

2085 Westgate Drive, Bethlehem, PA 18017

#### Office Hours

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

Friday 8:30am - 1:00pm

#### Fitness Center

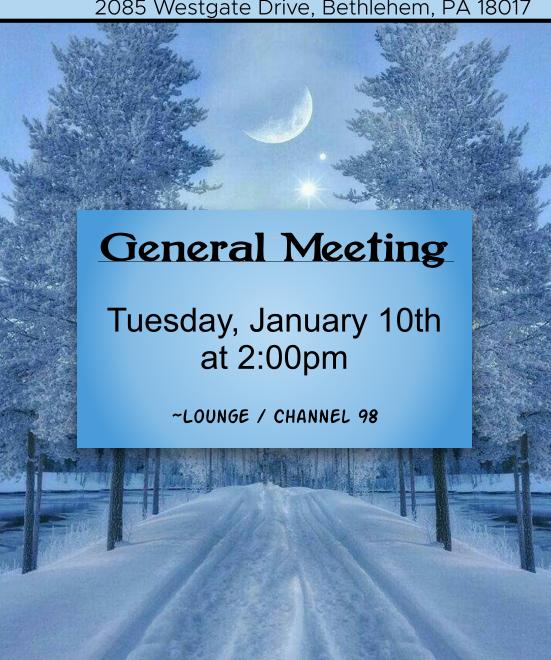
**Every Day** 6:00am - 7:00pm

#### Staff Birthdays

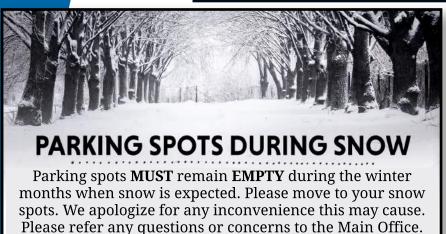
No January Babies

#### **WELCOME** New Residents

Marjorie D.- Floor 4 Barbara H.- Floor 7 Corinne S. - Floor 11 Alex F. - Floor 11

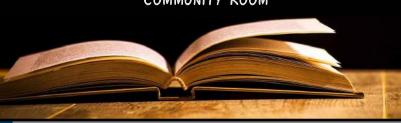


## Office Notes



# Sunday Believers Worship with Paul Belfort

Sundays at 1:00pm ~COMMUNITY ROOM



# SUNDAY PRAISE

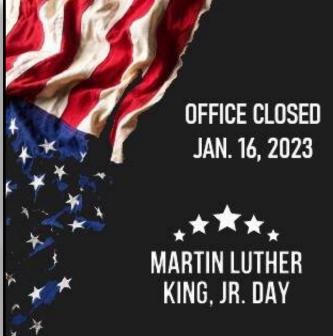
Led by David Garcia Prayer, Praise & Proclamation Worship

> CANCELED in January; will resume in February



NEW





#### Pastor Clark's **MOVIES**

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

'Patch Adams' - 1/4

'Amazing Grace' - 1/11

'Amazing Grace' - 1/18

'Going My Way' - 1/25

#### Lutheran Manor's **MOVIES**

Mondays at 1:00pm Live-Streamed on Channel 98

'Your Christmas or Mine' - 1/2 'Stepping into the Holiday' - 1/9 'Fall' - 1/23

'Roald Dahl's Matilda the Musical' - 1/30



# Movie Days

#### **Your Christmas or Mine**



Students Hayley and James are young and in love. After saying goodbye for Christmas, they both make the same mad split-second decision to swap plans and surprise each other for the Holiday.

JANUARY 2

#### **Stepping into the Holiday**



Sparks fly between a former broad way star and a dance studio owner as they try to revive a traditional holiday show.

JANUARY 9

#### Fall



For best friends Becky and Hunter, life is all about conquering fears and pushing limits. But, after climbing a 2,000 foot radio tower, they are now stranded with no way down. Fate decides if they will survive.

JANUARY 23

#### **Roald Dahl's Matilda the Musical**



Matilda, an extraordinary girl armed with a sharp mind and a vivid imagination, dares to take a stand against her oppressive parents and head teacher to change her story with miraculous results.

