

January 2024

Lutheran Manor of the Lehigh Valley

H A P P Y N E W Y E A R

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

**No Staff
Birthdays this
Month**

**WELCOME
New Residents**

John C. - Floor 5
Lynne C. - Floor 7

General Meeting

Tuesday, January 9th
at 2:00pm

LOUNGE / CHANNEL 98

Office Notes

PARKING SPOTS DURING SNOW

Snow parking spots MUST remain EMPTY during the months of October - April. We apologize for the inconvenience this may cause. Please refer any and all questions or concerns to the Main Office.



Closed in observance of

**MARTIN
LUTHER
KING
DAY**

Monday, January 15th

WORSHIP SERVICES:

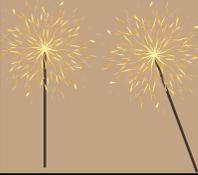
Believers' Worship

with Paul Belfort
Sundays at 1:00pm

Community Room

REMINDER:

Please remember to bring your new social security award letter down to the Main Office to be copied for your file!



Thank you!

LM MOVIE

IN PERSON

Join us on Monday,
January 22nd for a
showing of the
lovely romance
movie, MAESTRO!



Movie Days

The Best Christmas Ever



Every year at Christmas, Jackie sends a cocky newsletter to her friend Charlotte. Fate brings Charlotte to Jackie's doorstep. As a result, Charlotte tries to prove that her friend's life is not perfect.

JANUARY 8TH

**No Movie!
Office Closed for
MLK Day!**

Maestro



American Conductor Leonard Bernstein falls in love with Costa Rican actress Felicia Montealegre. Follow along with their journey of love in the hollywood industry.
(Rated R due to drug use and sensual context)

