

DECEMBER 2025

Lutheran Manor
of the
Lehigh Valley

2085 Westgate Drive, Bethlehem, PA 18017

Office Hours

Monday – Thursday
8:30a – 4:30p
Friday
8:30a – 1:00p

Fitness Center

Every Day
5:30a – 9:00p

Staff Birthdays

Michelle – 12/14
Pastor Clark – 12/17
Courtney – 12/21

WELCOME New Residents

No New Residents



General Meeting

Tuesday, Dec 9
@ 2:00pm

~Lounge

Office Notes

In observance of the **HOLIDAYS**

Offices will be CLOSED:

December 24 - 12:00p

December 25 - All day

December 26 - All day

December 31 - 12:00p

The weekly Psalm 34 Food Delivery will now take place on **WEDNESDAYS**

Please take note of channel changes:

Ch 99 - Live Stream
Ch 100 - Message Board

Snow parking spots MUST remain EMPTY during the months of **October-April** when snow is expected in the forecast. We apologize for any inconvenience.

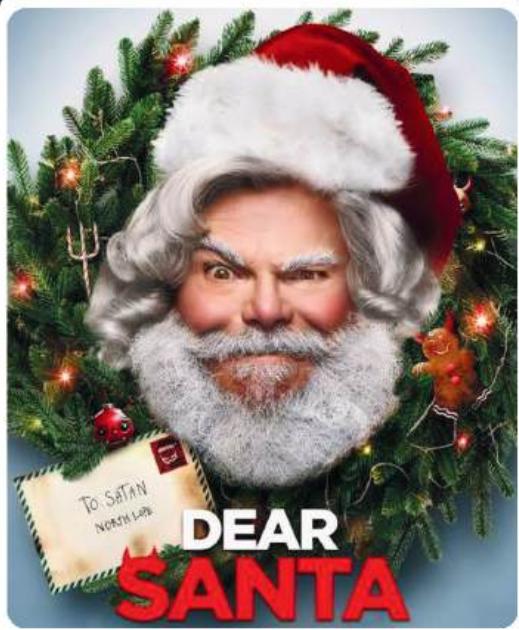


**Staff
Holiday
Sweater
Day**

December 9th

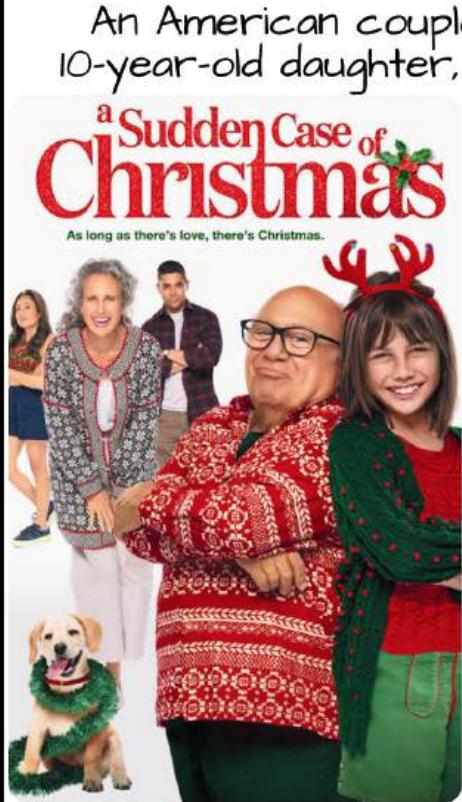
Join in on the fun when Staff wear their favorite Holiday Sweaters and show them off at the General Meeting!

Movie Days



When a young boy mails his Christmas wish list to Santa with one crucial spelling error, a devilish Jack Black arrives to wreak havoc on the holidays.

DEC 1 | PG13 | CH99



An American couple brings their 10-year-old daughter, Claire, to her grandfather's hotel in Italy to tell her that they are separating; hoping to bring them back together, Claire asks the entire family to celebrate one last Christmas together, even though it's August..

