

February 2025

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

Joe R - 2/5

WELCOME New Residents

Jane K - Floor 10

General Meeting

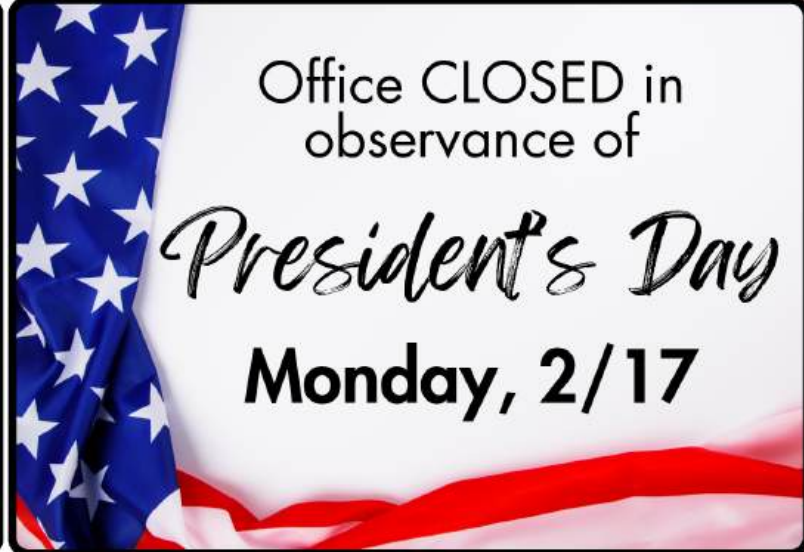
**Tuesday, February 11th
at 2:00pm**

LOUNGE / CHANNEL 98

Office Notes

SNOW PARKING

Parking spots **MUST REMAIN EMPTY** during the months of October-April. We apologize for any inconvenience this may cause. Please refer any questions or concerns to the Main Office.



Office **CLOSED** in observance of

President's Day

Monday, 2/17

Sunday Believers' Worship with Paul Belfort

Sundays @ 1:00p



~Community Room

RENT REBATES

The income limits for the Rent Rebate program are now tied to the cost of living adjustments. This ensures the program keeps up with rising prices and remains impactful for Seniors. The new income limit is **\$46,520.00**

Lutheran Manor staff would like to send out a great big hug to each and every one of you. We appreciate all of your gifts, treats, cards, and well wishes during this wonderful holiday season. Your generosity and thoughtfulness are greatly appreciated.

Thank you

Courtney, Michelle, Brenda, Mona, Lori, Ken L., Donny, Kevin, Chentelle, Jessica, Yesenia, Pastor Clark, Joe, Ken C.

Movie Days



A woman gets up-ended when an engagement ring that was for someone else leads her to the person she's meant to be with.

FEBRUARY 3RD

IN-PERSON MOVIE

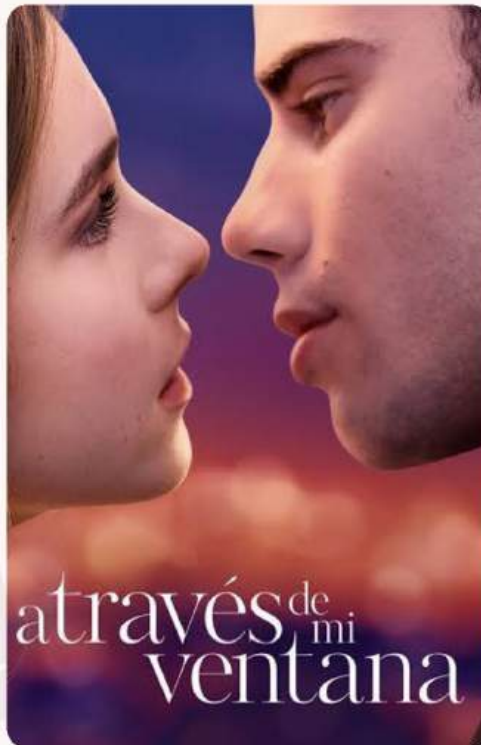
Misunderstood because of her green skin, Elphaba, forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.