JANUARY 30

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

## Jacinda's Jumpstart to Wellness



January 2<sup>nd</sup> is *National Personal Trainer Recognition Day!*Recognize our Wellness Center Specialist, Jacinda, for her role at Lutheran Manor.

- Jacinda became a personal trainer a little over a year ago and has dedicated her time to helping so many with their health journey.
- ~ Personal Trainers play a crucial role in helping people achieve their health and fitness goals.
- ~ Personal Trainers design customized programs to fit your needs, aid in correcting your body technique, prevent injuries, and provide any additional health advice you may need.
- ~ Having a Personal Trainer keeps you motivated and makes an individual learn and understand how to work their body safely.

Meet with Jacinda to sign up for a one-on-one personal training session. Start your journey TODAY!



Join us for a tasting of some unique and quick healthy foods that are great for you! Have some samples and learn some facts about the ingredients and benefits behind them.

Monday, January 30th at 1:00pm Community Room



# SPEAKER: Parkinson's Disease

Join one of the Lehigh Valley Health Network Doctors for a presentation about the risk factors, ways to prevent, alleviate, and treat Parkinson's disease.

\*Refreshments Provided Community Room

When: Tuesday, January 31st @10:00am























Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-7:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

# Jacinda's Jumpstart to Wellness

# **GYM Punch Cards**

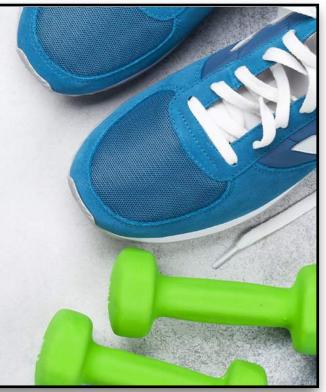
Ask Jacinda for your daily gym punch card.

Each time you use the gym, Jacinda

will hole punch your card, tracking

your attendance for the month.

The resident with the best attendance will receive a grand prize at the end of the month.

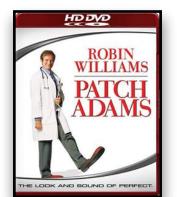




Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-7:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

# From the Chaplain



# January 4th 'PATCH ADAMS'

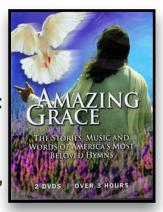
Meet Patch Adams (Academy Award winner, Robin Williams), a doctor who doesn't look, act or think like any doctor you've met before. For Patch, humor is the best medicine, and he's willing to do just about anything to make his patients laugh - even if it means risking his own career. Based on a true story, Patch Adams combines side-splitting humor with an inspiring story that transcends the traditional comedy.



# January 11th and 18th (1.5 hour showing each) 'AMAZING GRACE'

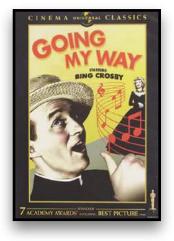
The Stories, Music and Words of America's most beloved hymns: Amazing Grace, It Is Well With My Soul, Silent Night, How Great Thou Art, What A Friend We Have in Jesus, Be Thou My Vision,











Winner of seven Academy Awards® including Best Picture. Going My Way lights up the screen as it warms the heart. Best Actor winner Bing Crosby shines as Father O'Malley, a young priest new to an established but financially flailing parish. When his philosophies conflict with those of curmudgeonly Father Fitzgibbon (Best Supporting Actor winner Barry Fitzgerald), the result is a timeless story of patience, compromise and—just maybe—understanding. Filled with mesmerizing music including the Academy Award®-winning song "Swinging on a Star".

# From the Chaplain



#### **OUT WITH THE OLD...IN WITH THE NEW**

Most often when I get something new at home, I get rid of something. It doesn't always work but when it does, it helps to keep a more orderly and tidy home.

I was thinking how this is true for our lives. For example, if we want to eat heathier food, we need to get rid of the junk food and sugary sweet drinks. If we fill up on the "bad" stuff, we are not hungry for the healthy foods.

Then I thought of the spiritual aspect as well. If we only focus on our past routines, habits with our books, movies and TV shows, our desire for God's Word that nourishes our lives is limited.

