



Lutheran Manor
OF THE LEHIGH VALLEY

JULY 2022

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 July Babies

WELCOME
New Residents

No New Residents
moved in in June



General Meeting

with Lutheran Manor

Tuesday, July 12th
at 2:00pm

~LOUNGE / CHANNEL 98

Office Notes

Courtesy of Lutheran Manor...

SHREDDING EVENT with RRServices

**Wednesday, July 27th
1pm-2:30pm in the Lounge**

***BRING ALL ITEMS TO BE SHREDED IN BAGS OR BOXES
*NO NEED TO WORRY ABOUT REMOVING STAPLES OR PAPERCLIPS**

Housekeeping Services

After six years, due to the increasing costs of cleaning supplies, we will be raising our hourly fees beginning July 1st, 2022.

One Hour = \$12

Two Hour = \$20

As always, we encourage residents to take advantage of this wonderful service. Sign up with Brenda today.

Thank you!!

Say Hello to **Dana Ferretti**

Dana is the fitness instructor for Yoga & Fit For Life. She received her teaching certification in 2011 and has been with Lutheran Manor for 8 years now. When not practicing Yoga or doing CrossFit, Dana enjoys spending time with her husband & three children. They love to travel each year and being outdoors as much as possible, even in the colder months! She enjoys helping others stay fit, flexible and healthy.

Come start your fitness journey with Dana!



Movie Days

Dare To Dream



Miranda is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray's presence reignites the family's spirit -- but he carries a secret that could change everything.

JULY 5

Dreamer



Ben Crane is a horse trainer who is struggling to connect with his precocious daughter, Cale. A horse by the name of Soñador suffers a broken leg after its evil owner races her despite Ben's advice. Rather than put his client's injured horse down, Ben adopts her and welcomes Cale into the family business. They train Soñador to race again as grouchy, but kind-hearted Grandpa lends his encouragement.

JULY 11

Hustle



After a down-on-his-luck basketball scout discovers an extraordinary player abroad, he brings the phenom back without his team's approval.

JULY 18

A Perfect Pairing



To win over a major client, a go-getter LA wine executive signs on to work at an Australian sheep farm, where she sparks with a rugged and mysterious local.

JULY 25

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

Apartment Inspections



We are required by the Department of Housing and Urban Development to bi-annually inspect all equipment in Lutheran Manor's units. The 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:

Tuesday, July 19	Floors 11, 10, 9
Wednesday, July 20	Floors 8, 7, 6
Thursday, July 21	Floors 5, 4, 3
Friday, July 22	Floors 2, 1

You **DO NOT** need to be home or need to do anything for this inspection. If you are not home on these dates, maintenance will enter your apartment and complete their inspection.

Thank you in advance for your cooperation. Should you have any concerns or conflicts, please visit the main office.

Ken, Donny, Kevin, Jessica
~MAINTENANCE DEPARTMENT~

Resident's Association

Resident's Association **PINOCHLE**

July 2nd at 12:30pm

\$2.00 per play.

*Light Refreshments Served.

Lounge

Resident's Association **BINGO**

Will be **CANCELED** on July 4th
in observance of the Holiday.

*Will resume the following week.



Resident's Association **SOCIAL**

July 3rd

4:00pm - Doors Open

5:00pm - Chicken Pot Pie

6:30pm - Entertainment:
Robin & Jim Duet



From the Chaplain



Wednesday, July 6th - '**GENESIS**' The Bible Stories Collection

Genesis shows viewers Adam and Eve in Paradise until they are tempted by the snake, traces the trials of Cain and Abel, as Abel is driven to murder his brother and recounts the epic story of Noah and the Ark, where Noah is commanded by God to save two of every creature from the flood. .