FEBRUARY 10TH | COMMUNITY ROOM

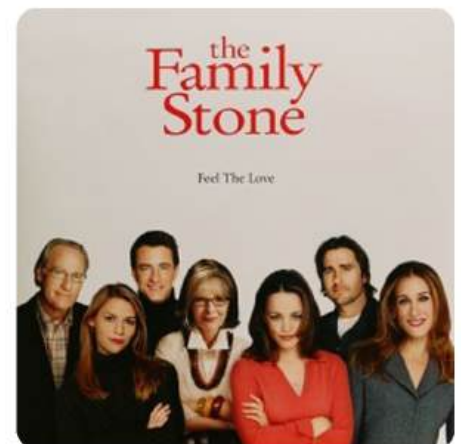
ESPAÑOL Película presencial

Raquel está perdidamente enamorada de su vecino Ares, aunque nunca ha hablado con el misterioso hombre y lo observa en secreto cada vez que entra por la ventana. Ella está decidida a ganarse su amor en contra de los deseos de su familia.



~ Clasificación R
~ Con Subtítulos en Inglés

21 DE FEBRERO | SALA COMUNITARIA



Everett brings his girlfriend, Meredith, to meet his bohemian family at Christmas. She brings her sister along hoping to win the approval from his family, but this only highlights her uptight personality and making Everett doubt his intentions.

FEBRUARY 24TH

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

WALKER'S CLUB

Every Monday, Wednesday,
and Friday at 9:30am
Meet in front of the gym.

Don't walk...Run to enjoy time
with your fellow neighbors!

Happy Heart Healthy Month

SPEAKER:

Lyndi from Weis

Join us to learn about
Heart Healthy foods
& enjoy a sampling.


Wednesday, 2/26 @ 10a

Community Room | Sign up on the Events Form

Jumpstart to Wellness

Drum Fitness

with Anna

Every Tuesday and
Thursday @ 12:15pm!

— ♥♥♥ —
Contact Lori
about cancelations.

Please check the dates you would like to attend and return to the Main Office!

2/4	Tuesday	Drum Fitness	12:15p	<input type="checkbox"/>
2/6	Thursday	Drum Fitness	12:15p	<input type="checkbox"/>
2/11	Tuesday	Drum Fitness	12:15p	<input type="checkbox"/>
2/13	Thursday	Drum Fitness	12:15p	<input type="checkbox"/>
2/18	Tuesday	Drum Fitness	12:15p	<input type="checkbox"/>
2/20	Thursday	Drum Fitness	12:15p	<input type="checkbox"/>
2/25	Tuesday	Drum Fitness	12:15p	<input type="checkbox"/>
2/27	Thursday	Drum Fitness	12:15p	<input type="checkbox"/>

Name: _____ Apt. _____

From the Chaplain



It is that time of year again. Valentines are taking the place of Christmas decorations. Valentines Day, a day when we tell others how much we love and appreciate them, but sometimes we grownups make love way more complicated than it needs to be.

Several years ago, Author Leo Buscaglia shared a story about a four year old child whose next door neighbor, an elderly gentleman, recently lost his wife. Upon seeing the man cry, the little boy went to the gentleman's yard, climbed into his lap, and just sat there. When his mom asked him what he said to the neighbor, the little boy said, "Nothing, I just helped him cry!"



May you find little ways to show acts of kindness and love to others around you this Valentines Day and always.