JANUARY 22ND - COMMUNITY ROOM

Flamin' Hot

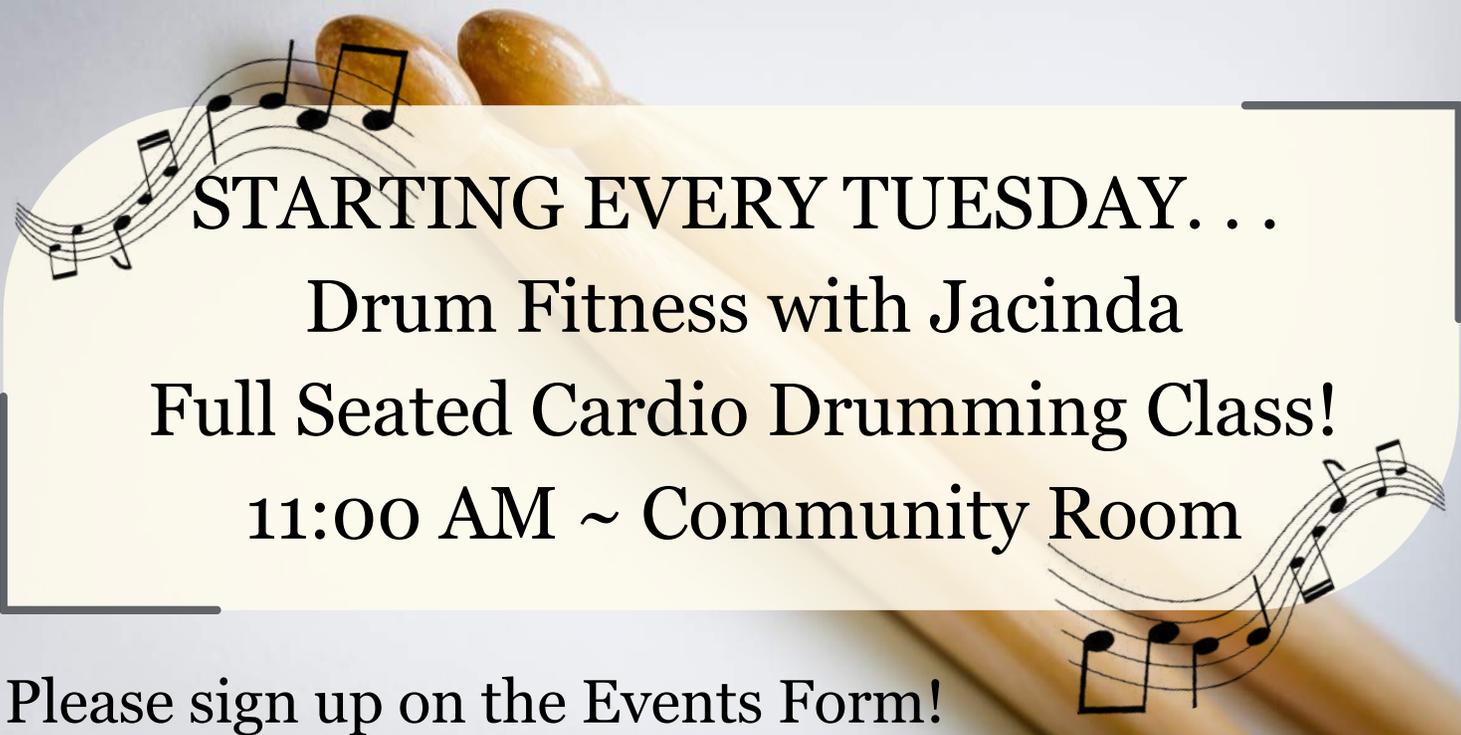


Richard Montanez, the son of a Mexican immigrant, was a janitor at Frito Lay when he came up with the idea for Flamin' Hot Cheetos. His creation inspired by the flavors of his community, revitalises Frito-Lay and disrupts the food industry

JANUARY 29TH

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

Jacinda's Jumpstart to Wellness



STARTING EVERY TUESDAY...

Drum Fitness with Jacinda
Full Seated Cardio Drumming Class!
11:00 AM ~ Community Room

Please sign up on the Events Form!

BAYADA:

ASSESS YOUR COORDINATION
AND BALANCE WITH SOME
FUN AXE THROWING!



**Wednesday, January 10th
at 2:00pm ~ Community Room**

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

Wii Bowling League

A new tournament is about to begin!! If you are interested please sign up on the events form to participate this month! Jacinda will contact you with information!

Wii Sports Sessions

The Wellness Center is now offering Wii sports one on one sessions! Get your exercise in with some fun Wii sports activities like tennis, bowling, boxing, and more!

By Appointment Only

Please contact Jacinda to schedule your first session!

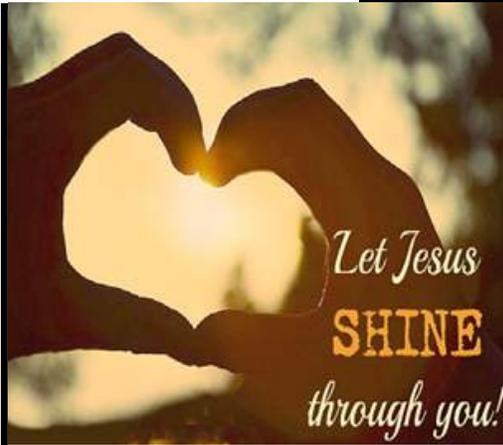


Office Hours Monday-Friday 8:00am-4:00pm

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

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

From the Chaplain



Happy New Year

A Story: Alexander Papaderous was a Doctor of Philosophy who tried to bring peace to the bitterly divided countries of Europe following World War II. He recalled an odd event when he was a child. One day he found a broken piece of mirror on the road, probably from a German motorcycle. He smoothed the edges and began to play with it, reflecting the sunshine into dark places. It was a game he played as he grew. He realized that this was a metaphor for what he might do with his life. He came to understand that he was not the light or the source of light. The light [or truth] is there, and it will shine in many dark places only if he reflected it.

As we enter 2024 we need to remember that each new day brings us opportunities to express our faith to others. May God bless each of us as we reflect His light and truth in this New Year.