DEC 22 | G | CH99

In-Person Movie



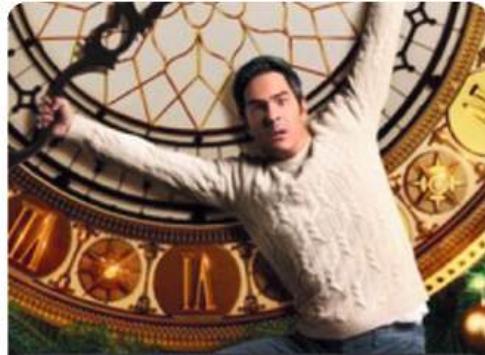
OH.WHAT.FUN.

This story centers on Claire, who plans a special Christmas but is forgotten by her family. When they realize she's missing, their holiday is at risk until she returns to give them the celebration they deserve.

**DEC 8 | PG13
COMMUNITY ROOM**

Película en Persona

~Con Subtítulos en Inglés



**Una Navidad
no tan Feliz**

Chuy, un joven gruñón, está atrapado en un hechizo temporal que lo obliga a revivir el día de Navidad año tras año y a afrontar las consecuencias de los otros 364 días que no recuerda.

**19 DE DEC | PG13
SALA COMUNITARIA**



An Apple Original Film

Will Ferrell

Ryan Reynolds

SPIRITED

A musical version of Charles Dickens's story of a miserly misanthrope who is taken on a magical journey. When the Ghost of Christmas Present accidentally picks the wrong person to reform, he ends up reexamining his own past, present, and future.

DEC 29 | PG13 | CH99

All LM Movies are Live-Streamed at 1:00pm on Channel 99

December Co-Residents of the Month



Bert Molchany



Celeste Roney

As many of you may know, Celeste, passed away unexpectedly in September. Bert was frequently, if not always with Celeste. They walked, sat, talked, cried, and attended fitness classes together.

Bert had two choices to deal with the grief - stay connected or isolate. She chose connection here at Lutheran Manor. Her resilience and dedication to her health is an inspiration. Congrats to Bert and Celeste (in spirit) named our last Residents of the Month for 2025!

Join Katie for...

Sit to Stand Challenge

Ask KATIE
for details

**SPEAKER: Red Lion
'Diabetes 101'**



Thursday, 12/4 @ 11:30a

Community Room
Sign-up on the Events Form

Before sitting down at the table, consider these tips for
HEALTHIER HOLIDAY EATING



Do not skip meals before a feast because you will likely overeat



Start with a healthy helping of vegetables to curb your appetite



Cut back on carbs to save room for sweets



Fill a small plate with your favorite foods, then leave the buffet table



Avoid or limit alcohol, but if you must, drink it with your food



Eat slowly; it takes 20 minutes for the brain to realize you're full

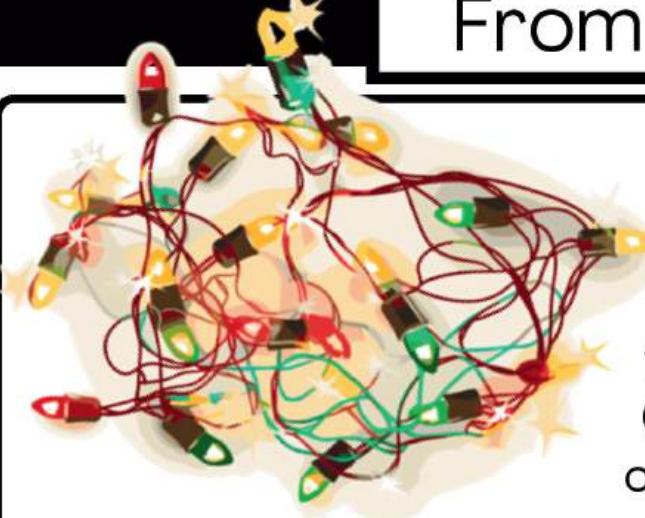


Choose ONE dessert you really love, then savor a small serving



Make room for physical activity, like a walk with family after a meal

From the Chaplain



Every December I retrieve the box of Christmas lights & decorations from the attic to prepare for our annual tree decorating. In a festive mood with Christmas music playing, I open the box, only to discover a tangled mess of lights.