As we begin this NEW YEAR we need to be reminded that God wants to do a NEW work in our lives. He wants to deepen our hunger for his word and his will. But there are things in our lives that are hindering us. It's time for "out with the old...in with the new". Let's welcome the New work God wants to do in us.

Happy NEW Year! ~Pastor Clark

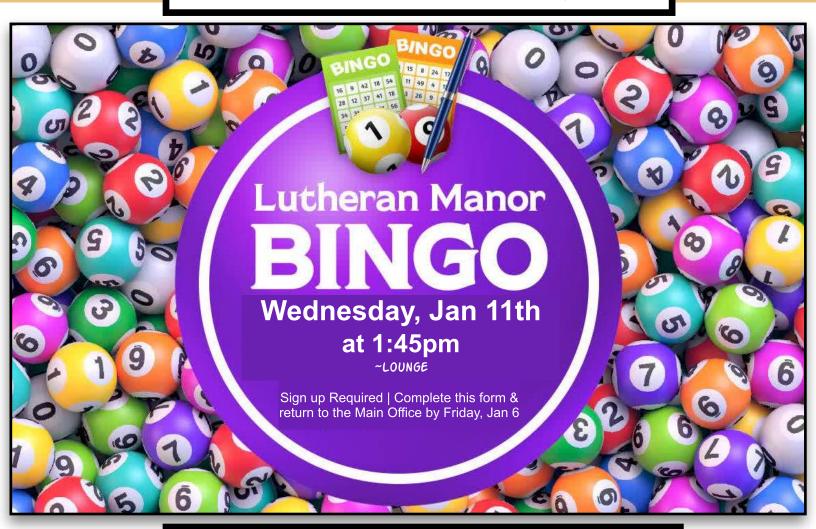
## Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW ~LIVE-STREAMED ON CH 98 ~COVID GUIDELINES WILL BE FOLLOWED		
Thursday, 1/5	Pastor Jonny Villamar, Cornerstone Church, Easton *SPANISH	
Thursday, 1/12	Pastor Larry Humberd, LV Grace, Bethlehem	
Thursday, 1/19	Pastor Beth Goudym, MCC, Bethlehem	
Tuesday, 1/24	Father Venantius Karobo, Notre Dame RC Church, Bethlehem	
**Thursday, 1/26	Memorial Worship, Pastor Clark, Chaplain	

\*\*Note: Holy Communion Worship (January 26th)

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

#### Lutheran Manor BINGO



Lutheran Manor BINGO

# Wednesday, January 11th at 1:45pm

NAME:	APT#:
PHONE#:	

\*Return this completed form to the Main Office no later than Friday, January 6th

## Bellezza Salon and Spa

# Bellezza Salon & Spa

# January Specials

NAME YOUR SPECIAL! Would you like to save...

\$3 on your next haircut? \$4 on your next perm?

\$5 on your next pedicure? \$4 on your next manicure?

■ 20% off of all retail items?

If so, let Diane Rizzetto know at 610-390-9676! Any other suggestions on items or services, please share your ideas with any salon member.

If you are artistic and would like to partner with us, let us know.

We would LOVE to display your items on consignment!!

#### **DRAWING**

Remember to enter your name so you have a chance to win our January prize.

#### **GIFT CERTIFICATES**

Available all year round...come and get em!

#### **PUNCH CARDS**

After so many punches, you get FREE services!

#### **REFERRALS**

Are always welcome and appreciated!