Wednesday, July 13th - '**WOMAN IN GOLD**'

Woman in Gold is the remarkable true story of one woman's journey to reclaim her heritage and seek justice for what happened to her family. Sixty years after she fled Vienna during World War II, an elderly Jewish woman, Maria Altmann, starts her journey to retrieve family possessions seized by the Nazis, among them Klimt's famous painting THE LADY IN GOLD. Together with her inexperienced but plucky young lawyer Randy Schoenberg, she embarks upon a major battle which takes them all the way to the heart of the Austrian establishment and the U.S. Supreme Court forcing her to confront difficult truths about the past along the way.



Wednesday, July 27th - '**CAROUSEL**'

This film follows the romance of Billy Bigelow, a charming carousel barker, and Julie Jordan, a pretty worker from a nearby mill. When the attractive young couple gets married, they also both find themselves unemployed, which puts a strain on their relationship. When Billy finds out that Julie is pregnant, he resorts to extreme measures to get money, a decision that leads to tragedy.



Wednesday, July 20th @ 2:00pm WORSHIP DVD: SONSHINE MINISTRY

**Recorded at Calvary Baptist Church, Easton*

From the Chaplain

BE QUICK
TO LISTEN,
SLOW
TO SPEAK,
SLOW TO
ANGER.

LISTENING IS AN ACT OF LOVE

How's your hearing? I struggle at times to hear even with my hearing aids. Of course, I'm not talking about our physical hearing. I'm talking about our ability to listen... really listen to God and to others. I sometimes joke that God gave us ONE mouth and TWO ears so he must have wanted us to listen twice as much as we talk!

Active Listening takes patience and work, BUT it allows us to see deeper into another's heart. Only then can we offer the help and hope they need. I challenge you to join me in becoming a better listener... with your family, your friends, your neighbors, even strangers at the grocery store. Today, take time to listen. Listen to God. Listen to your neighbor. Give someone your full attention; it may very well be the kindest thing you do.

The better we listen; the more God can speak through us.
~Pastor Clark

Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW

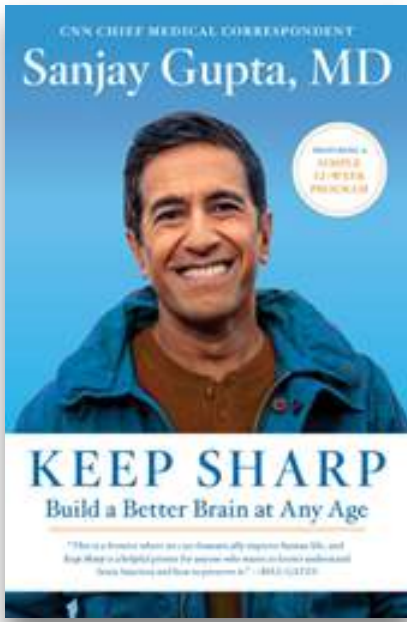
~LIVE-STREAMED ON CH 98 ~COVID GUIDELINES WILL BE FOLLOWED

Thursday, July 7	Pastor Jonny Villamar - Cornerstone Church, Easton ~Spanish/English
Thursday, July 14	Pastor Ray Hittinger - President of Lutheran Manor Board *HOLY COMMUNION
Thursday, July 21	Pastor Beth Goudy - MCC, Bethlehem
Tuesday, July 26	Father Venantius Karobo - Notre Dame RC Church, Bethlehem
Thursday, July 28	Pastor Jay Wetzel, Lutheran (Retired)

Note: Holy Communion Worship (July 14th)

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

From the Chaplain



Beginning on Thursday, July 21st, Pastor Clark will convene a group of interested residents to discuss a book entitled **“Keep Sharp: Build a Better Brain at Any Age”** by Dr. Sanjay Gupta, an American neurosurgeon, medical reporter and writer. Dr. Gupta debunks common myths of aging and cognitive decline and encourages five “pillars” to keep a sharp mind (Move, Discover, Relax, Nourish and Connect).

Our group will meet in the Community Room from 12pm-1pm every Thursday beginning July 21st thru August 25th (no meeting on Aug 4th). You are invited to bring a Box Lunch with you. It will be important that each participant purchase the book at the cost of \$10.00 and plan to attend regularly.