Eventually, after separating the strings of lights, replacing bulbs, and hanging them...the lights glow. Suddenly the frustration fades and the room feels warm, alive and a little bit magical.

Do our lives at times resemble those tangled lights & burned out bulbs? As you look at all those twinkling Christmas lights this season, let them remind you of a greater Light. The one who came for you, to shine in your darkness and fill your heart with hope. And, as His light fills you, let it shine through you, to others with the hope that never fades.

Wishing you a Blessed & Merry Christmas!

~Pastor Clark

Worship in the Community Room

Worship Services at 2:00pm - Live-Streamed on Ch99

Thurs, 12/4	Pastor Jonny Villamar - Cornerstone Church, Easton (Spanish)
Thurs, 12/11	*Pastor Dan Brettell - St. Paul's Lutheran, Easton
Thurs, 12/18	Pastor Clark - ADVENT/CHRISTMAS: Carols & Candlelight
Tue, 12/23	Father Venatius Korobo - Notre Dame RC Church, Bethlehem
Wed, 12/24	*4:00pm Pastor Dan Brettell, St. Paul's Lutheran, Easton

*HOLY COMMUNION WORSHIP

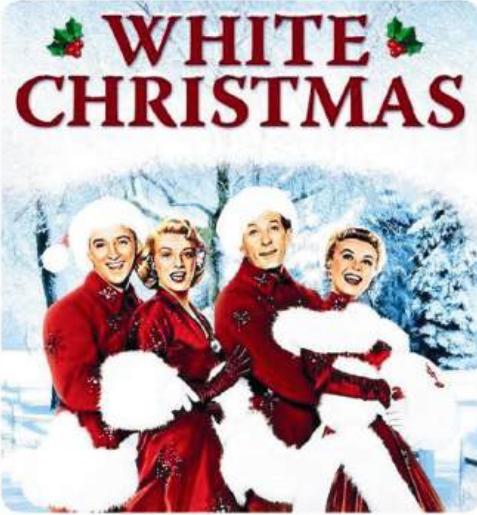
NO Worship on Christmas Day - December 25th
NO Worship on New Year's Day - January 1st

Pastor's Movies



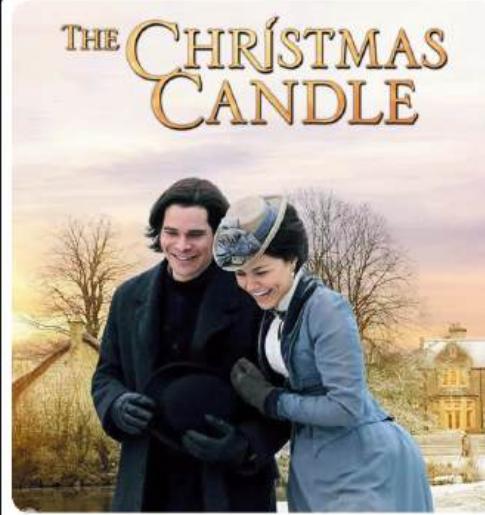
Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover art work she believes rightfully belongs to her family.

DEC 3 | PG13



Two army buddies, become involved with two singers. Despite romantic complications between them, all ends on a happy note when Christmas Eve brings rave reviews for the show and a much-needed snowfall!

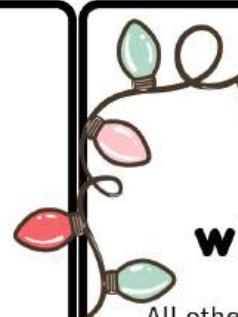
DEC 10 | 1954



In 19th-century England, a minister's quest to modernize his village puts him at odds with people who believe that whoever lights the candle that an angel touched will receive a miracle on Christmas Eve.