# 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

# JANUARY 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Sunday Believers' with Paul Belfort	9:00 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	9:30 BANKS 11:00 Everybody's Yoga with Dana 1:00 Rite Ald/CVS 1:15 CLINIC: BP Checks 3:00 Meditation	9:00 Walker's Club 10:00 Energetic Exercise 10:00 GIANT 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 GIANT 2:00 Rastor Movie 2:00 Pastor Movie 2:00 Snacks//ccCream Sales 3:00 Meditation	10:00 Chat Room 11:00 ZUMBA with Ed 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Meditation- Exercise Room 5:00 Vineyard	9:00 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 11:00 SPEAKER: Senior Life 2:00 Stitching with Nena	8:30 RA COFFEE & DONUTS 12:30 RA Pinochie
11:00 Sunday Praise with David Garcia - CANCELED 1:00 Sunday Believers' with Paul Belfort	9:00 Walker's Club 11:00 Energetic Exercise 1:00 SPEAKER: Care Patrol 2:00 MOVIE 3:00 Meditation 6:00 RA Bingo	11:00 Everybody's Yoga with Dana 2:00 GENERAL MEETING 3:00 Meditation	9:00 Walker's Club 10:00 Energetic Exercise 11:00 Fit For Life with Dana 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor Movie 3:00 Meditation	10:00 Chat Room 11:00 ZUMBA with Ed 2:00 Church 3:00 Meditation- Exercise Room	9:00 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 12:30 CLINIC: OAA 2:00 Stitching with Nena	5:00 RA Soup/HotDogs
1:00 Sunday Believers' with Paul Belfort	OFFICE CLOSED 9:00 Walker's Club 6:00 RA Bingo	9:30 BANKS 11:00 Everybody's Yoga with Dana 1:00 ENTERTAINMENT: Frank&Friends 1:00 WEIS 2:00 Snacks/loeCream Sales 3:00 Meditation	9:00 Walker's Club 9:00 Diner 248 10:00 Energetic Exercise 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/lecCream Sales 3:00 Meditation	9:00 CLINIC: Eye 10:00 Chat Room 10:00 Dollar Tree 11:00 Dollar Tree 2:00 Church 3:00 Meditation- Exercise Room	9:00 Dutch Apple 9:00 Walkers Club 10:00 Meditation 11:00 Energetic Exercise 2:00 Stitching with Nena	9:00 Resident's Association BREAKFAST

Tune into Channel 99 regularly for updates.

# **JANUARY 2023**

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1:00 Sunday Believers' with Paul Belfort 4:00 RA SOCIAL	1:00 Sunday Believers' with Paul Belfort	Sunday
9:00 Walker's Club 10:00 WALMART 11:00 Energetic Exercise 1:00 ENTERTAINMENT: Food Tasting 1:00 MOVIE 1:00 WALMART 3:00 Meditation 6:00 RA Bingo	9:00 Walker's Club 11:00 Energetic Exercise 11:00 Windcreek Outlets 1:00 MOVIE 2:00 Pat's Bistro 3:00 Meditation 6:00 RA Bingo	Monday
10:00 SPEAKER: Parkinson's Disease 11:00 DoughBoys 11:00 Everybody's Yoga with Dana 3:00 Meditation	Inspection of Floors 11,10,9 10:00 Valley Farm Mkt 11:00 Everybody's Yoga with Dana 1:00 Valley Farm Mkt 2:00 Church 3:00 Meditation	Tuesday
	Inspection of Floors 8,7, 6 9:00 Walker's Club 10:00 Board & Brush 10:00 Energetic Exercise 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Carrabba's 2:00 Pastor Movie 2:00 RA Shredding 2:00 RA Shredding 3:00 Meditation	Wednesday
	Inspection of Floors 5,4, 3 10:00 Chat Room 10:00 Hershey Gardens 11:00 ZUMBA with Ed 1:00 Primanti Bros 2:00 Church 3:00 Meditation-Exercise Room	Thursday
	Inspection of Floors 2, 1 9:00 Walker's Club 10:00 Allentown Farmers Market 10:00 Meditation 11:00 Energetic Exercise 1:00 Ritz Barbecue 2:00 Stitching with Nena	Friday
Staff Birthdays: No January Babies	28	Saturday

# 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 Tuesday & 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 in January		Community Room

# Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays Wednesdays	11:00am 10:00am	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)
Meditation with Jacinda	Monday-Wednesday Thursdays Fridays	3:00pm 3:00pm 10:00am	Community Room (98) Exercise Room (98) Community Room (98)
ZUMBA with Ed	Thursdays	11:00am	Exercise Room (98)