Sharing God's Love ~Pastor Clark

Worship in the Community Room

WORSHIP IS LIVE AT 2:00 PM ~LIVE-STREAMED ON CH 98~

Thurs, 2/6	Pastor David Vasques y Betzaido Droz, Iglesia Nuevo Amanecer, Bethlehem ~SPANISH / ENGLISH~
Thurs, 2/13	Pastor Richard Nahodil, EC Church (Retired)
Thurs, 2/20	Pastor Beth Goudy, Metropolitan Community Church, Bethlehem
Tue, 2/25	Father Venatius Korobo, Notre Dame RC Church, Allentown
Thurs, 2/27	**Pastor Dan Bretell, St. Paul's Lutheran, Easton

****Holy Communion Worship**

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



Pastor's Movies

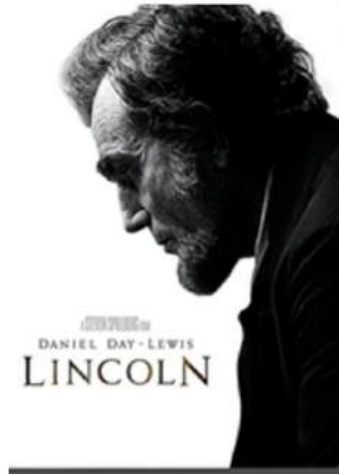
Religions of the World: SHINTO



Explore the rituals and ceremonies of Japan's Shinto. Shinto or "the way of the kami" (loosely translated "god" or "the sacred") is rooted in mythology and folk rituals. It is unique in having no founder or organized doctrine.

February 5th

LINCOLN



With the nation embroiled in Civil War with its high death count, President Lincoln brings the full measure of his passion, humanity, and political skill to end the war and permanently abolish slavery through the 13th Amendment.

February 12th

The First Wives Club

The
FIRST WIVES
Club



Reunited by the death of a college friend, three divorced women (Bette Midler, Goldie Hawn, Diane Keaton) seek revenge on the husbands who left them for younger women.

February 19th

THE CHOSEN S4:E7



Jesus raising Lazarus up from the dead (John:11). The Gospel of John suggests that this was a pivotal moment in Jesus' ministry and this episode does an excellent job of conveying that sense of weightiness.

February 26th

All Pastor Movies are live-streamed on Wednesdays at 2:00pm on Channel 98

Lutheran Manor BINGO

LUTHERAN MANOR BINGO

*Wednesday, February 12th
@ 1:45pm | Lounge*

**Sign up on Events Form*

Bellezza Salon

ALL OF US IN THE SALON WOULD LIKE TO THANK LUTHERAN MANOR FOR THEIR THOUGHTFULNESS DURING THIS CHRISTMAS SEASON. THE SALON DÉCOR WAS BEAUTIFUL, AND THE GIFTS WERE WONDERFUL. ALL WAS GREATLY APPRECIATED, AND WE THANK YOU FROM THE BOTTOM OF OUR HEARTS!!

~DIANE, LORRI, TRACY, EMMA

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, and soul in balance.

Contact Karen directly to book appointments at 610-360-2427

WELCOME EMMA REILLY!

BEST WISHES & GOODBYE to Anaya. We will miss her. Come meet Emma! She is a hair stylist, a nail technician, and an educator at Metro Academy.

- Available 1 time per month
- Regular or gel Manicures, Pedicures
- Your first session will be 20% off

Call Emma directly 516-242-5391 to setup an appointment.

We understand that there are unforeseen circumstances that occur sometimes in life. If ever, you need to cancel an appointment, we ask that you call the salon at ext.209 & leave us a message or write a note and leave it underneath our door. This past month alone, we had SEVEN no call, no shows.

Our stylists work extremely hard each week to honor everyone's requests and only get paid by services rendered.

We ask that you be respectful in keeping your appointments or call/write to cancel. Should we not receive a cancelation, you will be charged a fee.

Thank you for your understanding & cooperation in this matter.

-Diane, Lorri, Tracy, Emma

HAPPY VALENTINE'S DAY!

Bellezza Salon and Spa

PEDICURE: Be sweet to your feet & keep them healthy!