DEC 17 | PG

All Pastor Movies are live-streamed on Wednesdays at 2:00p on Channel 99



**Bible Study on
Wednesday, 12/10
will be held at 12:15pm**

All other December dates/times will remain the same

Sunday Believers' Worship

with Paul Belfort

Every Sunday
at 1:00pm



Community Room | Not Live-Streamed



Christmas Worship

Christmas Eve
Wed, 12/24
at 4:00pm

~Community Room

PASTOR SUGGESTIONS FOR 2026

As I plan Worship leaders for our weekly Thursday devotion, I would appreciate suggestions of Pastors for 2026.

Pastor's Name(s): _____

Congregation Name: _____

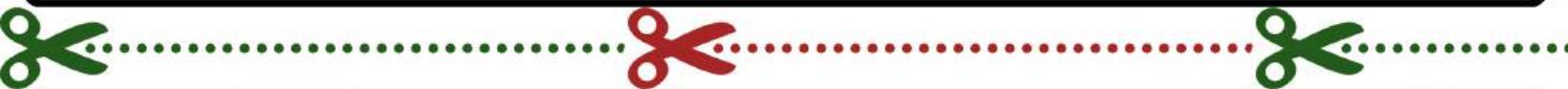
Congregation Phone #: _____

Resident Name: _____

Phone #: _____

Apt #: _____

**Please complete this form & return it to the
Main Office no later than December 31st.**



Winter Solstice

Meditation & Journaling Class

with Katie

Friday, 12/19th @ 11:00a

SHORTEST
DAY & THE
LONGEST
NIGHT OF
THE YEAR

Winter is the perfect time to slow down, examine the year, & acknowledge your challenges and growth. Carve out some time during the busy Holiday season to reflect on 2025 and set intentions for self care in 2026!

Bellezza Salon

FACIALS: Set up an appointment with Theresa asap so you can feel her touch and experience how clean, fresh, and smooth your face will feel and look afterwards. Your first session with her is \$10 OFF.

GIFT BOX DRAWING: Always remember to enter the drawing each month! You may just be our Lucky Winner!! - *Compliments of Diane*

GIFT CERTIFICATES: Always available for purchase!

NAILS: We still need your help finding a Licensed Nail Technician. If you know of anyone interested in sharing their talent with our amazing salon, have them contact Diane at 610-390-9676 or Diane@bellezzasalon.org.

NO SHOW APPOINTMENTS: \$10 fee

PUNCH CARDS: Have your card stamped after each visit. After filling your card, you will receive \$25 towards your next salon service - *Compliments of LM*

REFERRALS: Always Welcome and Sincerely Appreciated!

SUGGESTIONS, QUESTIONS, OR CONCERNs: Do not hesitate to call Diane Rizzetto at 610-390-9676 or email her at Diane@bellezzasalon.org. Should you desire a service that is not on our menu, please ask. We would love to accommodate as best we can.

December Tidbits

Flowers - Poinsettias: symbolizing joy and celebration. Paperwhites: A narcissus that produces fragrant white blooms.

Birthstone - Turquoise, tanzanite, zircon, & blue topaz: all known for their beautiful shades of blue.

Winter Solstice: December 21st

Christmas Eve: December 24th

Christmas Day: December 25th

Kwanzaa: Starts December 26th

New Year's Eve: December 31st



Lorri:

- Works on Mondays and Wednesdays ONLY
- Specializes in Hair, Waxing, Pedicures, and Facials
- To make, change, or cancel an appointment with Lorri, call her directly at 610-751-4458

Theresa:

- Works every OTHER Tuesday ONLY
- Specializes in Hair, Ear Candling, Paraffin Dips, and Waxing
- To make, change, or cancel an appointment with Theresa, call her directly at 610-504-7401

Massage Therapy

Contact Karen directly to book an appointment 610-360-2427.