# January 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	Saturday, Jan 21	9:00am	Lounge
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	Every 2nd Saturday	5:00pm	Lounge
Stitching with Nena	Every Friday	2:00pm	Game Room
Van Trip Drop Off	Monday, Jan 2	9:00am	Brenda's Office
CLINIC: Blood Pressure	Tuesday, Jan 3	1:15pm	Lounge
Second Harvest Food Bank	Thursday, Jan 5	12:30pm	Lounge
SPEAKER: Senior Life	Friday, Jan 6	11:00am	Community Room/Ch98
SPEAKER: Care Patrol	Monday, Jan 9	1:00pm	Community Room/Ch98
GENERAL MEETING	Tuesday, Jan 10	2:00pm	Lounge/Ch98
LM BINGO	Wednesday, Jan 11	1:45pm	Lounge
CLINIC: OAA Podiatry	Friday, Jan 13	12:30pm	Resident Apartments
OFFICE CLOSED	Monday, Jan 16		
ENTERTAINMENT: Frank&Friends	Tuesday, Jan 17	1:00pm	Lounge/Ch98
CLINIC: Health Drive Eye	Thursday, Jan 19	9:00am	Game Room
RA SOCIAL	Sunday, Jan 29	4:00pm	Lounge
ENTERTAINMENT: Food Tasting *Sign-up Required	Monday, Jan 30	1:00pm	Community Room/Ch98
SPEAKER: Parkinson's Disease	Tuesday, Jan 31	10:00am	Community Room/Ch98

# Brenda's Bulletin

# CLINIC: Blood Pressure Checks

with Jacinda

Tuesday, January 3rd 1:15pm-2:15pm

# SECOND HARVEST

**Food Box Delivery** 

Thursday, Jan 5th

@ 12:30pm

~LOUNGE

# OAA Podiatry CLINIC

Friday, January 13th @ 12:30pm

~IN THE COMFORT OF YOUR OWN HOME

SIGN UP WITH BRENDA

SPEAKER:

# CARE PATROL

It's hard to imagine how care needs will change over the next months or years. We'll help you understand what you can expect so you can feel comfortable knowing the home you choose can meet those needs.

Expert advice you can rely on.

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Monday, January 9th at 1:00pm

**Community Room** 

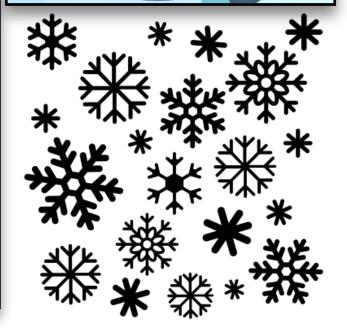
Refreshments served | Sign up with Brenda today

# CLINIC: Health Drive

\*By appointment only, Sign up with Brenda

Thursday, January 19th 9:00am-1:00pm

~GAME ROOM



## Brenda's Bulletin

#### **SPEAKER: Senior Life Lehigh Valley**

Helping older adults live safely at home & in the community for as long as possible by coordinating all the health-related and supportive services our members need, creating an individualized care plan which includes a variety of services including:

- Personal care services, including assistance with bathing, dressing and meal prep
- Medical or nursing services
- Physical, speech and occupational therapies
- Dementia care
- Social services, including recreation
- Light housekeeping, laundry, and related chores