- Every 2-3 months we would soak your feet in an antibacterial water bath which will sooth and sanitize your feet and nails.
- Your nails will be clipped and filed to a safe comfy length so as not to get ingrown nails or get too long where they push against your shoes and cause damage to your toenails.
- Your cuticle will be gently pushed back for healthy nail growth.
- Foot and leg massage will then be added, helping keep blood flow with proper circulation.
- Get a base coat, 2 color applications, and a topcoat or get nails buffed to give a healthy glow.

ALL RETAIL: Buy one get one 50% OFF; Buy 3 get 4th FREE

Now is the time to stock up on shampoo, conditioner, hairspray, and more. If we run out of stock, just place an order this month with your stylist, and we will honor the same deal for you.

REFERRALS: We absolutely LOVE referrals! Tell friends and family to visit us. We'd love to meet them!

WAXING: FREE eyebrow service with any perm.

WIGS: Wig styling \$4.00 off.

PUNCH CARDS: After you fill up your card, you will receive \$25.00 towards your next salon service. Presented by LM.

GIFT BASKET DRAWING: Remember to enter the drawing... you may be our next Lucky Winner!!

GIFT CERTIFICATES: Always available for purchase!



FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00p Sunday Believers' with Paul Belfort	9:30a Walker's Club 10:00a BANKS / PHARM 11:00a Zumba 1:00p LM Movie 6:00p RA Bingo	10:00a WEIS 12:15p Drum Fitness 1:15p CLINIC: BP/Glucose	9:30a Walker's Club 11:30a Zumba 12:30p Bible Study 2:00p Pastor Movie	10:00a Chat Room 12:15p Drum Fitness 12:30p Second Harvest 2:00p Church 3:00p COPPERHEAD GRILLE	9:30a Walker's Club 12:00p SPEAKER: Red Lion 2:00p Snacks & Ice Cream	9:30a RA Donuts & Coffee
1	2	3	4	5	6	7
1:00p Sunday Believers' with Paul Belfort	9:00a HUD REAC inspect 9:30a Walker's Club 10:00a DOLLAR TREE 11:00a Zumba 1:00p LM In-Person Movie 2:00p DOLLAR TREE 6:00p RA Bingo	11:30a BACH @ NOON 12:15p Drum Fitness 2:00p GENERAL MEETING	9:30a Walker's Club 10:00a GIANT 11:30a Zumba 12:30p Bible Study 1:45p LM BINGO 2:00p Pastor Movie	10:00a Chat Room 10:00a NAZARETH DINER 12:00p ACTIVITY: Painting 12:15p Drum Fitness 2:00p Church	VALENTINE'S DAY 9:30a Walker's Club 12:30p CLINIC:OAA 2:00p Spanish DOMINOES 2:00p Snacks & Ice Cream	4:30p RA Soups & Hotdogs
8	9	10	11	12	13	14
15	16	17	18	19	20	21



FEBRUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 1:00p Sunday Believers' with Pauli Belfort 4:00p RA SOCIAL	17 PRESIDENT'S DAY OFFICE CLOSED 9:30a Walker's Club 6:00p RA Bingo	18 10:00a BANKS / TARGET 12:15p Drum Fitness	19 9:30a Walker's Club 11:30a Zumba 12:30p Bible Study 2:00p Pastor Movie	20 10:00a Chat Room 12:00p GERRITTY'S MKT 12:15p Drum Fitness 2:00p Church	21 9:30a Walker's Club 11:00a BONNIE & CLYDE 1:00p SPANISH In-Person Movie 2:00p Snacks & Ice Cream	22 9:30a RA Breakfast
23 1:00p Sunday Believers' with Pauli Belfort	24 9:30a Walker's Club 11:00a Zumba 11:30a KEMERER MUSEUM 1:00p LM Movie 6:00p RA Bingo	25 12:15p Drum Fitness 2:00p Church	26 9:30a Walker's Club 10:00a SPEAKER: Weis 10:00a LEESPORT MKT & DINNER 11:30a Zumba 12:30p Bible Study 2:00p Pastor Movie	27 10:00a Chat Room 12:15p Drum Fitness 2:00p Church	28 9:30a Walker's Club 10:00a WALMART 2:00 Snacks & Ice Cream 2:00p WALMART	29 STAFF BIRTHDAYS Joe R - 2/5