Count Your Blessings, Pastor Clark

Worship in the Community Room

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

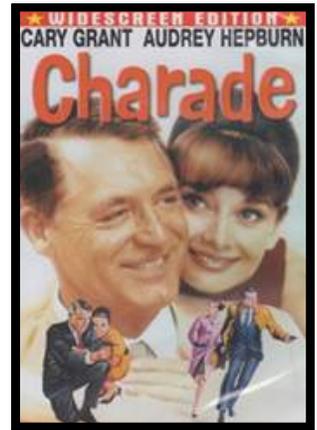
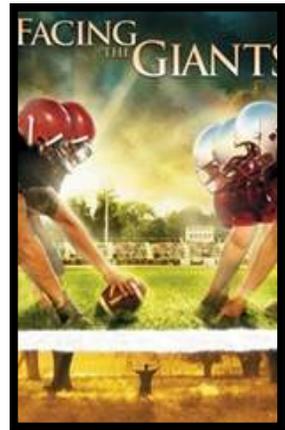
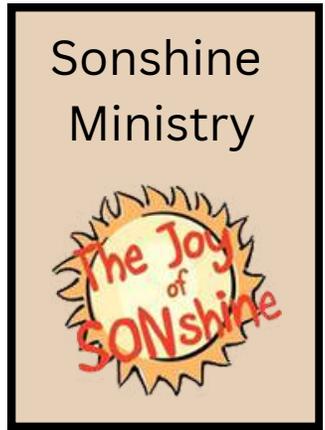
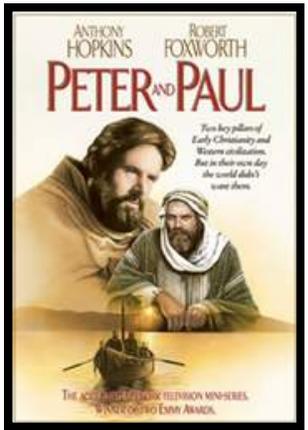
Thurs, 1/4	Pastor Jonny Villamar, Cornerstone Church: Easton - SPANISH/ENGLISH
Thurs, 1/11	Pastor Chris Welton, Race Street Baptist Church: Catasauqua
Thurs, 1/18	Pastor Beth Goudy, Metropolitan Community Church of the LV: Bethlehem
Tues, 1/23	Father Venantius Karobo, Notre Dame RC Church: Bethlehem
Thurs, 1/25	ANNUAL MEMORIAL SERVICE: Pastor Clark, Chaplain - HOLY COMMUNION (please submit names on the slip found in the newsletter!)

****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

M O V I E S



Jan. 3rd

Jan. 10th

Jan. 17th

Jan. 24th

Jan. 31st



Memorial Service

REMEMBERING THOSE NEAR AND DEAR TO US WHO PASSED DURING 2023

January 25, 2024 @2pm- Community Rm

*INCLUDE LUTHERAN MANOR RESIDENTS AND/OR FRIENDS AND FAMILY

Name: _____ Date of Death _____

Resident Name: _____ Apt. _____

PLEASE RETURN THIS BOTTOM PORTION TO THE MAIN OFFICE NO LATER THAN FRI. JAN 19TH

From the Chaplain



Pastor Suggestions for 2024

As I plan leadership for the weekly Thursday worship, I would appreciate suggestions of pastors for 2024. Please fill out the following form and return it to the main office.

Thanks, Pastor Clark

Pastor's Full Name:

Congregation:

Church/ Phone Number:

Name suggested by: Apt.

Please return slip to Main Office no later than Friday, Jan. 19th

Lutheran Manor Bingo

The background of the bingo advertisement is a close-up photograph of several bingo cards. The word 'BINGO' is printed in large, bold, black letters across the top of the cards. The cards are slightly overlapping and angled, showing various numbers and the word 'BINGO' in different orientations.

BINGO

Join Lutheran Manor Staff for an exciting game of Bingo to win some BIG prizes!

Wednesday, January 17th at 1:15pm
Lounge

Bellezza Salon and Spa

January Specials

NAME YOUR SPECIAL!

Would you like to save...

\$3 on your next hair cut?

\$4 on your next perm?

\$5 on your next pedicure?

\$4 on your next manicure

20% off on all retail items?

Any suggestions on items or services, please share your ideas with any salon member



January Specials

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 a FREE Service!

REFERRALS

Are always welcome and appreciated!