#### Friday, January 6th at 11:00am

Community Room Refreshments served | Sign up with Brenda Today



#### **ENTERTAINMENT:**

## Frank & Friends Tribute

Come one, Come all to enjoy a spectacular performance

Tuesday, January 17th at 1:00pm

~LOUNGE / CHANNEL 98

Office Hours: Monday-Friday 9am-3pm

Brenda Pagan-Fontanez, Service Coordinator
610-866 -6010 x4

# February Van Trips

2/1	Wednesday	Shopping at GIANT	10:00a
2/1	Wednesday	Shopping at GIANT	1:00p
2/3	Friday	Banks WRITE YOUR BANK NAME	10:00a
2/3	Friday	Shopping at RiteAid/CVS Pharmacies	2:00p
2/6	Monday	Hibachi Lunch at KOME	11:00a
2/7	Tuesday	Shopping at WEIS	10:00a
2/7	Tuesday	Shopping at WEIS	2:00p
2/8	Wednesday	Shopping at Giacomo's Italian Market/Lunch	10:30a
2/9	Thursday	Color Me Mine *Pottery Shop (\$20)	2:30p
2/12	Sunday	PA Playhouse presents: 'Our Lady of the Tortilla' (\$22 due by Jan 6)	2:00p 3:00p Show
2/14	Tuesday	Bach at Noon at Central Moravian Church	11:00a
2/15	Wednesday	Banks WRITE YOUR BANK NAME	10:00a
2/15	Wednesday	Shopping at TARGET	2:00p
2/16	Thursday	Breakfast at FREEMANSBURG DINER	10:00a
2/17	Friday	Shopping at WALMART 248	10:00a
2/17	Friday	Shopping at WALMART 248	2:00p
2/19	Sunday	Winter Winefest & Market	10:30a
2/21	Tuesday	Shopping at VALLEY FARM MARKET	10:00a
2/21	Tuesday	Shopping at VALLEY FARM MARKET	2:00p
2/22	Wednesday	Dinner at YIANNI'S TAVERNA	4:30p
2/23	Thursday	Shopping at DOLLAR TREE 378	10:00a
2/23	Thursday	Shopping at DOLLAR TREE 378	2:00p
2/27	Monday	DeSales University presents: 'The Importance of Being Earnest' (\$21 due Jan 6)	8:45a 9:45a Show

Full Name:	
Phone#:	Apt#:

## Resident's Association







# Resident's Association: **BREAKFAST**

Come enjoy 3 pancakes, 2 sausage, coffee, juice

Saturday, January 21st at 9:00am

~Lounge | \$3.00 Entry

#### Resident's Association SOCIAL

Resident's Association:

# SOCIAL in the Lounge

### Sunday, January 29th

4:00p Doors Open | 5:00p Food 6:00p Entertainment \*Return this TOP completed form to the Main Office by Wednesday, Jan 18th





## Sunday, January 29th @ 4:00pm

NAME:	APT#:
PHONE#:	

\*Return this TOP completed form to the Main Office no later than January 18th

From the Chaplain

#### **Memorial Service**

A time to remember all those near & dear who passed in 2022.

# January 26th @ 2:00pm

~COMMUNITY ROOM

\*Include Lutheran Manor residents, and for friends and family.

<b>*</b>	••••••
Name:	Date/Death:
Resident	Name:Apt#:

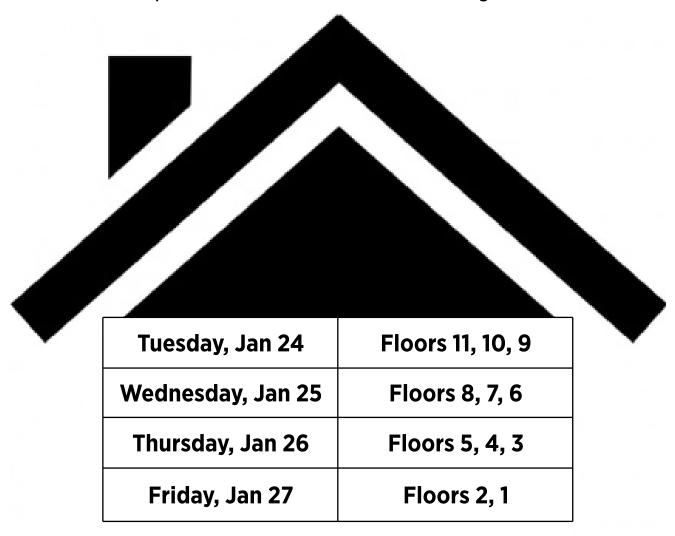
\*Return this BOTTOM completed form to the Main Office no later than January 19th

#### Office Notes

We are required by the Department of Housing & Urban Development to bi-annually inspect all equipment in Lutheran Manor units.

This inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting, and paint.

Due to our tight schedule, the maintenance department will start their inspections at 8:30am on the following dates:



You **<u>DO NOT</u>** have to do anything for this inspection.

You **DO NOT HAVE TO BE HOME**, but if you are not home on these dates, maintenance will enter your apartment and do their inspection.

We thank you in advance for your cooperation in this matter. If you have any conflicts, please visit the main office.

Ken, Donny, Kevin, Jessica MAINTENANCE DEPARTMENT