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

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Drum Fitness with Anna	Tuesday Thursday	12:15pm	Community Room
Walker's Club	Monday Wednesday Friday	9:30am	Lutheran Manor
ZUMBA with Anna	Monday Wednesday	11:00am 11:30am	Exercise Room (Channel 98)

February Activities

RA Snacks/Ice Cream Sale	Every Friday	2:00p	Lounge
RA BINGO	Every Monday	6:00p	Community Room
RA Breakfast	Every 4th Saturday	9:30a	Lounge
RA Coffee & Donuts	Every 1st Saturday	9:30a	Lounge
RA Soup & Hot Dogs	Every 2nd Saturday	4:30p	Lounge
Van Trip Drop	Monday, February 3rd	9:00a	Brenda's Office
CLINIC: HealthDrive Eye	No Clinic this month	--	--
Second Harvest	Thursday, February 6th	12:30p	Resident Apartments
SPEAKER: Red Lion 'Hobbies Keep Healthy Minds'	Friday, February 7th	12:00p	Community Room
LM In-Person Movie: 'WICKED'	Monday, February 10th	1:00p	Community Room
GENERAL MEETING	Tuesday, February 11th	2:00p	Lounge
Lutheran Manor BINGO	Wednesday, February 12th	1:45p	Lounge
ACTIVITY: Painting with a Twist	Thursday, February 13th	12:00p	Lounge
CLINIC: OAA Podiatry	Friday, February 14th	12:30p	Resident Aparments
Spanish DOMINOES	Friday, February 14th	2:00p	Community Room
ENTERTAINMENT: John Cosentini, Vocals	Saturday, February 15th	1:00p	Lounge
RA SOCIAL	Sunday, February 16th	4:00p	Lounge
President's Day	Monday, February 17th	--	OFFICE CLOSED
Spanish in-Person Movie: 'A Traves de mi Ventana'	Friday, February 21st	1:00p	Community Room
SPEAKER: Weis 'Heart Healthy Foods'	Wednesday, February 26th	10:00a	Community Room

Brenda's Bulletin

SECOND HARVEST FOOD BANK



Thur, 2/6 @ 12:30p

~Boxes delivered directly to your apartment. Please plan accordingly to be home at this time. Contact Brenda to see eligibility.

CLINICS

BLOOD PRESSURE & GLUCOSE LEVELS

Tuesday, 2/4 @ 1:15p
~Lounge

OAA PODIATRY

Friday, 2/14 @ 12:30p
~Resident Apartments

HEALTH DRIVE EYE

No clinic this month



***Sign up with Brenda**

SPEAKER

RED LION HOME CARE **'HOBBIES KEEP HEALTHY MINDS'**

Hobbies can be a fun way to help keep your mind healthy so you can focus, reflect, & recharge. They can also help you learn problem solving and critical thinking skills.

FRIDAY, 2/7 @ 12P

~Community Room

***SIGN UP ON EVENTS FORM**

DOMINOES

Únase con nosotros para disfrutar de algunos juegos, excelente comida española y una compañía increíble. Cada segundo viernes de cada mes a las 2:00pm en la sala comunitaria.



La diversión comienza
Viernes, 14/02 @ 2pm

***Regístrate en el
Formulario de Eventos**

Office Hours: Monday-Friday 9am-3pm

Brenda Pagan-Fontanez, Service Coordinator
610-866-6010 ext.4



Brenda's Bulletin

ENTERTAINMENT & ACTIVITIES

Painting with a Twist
Thursday, 2/13 @ 12p



John Cosentini, Vocals
'Love Fest'
Saturday, 2/15 @ 1p

Lounge | Sign up on Events Form

RENT REBATES

BOOKLETS ARE ARRIVING!!

We are coordinating with the State Rep's office to get the calendars ready. We will make an announcement when appointments become available.