DECEMBER 2025

DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 1:00p Sunday Believers	22 7:30a Early Bird Fitness 9:30a Walker's Club 10:00a LV Mall & Bonefish Grille 11:00a Zumba 1:00p LM Movie 2:30p Tai Chi 6:00p RA BINGO	23 10:00a Chair Zumba 11:00a Balance Class 1:00p Drum Fitness 2:00p Church 4:45p Lights in Parkway	24 Offices Close 12p 7:30a Early Bird Drum 9:30a Walker's Club 11:30a Zumba 12:30p Bible Study 4:00p Christmas Worship	25 Christmas Day OFFICES CLOSED	26 Offices Closed 2:00p Snacks/IceCream 2:00p Clothing Drive & Shredding	27 4:00p RA Social
28 1:00p Sunday Believers 4:00p RA Social	29 7:30a Early Bird Fitness 9:30a Walker's Club 10:00a Dollar Tree 11:00a Zumba 1:00p LM Movie 2:30p Tai Chi 6:00p RA BINGO	30 10:00a Chair Zumba 11:00a Balance Class 1:00p Drum Fitness 3:00p Kingfish	31 7:30a Early Bird Drum 9:30a Walker's Club 11:30a Zumba 12:30p Bible Study			
					Staff Birthdays Michelle - 12/14 Pastor Clark - 12/17 Courtney - 12/21	

Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30p	Community Room
Chat Room	Every Thursday	10:00a	Community Room
Church	4th Tues & Every Thurs (1st Thurs - Spanish)	2:00p	Community Room Channel 99
Sunday Believers' with Paul Belfort	Every Sunday	1:00p	Community Room

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
WALKER'S CLUB with Katie	Monday Wednesday Friday	9:30a	Front of the Gym
ZUMBA with Anna	Monday Wednesday	11:00a 11:30a	Fitness Room
CHAIR ZUMBA with Katie	Tuesday	10:00a	Fitness Room
MIDDAY BALANCE & FITNESS with Katie	Tuesday	11:00a	Fitness Room
DRUM FITNESS	Anna -Tuesday Katie-Thursday	1:00p	Fitness Room
TAI CHI with Rob	Monday Thursday	2:30p 11:00a	Fitness Room
EARLY BIRD FITNESS with Katie	Monday Wednesday (Drums) Friday	7:30a	Fitness Room
CHAIR YOGA with Katie	Friday	11:00a	Fitness Room

December Activities

RA BINGO	Every Monday	6:00p	Community Room
RA Snacks & Ice Cream	Every Friday	2p-3p	Lounge
RA Shredding & Clothing Drive	4th Friday	2p-3p	Lounge
RA Coffee & Donuts	1 st Saturday	9:30a	Lounge
RA Soup & Hotdogs	2nd Saturday	4:00p	Lounge
RA Breakfast	3rd Saturday	9:30a	Lounge
SPEAKER: 'SAD Awareness'	Tuesday, Dec 2	2:00p	Community Room
ENTERTAINMENT: Sing for America	Wednesday, Dec 3	1:00p	Lounge
CLINIC: RSV & Tdap Vaccine	Thursday, Dec 4	11a-1p	Lounge
SPEAKER: 'Diabetes 101'	Thursday, Dec 4	11:30a	Community Room
Second Harvest Food Bank	Thursday, Dec 4	12:30p	Lounge
CLINIC: BP / Glucose Checks	Friday, Dec 5	1:15p	Lounge
LM IN-PERSON MOVIE: 'Oh.What.Fun.'	Monday, Dec 8	1:00p	Community Room
GENERAL MEETING	Tuesday, Dec 9	2:00p	Lounge
ENTERTAINMENT: RTO Concert	Thursday, Dec 11	7:00p	Lounge
CLINIC: OAA Podiatry	Friday, Dec 12	11:45a	Resident Apts.
DOMINÓ ESPAÑOL	viernes, 12 de dec	2:00p	Sala Comunitaria
Christmas CAROLING	Sunday, Dec 14	3:30p	Lounge
VOCERO: 'Concientización sobre el TAE'	lunes, 15 de dec	11:00a	Sala Comunitaria
ENTERTAINMENT: Violinist	Tuesday, Dec 16	11:00a	Lounge
LM BINGO	Tuesday, Dec 16	1:30p	Lounge
RA HOLIDAY POTLUCK	Wednesday, Dec 17	11:00a	Lounge
WINTER SOLTICE: Meditation / Journals	Friday, Dec 19	11:00a	Community Room
PELÍCULA EN PERSONA: 'Una Navidad No Tan Feliz'	viernes, 19 de dec	1:00p	Sala Comunitaria
Christmas Eve Worship	Wednesday, Dec 24	4:00p	Community Room
CHRISTMAS EVE	Wednesday, Dec 24	12:00p	Office CLOSED
CHRISTMAS DAY	Dec 25 & Dec 26	All Day	Office CLOSED
RA Holiday Social	Sunday, Dec 28	4:00p	Lounge
NEW YEAR'S EVE	Wednesday, Dec 31	12:00p	Office CLOSED