Happy New Year to Everyone!

-Diane Rizzetto

Lorri Wetherald

Marci LaBarr

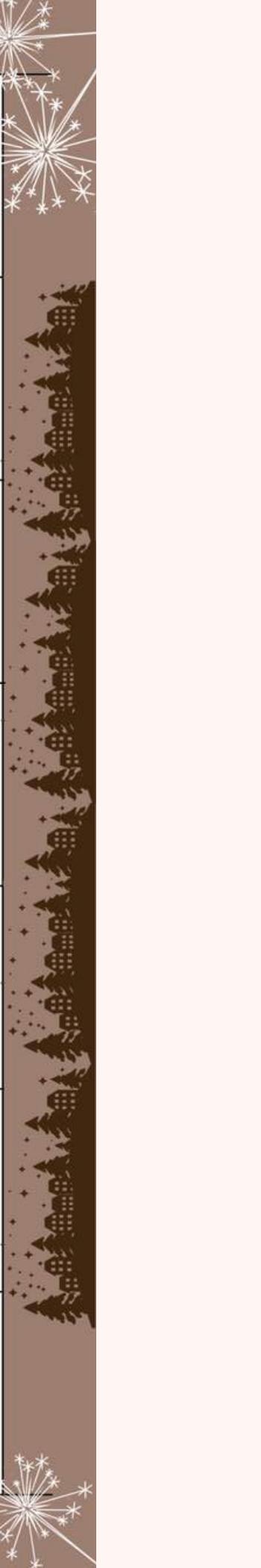


Contact 610-866-6010 x209 to schedule an appointment

JANUARY 2024

HAPPY
New Year

SUN	MON	TUE	WED	THU	FRI	SAT
	01 New Year's Day OFFICE CLOSED Walker's Club - 9:30 MOVIE - CANCELED RA BINGO - CANCELED	02 Drum Fitness - 11:00 Clinic BP Checks - 1:15	03 Walker's Club - 9:30 BANKS/PHARMACIES - 10:00 ZUMBA with Anna - 11:30 Bible Study - 12:30 Pastor Movie - 2:00 RA Shredding - 2:00 Snacks/Ice Cream Sales - 2:00	04 Chat Room - 10:00 WEIS - 11:00 Yoga with Dana - 11:00 Second Harvest - 12:30 Church (Spanish) - 2:00	05 Walker's Club - 9:30 Energetic Exercise - 11:00 Stitching with Nena - 2:00	06 RA COFFEE & DONUTS - 8:30 RA Pinochle - 12:30
07 Sunday Believers' w/ Paul Belfort - 1:00	08 Walker's Club - 9:30 ZUMBA with Anna - 11:00 MOVIE - 1:00 RA BINGO - 6:00	09 Drum Fitness - 11:00 BACH at NOON - 11:15 GENERAL MEETING - 2:00	10 Walker's Club - 9:30 ZUMBA with Anna - 11:30 GIANT - 12:00 Bible Study - 12:30 Pastor Movie - 2:00 Bayada Ave Throwing - 2:00 RA Shredding - 2:00 Snacks/Ice Cream Sales	11 Chat Room - 10:00 AROMI @ Woodstone - 11:00 Yoga with Dana - 11:00 Church - 2:00	12 Walker's Club - 9:30 Energetic Exercise - 11:00 Stitching with Nena - CANCELED	13 TWELFTH NIGHT FESTIVAL - 12:00 RA Soup & Hot Dogs - 5:00
14 Sunday Believers' w/ Paul Belfort - 1:00	15 Martin Luther King Day OFFICE CLOSED - MLK DAY Walker's Club - 9:30 BANKS/TARGET - 10:00 ZUMBA with Anna - CANCELED MOVIE - CANCELED RA BINGO - 6:00	16 GERRY'S FARM MRKT - 10:00 Drum Fitness - 11:00 Elvis Tribute - 2:00	17 Walker's Club - 9:30 BOARD & BRUSH - 10:00 ZUMBA with Anna - 11:30 Bible Study - 12:30 LM BINGO - 1:15 Pastor Movie - 2:00 RA Shredding - 2:00 Snacks/Ice Cream Sales - 2:00	18 CLINIC: Health Drive Eye - 9:00 Chat Room - 10:00 Yoga with Dana - 11:00 Church - 2:00 LA DOLCE CASA - 3:00	19 Walker's Club - 9:30 Energetic Exercise - 11:00 SPEAKER: DEMENTIA 101 - 12:00 Stitching with Nena - 2:00	20 RA BREAKFAST - 8:30