INCOME TAXES

FREE TAX PREPARATION!!

Freedom Financial will be completing taxes. Lutheran Manor will again be covering the costs. We will make an announcement when appointments become available.

~ PLEASE BE PATIENT ~

Wishing you a Valentine's Day filled with love, laughter, and a lifetime of sweet memories.

Apartment Inspections



We are preparing for a HUD REAC inspection on
Monday, February 10th, 2025.

The HUD inspection will focus on the following areas:

- ♥ Egress route- an emergency route must be available throughout the apartment - NO BLOCKED WALKWAYS
- ♥ Medical pull cord accessibility - CORD CANNOT BE TIED OR COVERED
- ♥ Cooking appliances, Refrigerator, Garbage Disposal
- ♥ Sink drains, Bathtub/Shower, Toilets, Any water leaks
- ♥ All outlets, including GFI outlets, Lights
- ♥ Secure grab bars
- ♥ Carpet
- ♥ Windows - WINDOWS THAT OPEN CANNOT BE BLOCKED
- ♥ Heating system
- ♥ Smoke alarms



You do not need to be home for this inspection.
Twenty-Five apartments will be randomly selected by the inspector that morning. The inspections will start at 9:00am.

**If you have any questions, please let us know.
Thank you for your cooperation!**

~Courtney

Resident's Association



Resident's Association: **BINGO**

Come on, Come all!
Enjoy the Fun!

Mondays at 6:00pm
Community Room

Resident's Association:
DONUTS & COFFEE

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

February 1st at 9:30am
\$1.50 Each | Lounge



Resident's Association:
SOUP & HOTDOGS

Come enjoy drinks, delicious hot soup (\$3.00) and hotdogs (\$2.50) with all the fixings.

February 8th at 4:30pm
~Lounge

Resident's Association:
SOCIAL

Come one, Come all to enjoy the festivities!
Donations Appreciated

February 16th at 4:00pm
4:00pm - Doors Open
5:00pm - Food
6:00pm - Entertainment
LOUNGE | SIGN UP ON EVENTS FORM



Resident's Association:
BREAKFAST

Come mingle with friends & enjoy a delicious breakfast of 3 pancakes, 2 sausage, coffee & juice

February 22nd at 9:30am
\$5.00 Entry | Lounge



Event Sign-Up Sheet

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



Lutheran Manor Events

2/7	Friday	SPEAKER: Red Lion Home Care 'Hobbies Keep Healthy Minds'	12:00p	<input type="checkbox"/>
2/10	Monday	Lutheran Manor In-Person Movie: 'WICKED'	1:00p	<input type="checkbox"/>
2/12	Wednesday	Lutheran Manor BINGO	1:45p	<input type="checkbox"/>
2/13	Thursday	ACTIVITY: Painting with a Twist	12:00p	<input type="checkbox"/>
2/14	Friday	Spanish DOMINOES	2:00p	<input type="checkbox"/>
2/15	Saturday	ENTERTAINMENT: 'Love Fest' John Consentini, Vocals	1:00p	<input type="checkbox"/>
2/21	Friday	Spanish In-Person Movie: 'A Traves de mi Ventana'	1:00p	<input type="checkbox"/>
2/26	Wednesday	SPEAKER: Weis 'Heart Healthy Foods'	10:00a	<input type="checkbox"/>

Resident's Association Events

2/8	Saturday	RA SOUPS / HOTDOGS	4:30p	<input type="checkbox"/>
2/16	Sunday	RA SOCIAL	4:00p	<input type="checkbox"/>