Brenda's Bulletin

SECOND HARVEST FOOD BANK

Boxes are delivered directly to your apartment. Please plan accordingly to be home at this time. Contact Brenda to sign up.

Thursday, 12/4 @ 12:30p

DOMINÓ Español

Únase a nosotros para disfrutar de algunos juegos, excelente comida española y una compañía increíble.

viernes, 12 de diciembre @ 2:00p

~Sala Comunitaria
Regístrate en el Formulario de Eventos

CLINICS

BP & GLUCOSE

Friday, 12/5 @ 1:15p

~Lounge

OAA PODIATRY

Friday, 12/12 @ 11:45a

~Resident Apartments

HEALTHDRIVE EYE

No Clinic this month

*Sign-up with Brenda directly

ENTERTAINMENT

Sing For America
Wednesday, 12/3 @ 1:00p



RTO Concert
Thursday, 12/11 @ 7:00p



Christmas Caroling
Sunday, 12/14 @ 3:30p



Chris Lorenzetti, Violinist
Tuesday, 12/16 @11:00a

Lounge | Sign-up on the Events Form

The Social Security Administration will increase 2.8 percent in January 2026. Please remember to bring your new Benefits Verification Letter to the Main Office to be copied for your file.

Brenda's Bulletin

VACCINE CLINICS

RSV Vaccine

This vaccine protects against the respiratory virus that causes lower respiratory tract disease

**Thursday, 12/4
11:00a - 1:00p**

Tdap Vaccine

This vaccine can prevent
~**Tetanus** (causes painful stiffening of the muscles)
~**Diphtheria** (can lead to difficulty breathing, heart failure, paralysis, or death)
~**Pertussis** (can prevent Whooping Cough)

Lounge | Registration REQUIRED
Contact Brenda for details

SPEAKER: Zephoria Home Care
'SAD Awareness'

Learn how to cope with the Winter Blues



Tuesday, 12/2 @ 2p

Community Room
Sign-up on the Events Form

VOCERO: Cuidado del Hogar Zephoria
**'Concientización
sobre el TAE'**

Aprenda a afrontar la tristeza invernal

Monday, 12/15 @ 11a

~Sala Comunitaria
Regístrate en el Formulario de Eventos

EMERGENCY INFORMATION REPORT

Having immediate access to information in an emergency situation is beneficial to residents, family, staff, and medical personnel and could potentially save your life!

TO DO & RETURN BY 12/20

- ~Pull the report from the cabinet where your hot water tank is located
- ~Update and make all necessary corrections to the report
- ~Drop off report with corrections to Brenda

Brenda will update your file and print you a new report so you can place it back in the cabinet until next year.

MISCELLANEOUS

Lutheran Manor **BINGO**

**Tuesday, Dec 16
@ 1:30pm**

**Sign-up REQUIRED on the Events Form
~Lounge**

Holiday Potluck Dinner

Join the Resident's Association for a traditional potluck dinner. Each attending guest brings a dish they would like to add to our buffet table - something you cooked, bought, or received. If you would like to participate in this amazing event, please sign your name and what dish you are bringing below.

Wednesday, 12/17 @ 11:00am

Resident Name: _____

Phone #: _____ Apt #: _____

Dish to share: _____

Return this completed form to the Main Office by 12/10

Resident's Association

BINGO

Come one, Come all!
Enjoy the Fun!!