JANUARY 2024



*HAPPY
New Year*

SUN	MON	TUE	WED	THU	FRI	SAT
21 Sunday Believers' w/ Paul Belfort - 1:00	22 Walker's Club - 9:30 ZUMBA with Anna - 11:00 MOVIE - 1:00 (In Person) RA BINGO - 6:00	23 INSPECTIONS HOMETOWN BAR & GRILLE - 9:30 Drum Fitness - 11:00 Church - 2:00	24 INSPECTIONS Walker's Club - 9:30 WEGMANS - 10:00 Painting with a Twist - 11:00 ZUMBA with Anna - 11:30 Bible Study - 12:30 Jeopardy Trivia Day! - 2:00 Pastor Movie - 2:00 Snacks/Ice Cream Sales - 2:00	25 INSPECTIONS DUTCH APPLE THEATRE - 9:00 Chat Room - 10:00 Yoga with Dana - 11:00 Church - 2:00	26 INSPECTIONS Walker's Club - 9:30 Energetic Exercise - 11:00 Sitching with Nema - 2:00	27 Holocaust Remembrance RA SOCIAL - 4:00
28 Sunday Believers' w/ Paul Belfort - 1:00	29 Walker's Club - 9:30 Walmart - 11:00 ZUMBA with Anna - 11:00 MOVIE - 1:00 RA BINGO - 6:00	30 Drum Fitness - 11:00 WINDCREEK LUNCH - 11:00	31 Walker's Club - 9:30 ZUMBA with Anna - 11:30 Bible Study - 12:30 Pastor Movie - 2:00 RA Shredding - Different Time Snacks/Ice Cream Sales - 2:00 STEMIE'S 1818 TAVERN - 3:00			No Staff Birthdays

'Tis The Season to Be Freezin'
FA LA LA LA LA LA LA LA LA LA LA



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	NO LONGER OCCURING	-----	Thank you David Garcia for 10 years of service at Lutheran Manor

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Drum Fitness with Jacinda (NEW)	EVERY TUESDAY	11:00am	Community Room
Energetic Exercise with Jacinda	Fridays	11:00am	Exercise Room
Everybody's Yoga with Dana	Thursdays	11:00am	Exercise Room
Walker's Club with Jacinda	Monday, Wednesday, Friday	9:30am	Lutheran Manor
ZUMBA with Anna (NEW)	Mondays Wednesdays	11:00am 11:30am	Exercise Room

January Activities

Lutheran Manor MOVIES	Every Monday	1:00pm	Community Rm/Ch 98
Pastor Clark MOVIES	Every Wednesday	2:00pm	Community Rm/Ch 98
Snacks/Ice Cream Sale	Every Wednesday	2:00pm	Lounge
RA BINGO	Every Monday	6:00pm	Community Room
RA Breakfast	Every 3rd Saturday	8:30am	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	Lounge
Van Trip Drop Off	Tuesday, January 2nd	9:00am	Brenda's Office
Blood Pressure Clinic	Tuesday, January 2nd	1:15pm	Lounge
Second Harvest Food Bank	Thursday, January 4th	12:30pm	Brenda's Office
General Meeting	Tuesday, January 9th	2:00pm	Lounge
OFFICE CLOSED	Monday, January 15th	ALL DAY	Lutheran Manor
Elvis Tribute	Tuesday, January 16th	2:00pm	Lounge
Lutheran Manor BINGO	Wednesday, January 17th	1:15pm	Lounge
CLINIC: Health Drive Eye	Thursday, January 18th	9am-12pm	Game Room
CLINIC: OAA Podiatry	CANCELED FOR JANUARY	-----	-----
SPEAKER: Dementia 101	Friday, January 19th	12:00pm	Community Room
Painting with a Twist	Wednesday, January 24th	1:00pm	Lounge
Jeopardy Trivia Day	Wednesday, January 24th	2:00pm	Community Room
RA SOCIAL	Saturday, January 27th	4:00pm	Lounge
Care Patrol	TBD	TBD	TBD