Name(s): _____

Phone#: _____ Apt.#: _____

Please return this form to the Main Office on Monday, February 3rd

March Van Trips



3/3	Monday	BANKS _____ & Shopping at CVS / WALGREENS	10:00a_____
3/4	Tuesday	Breakfast at MORGAN'S RESTAURANT	9:00a_____
3/5	Wednesday	Shopping at GIANT	10:00a_____
3/6	Thursday	Shopping at DOLLAR TREE	10:00a_____ 2:00p_____
3/7	Friday	Lunch at BJ'S RESTAURANT & BREWHOUSE	12:00p_____
3/10	Monday	Lunch at BRAVEHEART HIGHLAND PUB	11:30a_____
3/11	Tuesday	BACH @ NOON at Central Moravian Church	11:30a_____
3/12	Wednesday	Shopping at WEIS	10:00a_____
3/14	Friday	Dinner at HOPS AT THE PADDOCK	3:00p_____
3/18	Tuesday	BANKS _____ & Shopping at TARGET	10:00a_____
3/19	Wednesday	Dinner at KINGFISH BISTRO & WINE BAR	3:00p_____
3/20	Thursday	Shopping at ALDI	12:00p_____
3/21	Friday	Shopping at WALMART 248	10:00a_____ 2:00p_____
3/24	Monday	Elizabeth Johnston Prime Dollhouse Exhibit at the Kemerer Museum in Historic Bethlehem (\$25 due to Brenda)	11:00a_____
3/25	Tuesday	Sight & Sound presents 'NOAH' Lunch at Hershey Farms Restaurant (\$79 due to Brenda for ticket fare only; Lunch NOT included)	8:00a_____
3/27	Thursday	State Theatre presents 'RIVERDANCE' (\$65 due to Brenda)	6:00p_____
3/28	Friday	Shopping at GERRITTY'S	10:00a_____
3/31	Monday	Breakfast at THE PALACE RESTAURANT	9:00a_____

Name: _____

Phone#: _____ Apt#: _____

Please return this form to Brenda on Monday, February 3rd

March Van Trips

\$ Inexpensive \$\$ Moderate \$\$\$ Expensive

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

MORGAN'S RESTAURANT:

Set in an old country inn, enjoy homemade waffles, banana pancakes foster, burgers, filet mignon, swordfish, roast duck, veal, and much more!!

\$\$

BJ'S BREWHOUSE:

Enjoy great American fare...wings, nachos, flatbreads, pizza, pasta, tacos, burgers, jambalaya, seafood, steaks, deserts, & handcrafted drinks.

\$

BRAVEHEART HIGHLAND PUB:

Indulge in the finest Scottish fare from corned beef & cabbage, haggis hushpuppies, boxty, Guinness beefstew, Scottish meat pies, mince, tatties, bangers, mashed & more.

\$

HOPS AT THE PADDOCK:

Hop on over to enjoy tasty pub plates in a fun and lively surrounding. Indulge in Ribeye, Blackened Salmon, Broiled Crab Cakes, Homemade Pizza, Savory Pierogies, Chops, and more!!

\$

KINGFISH :

Satisfy your seafood dreams with calamari, sea bass, salmon, ahi tuna, cod, fish & chips, lobster, clams, scallops, crabcakes, mussels or stay on land with their signature steaks and short ribs.

\$\$

KEMERER MUSEUM DOLLHOUSE EXHIBIT:

Enjoy one of the largest antique dollhouse collections in the US with forty-four structures & 6,000 pieces spanning the period from 1830-1930.

SIGHT & SOUND: 'NOAH'

With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God's promises run deeper than the rising waters around him? You don't want to miss this Spectacular live show. ALL ABOARD!!

STATE THEATRE: 'RIVERDANCE'

A celebration of Ireland's cultural heritage, history & mythology, the production revolves around the intricate footwork of traditional Irish dance set to the haunting melodies and rousing rhythms of the nation's musical identity. The awe-inspiring skill of the dancers and the thunderous, pulsing beat of their shoes against the stage floor is simply captivating, making your heart pound with every moment. The choreography ranges from Irish Jig, Jazz, and Spanish dancing. It's this embrace of other cultures & styles that makes the show as exciting as ever.

***This is a sold out show. Seating is not together, but in the same section. Steps are required to get to your seating area. Please keep this in mind when signing up for this trip.**