablet Basics 101	Saturday, Dec 11	10:00am	Community Rm/Ch98 <i>*Sign up Required</i>
Sunday Praise with David Garcia	Sunday, Dec 12	11:00am	Community Room/Ch98
General Meeting	Tuesday, Dec 14	2:00pm	Lounge/Channel 98
CLINIC: HealthDrive Eye	Thursday, Dec 16	9:00am	Game Room <i>*Sign up Required</i>
CLINIC: Phone/Tablet Help (20 minute timeslots)	Saturday, Dec 18	10:00am	Community Room <i>*Sign up Required</i>
ENTERTAINMENT: Flute 'Holiday Melodies'	Tuesday, Dec 21	2:00pm	Community Rm/Ch98
OFFICE CLOSED	Friday, Dec 24	ALL DAY	Holiday
CLINIC: OnSite Dermatology	Tuesday, Dec 28	1:00pm	Resident Apartments <i>*Sign up Required</i>
OFFICE CLOSED	Friday, Dec 31	ALL DAY	Holiday

Brenda's Bulletin

Blood Pressure **CHECKS**

by LifeSpring Home Care

December 1st
at 9:00am
Lounge

OAA Orthopedic Specialists

December 3rd
at 12:30pm

In the comfort of your own home,
By appointment only.

Cantelmi Long Funeral Home **BODY CREMATION**

December 9th
at 11:00am
Community Room
& Channel 98



SECOND HARVEST

December 2nd at 12:30pm

*Please come down to lounge at 12:30pm
to collect your food box*



OnSite Dermatology

We Come To You

December 28th
starting at 1pm

~In the comfort of your own home
*By appointment only



HealthDrive EYE

December 16th
at 9:00am

*By appointment only.
Game Room

**~WE ARE NOW LIVE, IN
PERSON FOR ALL
CLINICS, SPEAKERS &
ENTERTAINMENT~**

**Sign up with Brenda*



Brenda's Bulletin

PAINTING with a Twist

with Judy Peters

December 2nd
at 10:00am

*Limited to 10 people
Lounge

Phone & Tablet Basics 101 with Melissa & Eve

December 11th at 10:00am

Learn the basics of your phone & tablet

*Limited to 10 people
Community Room / Channel 98

Sing For America Holiday Show



December 10th

at 11:00am

Community Room
& Channel 98

Meredith Twardowski, Flautist HOLIDAY MELODIES

December 21st at 2:00pm

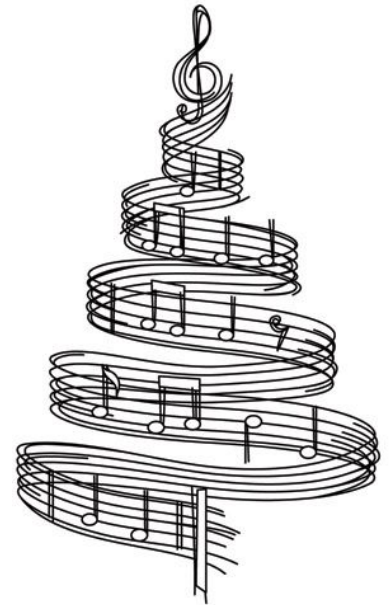
Community Room & Channel 98

Phone & Tablet Assistance One on One

December 18th at 10:00am

*Sign up for a 20 minute time slot for help with any device

*Limited to 10 people
Community Room



OPEN OFFICE HOURS: MONDAY-FRIDAY 9:00 AM-3:00 PM

BRENDA PAGAN-FONTANEZ, SERVICE COORDINATOR
610-866 -6010 X4

January Van Trips

LIMIT OF 13 PASSENGERS PER TRIP

Jan 3	Monday	Banks _____ (Write your bank name)	9:30a_____
Jan 4	Tuesday	Shopping at WEIS	9:30a_____
Jan 5	Wednesday	Shopping at RITEAID/CVS Pharmacies	9:30a_____
Jan 10	Monday	Shopping at GIANT	9:30a_____
Jan 11	Tuesday	Shopping at WALMART 248	9:30a_____
Jan 14	Friday	Shopping at DOLLAR TREE 378	9:30a_____
Jan 17	Monday	Shopping at VALLEY FARM MARKET	9:30a_____
Jan 18	Tuesday	Brunch at BORDERLINE RESTAURANT	9:30a_____
Jan 21	Friday	Shopping at ALDI	9:30a_____
Jan 24	Monday	Shopping at CHRISTMAS TREE SHOP	9:30a_____
Jan 26	Wednesday	Dinner at APPLEBEES	5:00p_____
Jan 28	Friday	Shopping at WEIS	9:30a_____
Jan 31	Monday	Shopping at VALLEY FARM MARKET	9:30a_____

*\$5.00 FEE WILL BE CHARGED FOR ANY CANCELLATIONS WITHOUT 24HR NOTICE

**VAN TRIPS WILL BE CANCELED IF LESS THAN FIVE RESIDENTS ARE SIGNED UP

Full Name: _____

Phone#: _____ Apt#: _____

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

Resident's Association

Breakfast in the Lounge



MENU

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



SATURDAY, DECEMBER 11TH @ 8:30AM

Place this completed slip in a sealed envelope along with a cash payment of \$3.00 and slide it under Marge Bachemin's door, Apt#705, no later than *Wednesday, December 8*



Resident's Association

Breakfast in the Lounge

FULL NAME: _____

PHONE: _____

APT#: _____



Place this completed slip in a sealed envelope along with a cash payment of \$3.00 and slide it under Marge Bachemin's door, Apt#705, no later than **WEDNESDAY, DECEMBER 8**



HAPPY Holidays