Brenda's Bulletin

SECOND HARVEST FOOD BANK

JANUARY 4 @ 12:30PM

***MUST COME TO LOUNGE
TO COLLECT YOUR BOX**

2024



CLINICS

Blood Pressure:

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

OAA Podiatry:

No January Session

HealthDrive EYE:

Thursday, 1/18 @ 9:00am
~Game Room

OnSite Dermatology:

No January Session

**Sign up with Brenda*

IMPORTANT

Tenant Emergency Information Updates

Please be on the lookout for a new
Emergency Contact Information
Sheet that will be delivered to your
mailbox. Additional information and
instructions will be included.

All forms are **REQUIRED** to be
returned by January 19th!

Thank you!

**Contact Brenda for details*

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

Brenda's Bulletin

ENTERTAINMENT:

'Elvis Tribute'
Tuesday, 1/16 @ 2p
~Lounge

Painting with a Twist
Wednesday, 1/24 @ 11a
~Lounge

Sign up on Events Form

SPEAKERS:

Care Patrol: 'Unexpected Changes'
*It's hard to imagine how care needs can change
at any moment. Come get expert advice on
how to maneuver these changes!*

TBD

Red Lion: 'Dementia 101'
Get the answers to your burning questions!
Friday, 1/19 @ 12p
~Community Room

*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
1/10	Wednesday	Bayada: Axe Throwing and BP Clinic	2:00p	_____
1/16	Tuesday	ENTERTAINMENT: 'Elvis Tribute'	2:00p	_____
1/17	Wednesday	Lutheran Manor BINGO	1:45p	_____
1/19	Friday	SPEAKER: Red Lion Home Care 'DEMENTIA 101'	12:00p	_____
1/24	Wednesday	Painting with a Twist	11:00a	_____
1/24	Wednesday	Jeopardy Trivia Day!!	2:00p	_____
1/2 1/9 1/16 1/23 1/30	Tuesday	Drum Fitness with Jacinda	11:00a	_____ _____ _____ _____ _____

Resident's Association Events

TBD	Saturday	RA Breakfast	8:30a	_____
1/27	Saturday	RA SOCIAL	4:00p	_____

Name(s): _____ Apt.#: _____

Phone Number: _____

Please return to the Main Office by Tuesday, 1/2

Resident's Association

Resident's Association

BINGO

Come one, come all! Enjoy the fun!

Mondays at 6:00pm

Community Room



RESIDENTS' ASSOCIATION

Coffee & donuts

Come mingle and enjoy a cup of joe with some delicious donuts!

**Saturday, Jan. 6th
at 8:30 am**

\$1.00 each - Lounge



Resident's Association:

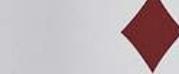
SOUP & HOTDOGS

Come enjoy some drinks, delicious hot soup (\$3) and hot dogs (\$2.00) with all the fixings.

**Saturday, January 13th
at 5:00pm**



A



Resident's Association:

PINOCHLE

Light Refreshments Served

**Saturday, January 6th
at 12:30pm**

\$2.00 Per Play • Lounge



Residents' Association

SOCIAL

Saturday, Jan. 27th

4:00p - Doors Open

5:00p - Refreshments

6:00p - Entertainment

Lounge - Donations Appreciated



Resident's Association:

BREAKFAST

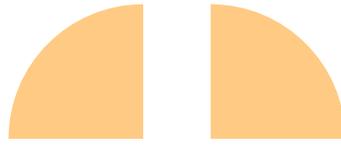
Come mingle with friends & enjoy a delicious breakfast of 3 pancakes, 2 sausage, coffee & juice.