Mondays at 6:00p

~Community Room

COFFEE & DONUTS

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

\$1.50 each item

Sat, 12/6 @ 9:30a

SOCIAL

Come enjoy the festivities, music, and great food.



**4p Doors Open
5p Food Served
6p Entertainment**

*Donations are not required, but are greatly appreciated!

Sun, 12/28 @ 4:00p

Food Ministry

Food MUST be picked up on Wednesdays at 11:00am in the Lounge



SOUPS

Check out the message board for information

Soup & Hot Dogs

Soup \$3.00
Hot Dogs \$2.50



Sat, 12/13 @ 4:00p

Breakfast

Start your day off on the right foot!

3 Pancakes, 2 sausage links, coffee, & juice

\$5.00

Sat, 12/20 @ 9:30a

CLOTHING DRIVE

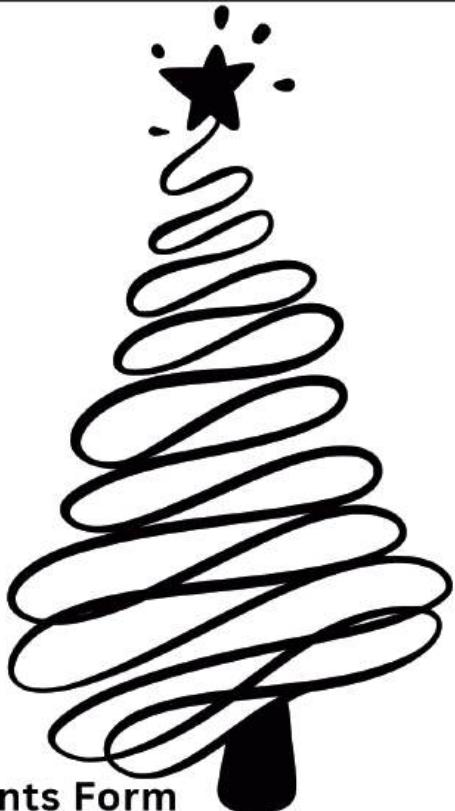
Bring your gently used clothing/shoes to the Lounge at 2:00p, so they can be donated to the Salvation Army.



Fri, 12/26 @ 2:00p

SHREDDING

Bring your documents to the Lounge to be shredded securely



Lounge | Sign-up REQUIRED on the Events Form

Event Sign-Up Form

Please **CHECK OFF** which event you would like to attend below



Lutheran Manor Events

12/2	Tuesday	SPEAKER: 'SAD Awareness'	2:00p	
12/3	Wednesday	ENTERTAINMENT: Sing for America	1:00p	
12/4	Thursday	SPEAKER: 'Diabetes 101'	11:30a	
12/8	Monday	LM IN-PERSON MOVIE: 'Oh.What.Fun.'	1:00p	
12/11	Thursday	ENTERTAINMENT: RTO Concert	7:00p	
12/12	viernes	DOMINÓ ESPAÑOL	2:00p	
12/14	Sunday	ENTERTAINMENT: Christmas Caroling	3:30p	
15/12	lunes	VOCERO: 'Concientización sobre el TAE'	11:00a	
12/16	Tuesday	ENTERTAINMENT: Violinist	11:00a	
12/16	Tuesday	LM BINGO *New Time →	1:30p	
12/19	Friday	WINTER SOLTICE: Meditation/Journals	11:00a	
19/12	viernes	PELÍCULA EN PERSONA: 'Una Navidad No Tan Feliz'	1:00p	

Resident's Association Events

12/6	Saturday	Coffee & Donuts	9:30a	
12/13	Saturday	Soups & Hotdogs	4:00p	
12/17	Wednesday	Holiday Potluck Dinner	11:00a	
12/20	Saturday	Breakfast	9:30a	
12/28	Sunday	Social	4:00p	