**Saturday, January 20th
at 8:30am**

in the Lounge • \$4 entry



Apartment Inspections



Dear Residents, We are required by the Department of Housing and Urban Development to 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 inspections at *8:30am* on the following dates:

Tuesday, Jan. 23rd Floors 9,10,11
Wednesday, Jan. 24th Floors 6,7,8
Thursday, Jan. 25th Floors 3,4,5
Friday, Jan. 26th Floors 1 and 2

You do not have to do anything or be home for this inspection. Thank you so much for your cooperation. If you have any concerns or conflicts please contact the Main Office ASAP.

Ken, Donny, Kevin

February Van Trips

CHECK HERE

2/1	Thursday	Dutch Apple Theatre: 'THE MOUSETRAP' (\$74 due to Brenda 1/5)	9:00a_____
2/2	Friday	Lunch at HOPS AT THE PADDOCK	11:00a_____
2/5	Monday	BANKS _____ & Shopping at CVS/WALGREENS	10:00a_____
2/6	Tuesday	Shopping at WEIS	11:00a_____
2/14	Wednesday	Lunch at COPPERHEAD GRILLE	12:00p_____
2/15	Thursday	BANKS _____ (Write your bank name here)	10:00a_____
2/15	Thursday	Shopping at GIANT	2:00p_____
2/16	Friday	Shopping at ALLENTOWN FARMERS' MARKET & Lunch at RITZ BARBEQUE	11:00a_____
2/18	Sunday	Family Concert: 'DANCING WITH BACH' (\$18 due to Brenda on 2/2)	2:15p_____
2/20	Tuesday	Breakfast at STARLIGHT DINER	9:00a_____
2/21	Wednesday	Dinner at FIAMMA	3:30p_____
2/26	Monday	COLOR ME MINE Pottery Studio (\$25 due to Brenda on 2/2)	11:30a_____
2/27	Tuesday	Shopping at GERRITY'S FARM MARKET	10:00a_____
2/29	Thursday	Dinner at THE CHEESECAKE FACTORY	3:00p_____

Full Name: _____

Phone#: _____ Apt#: _____

***This form to be collected starting at 9:00 am on Tuesday, January 2nd**

February Van Trips...

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

DUTCH APPLE THEATRE: 'THE MOUSETRAP':

Seven strangers are snowed in at a remote countryside guesthouse when a police sergeant arrives, they discover-to their horror- that a killer is in their midst. One by one, the suspicious characters reveal their sordid pasts.

Let's find out who did it!

HOPS AT THE PADDOCK

Hop on over to enjoy some tasty pub plates in a fun and lively surrounding. The Hops at the Paddock have an exhaustive and authentic menu with Ribeye, Blackened Salmon, Broiled Crab Cakes, Homemade Pizza, savory Pierogies, Chops, and more!!

Hops of the Lehigh Valley!

COPPERHEAD GRILLE:

Enjoy steaks made to perfection, cajun jambalaya, fish & chips, crab mac & cheese, wings with signature sauces, and the biggest mozzarella sticks. Come try some of the best food in the Lehigh Valley.

Great place. Always good!!

ALLENTOWN FARMERS' MARKET:

Shop for fresh meats, poultry, produce, craft beers, seafood, salads, pickles, soup, donuts, kiffles, cupcakes, coffee, tea, pretzels, candy, bagels, nuts, and groceries. Also, enjoy the many ready to eat, delicious foods and other specialty items.

DANCING WITH BACH:

Enjoy the angelic voices of the Bach Choir in collaboration with the dance departments of LV Charter High School for the Arts and Muhlenberg College.

Let the music touch your soul!!

FIAMMA ITALIAN GRILL

Home of exceptional Italian cuisines right at your doorstep made with fresh ingredients. A contemporary dining experience with savory entrees that will leave you wanting more.

A pure taste of Italy!!

COLOR ME MINE:

Come paint your own pottery! With 100's of items to choose from and over 60 colors to paint with, your creative juices will flow and your imagination will run wild.

Let's bring your vision to life!!

CHEESECAKE FACTORY:

With over 250 items on the menu, it's hard to believe everything is made from scratch! Enjoy avocado tacos, sliders, flatbread pizza, burgers, shepherd pie, pastas, gumbo, surf&turf, and much more.

Come to where food magic happens daily!!