Happy Holidays

Name(s): _____

Phone#: _____ Apt.#: _____

~ Please return this form to Brenda or Katie starting Monday 12/1 ~

RETURN THIS
FORM TO BRENDA

January Van Trips



1/5	Monday	BANKS Shopping at CVS / WALGREENS	& 10:00a _____
1/6	Tuesday	Shopping at WEIS	10:00a _____ 2:00p _____
1/7	Wednesday	Dinner at BECK'S LAND & SEA	3:30p _____
1/8	Thursday	Shopping at ALLENTOWN FARMERS' MARKET	11:00a _____
1/10	Saturday	TWELFTH NIGHT FESTIVAL at Christ Church <i>\$10 due to Brenda</i>	11:30a _____
1/13	Tuesday	BACH @ NOON at Central Moravian Church	11:30a _____
1/14	Wednesday	Breakfast at VALLEY VIEW DINER	10:00a _____
1/15	Thursday	Shopping at WALMART	10:00a _____ 2:00p _____
1/16	Friday	Lunch at BARREL & DRAFTHOUSE Shopping at WINDCREEK OUTLETS	11:00a _____
1/20	Tuesday	Lunch at GROVE ST. PUB	11:00a _____
1/21	Wednesday	Shopping at GIANT	12:00p _____
1/22	Thursday	Brunch at DIANA'S GOURMET MARKET	11:00a _____
1/26	Monday	Lunch at HIBACHI GRILL & SUPREME BUFFET	11:00a _____
1/27	Tuesday	Matinee at THE MOVIE TAVERN <i>*Price & Movie choice to follow</i>	12:00p _____
1/28	Wednesday	Shopping at LEESPORT FARM MARKET Lunch at LEESPORT DINER	10:00a _____
1/29	Thursday	Shopping at DOLLAR TREE	10:00a _____ 2:00p _____

Season's greetings

Name: _____

Phone#: _____

Apt#: _____

*A \$5.00 cancelation fee will be charged for any trips not canceled with a 24hr notice

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

BECK'S LAND & SEA:

Lobsterfest is here! Celebrating all things lobster!...eggrolls, ceviche, fritters, mac & cheese, francaise, cajun lobster, lobster rolls, jumbo tails, or stay on land with their mouthwatering steaks.

\$\$\$

ALLENTOWN FARMERS' MARKET

Come find a variety of fresh fruits, vegetables, seafood, freshly cut butchers meats, & different foods prepared fresh daily. Visit the various stores selling goods such as purses, jewelry, health supplements, vacuums and accessories, a Discount Dollar Store, a well-stocked Grocery Store, and the Specialty Pet Store for all of your needs.

\$

TWELFTH NIGHT FESTIVAL:

Enjoy a 20 piece orchestra from the Allentown Symphony & The Allentown Band, the Christ Church Choir, two dozen singers from area congregations, William Allen High School dancers & City of Bethlehem Bagpipers Band commemorating the story of the Wise Men to the Christ Child visit.

\$

BETHLEHEM BARREL & DRAFTHOUSE:

Enjoy fabulous choices - Reuben egg rolls, Hummus, Marrow (two ways), Salads, Shrimp grits, Benedicts, Burgers, Crabcake sandwiches, Beef Tip sandwiches, Ice Cream, and more.

\$\$\$

DIANA'S CATERING AND GOURMET MARKET:

Adding a sprinkle of freshness and a whole lot of love to everything they make, come indulge in Benedicts, Quesadillas, Florentine, Avocado toast, Quiche, Wraps, Salads, Crab Cakes, Pasta, and much more!

\$

TREXLERTOWN MOVIE TAVERN:

Going to the movies is a time-honored tradition that brings people together and gives us the chance to make memories that last a lifetime. Join us for a Matinee! Price & Movie choice to be announced.

\$

LEESPORT FARMERS' MARKET:

Areas filled with a mix of vendors selling local produce, meats, honey, handcrafted gifts & popular novelties, specialty food & drink, and more!

\$

LEESPORT DINER:

Combining classic diner traditions, all-day breakfast, and modern day favorites, you will be sure to enjoy this wonderful dining experience.

\$