**Please complete & return this form to Pastor Clark's office by July 14th*



From the Chaplain

“Keep Sharp: Build a Better Brain at Any Age”

____ Yes, I’m interested in attending the Book Discussion (July 21-Aug 25)

____ I will purchase the book on my own

____ I would like Pastor Clark to purchase a book for me and I will bring payment (\$10) to the first session.

Name: _____ **Apt No.** _____

Telephone No. _____

**Please complete & return this form to Pastor Clark's office by July 14th*

Masks are required for EVERYONE when social distancing is not possible

Bellezza Salon and Spa

Bellezza Salon & Spa

July Specials

EAR CANDLING

Get one in July & the next one (before October) will be 50% off

FACIALS

\$5 off your facial OR buy 2 and get your 3rd at 50% off (Great gifts to give)

PUNCH CARDS

*Great way to receive FREE services

REFERRALS

Refer a friend or family member to earn \$\$ towards your next salon services

SUGGESTIONS

Please let us know what other services you would like us to offer... suggestions truly appreciated

SPREAD THE WORD

We are looking for a Nail Technician. If you know of anyone interested, please let us know.

**Due to the rising costs of supplies, salon prices will be increasing July 1st
**Ask Diane, Lorri or Marcie for details*

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.

*DO NOT contact the salon for massage appointments.



Masks are recommended at all times

JULY 2022

'UNITED WE STAND'

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>1:00 Sunday Believers' with Paul Belfort 4:00 RA Social</p>	<p>4</p> <p>Independence Day CLOSED 6:30 The Allentown Band</p>	<p>5</p> <p>9:30 BANKS 11:00 CLINIC: Internal Medicine 11:00 Everybody's Yoga with Dana- CANCELED 12:00 TaiChi with Joanne 1:00 MOVIE 2:15 CLINIC: BP Checks</p>	<p>6</p> <p>9:00 Walker's Club 10:00 RITEAID/GVS 11:00 Fit For Life with Dana- CANCELED 12:30 Bible Study 1:00 Helping Hands with Deana 2:00 Pastor Movie 2:00 Snacks/ice Cream Sales</p>	<p>7</p> <p>9:30 KUTZTOWN FESTIVAL 10:00 Chat Room 11:00 TaiChi with Joanne 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish)</p>	<p>8</p> <p>9:00 Helping Hands with Deana 9:00 Walker's Club 9:30 GIANT 11:00 Core&More with Deana 11:00 ENTERTAINMENT: Lorri & Jim 12:30 CLINIC: OAA</p>	<p>9</p> <p>8:30 RA COFFEE & DONUTS 12:30 RA Pinochle</p>
<p>10</p> <p>1:00 Sunday Believers' with Paul Belfort</p>	<p>11</p> <p>9:00 Helping Hands with Deana 9:00 Walker's Club 10:00 SINE's 5&10/LUNCH 11:00 Core&More with Deana 1:00 MOVIE 6:00 RA Bingo</p>	<p>12</p> <p>9:30 WEIS 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 2:00 GENERAL MEETING</p>	<p>13</p> <p>9:00 Walker's Club 10:00 LEESPORT FARM MKT 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Helping Hands with Deana 2:00 Pastor Movie 2:00 Snacks/ice Cream Sales</p>	<p>14</p> <p>10:00 Chat Room 11:00 CITYVIEW DINER 11:00 TaiChi with Joanne 1:00 Mobile Market 2:00 Church 7:00 RTO Concert</p>	<p>15</p> <p>9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 11:00 Core&More with Deana- CANCELED 1:00 ENTERTAINMENT: Johnny Cash 2:00 Fellowship with Nena</p>	<p>16</p>

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

JULY 2022

'UNITED WE STAND'



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17 1:00 Sunday Believers' with Paul Belfort</p>	<p>18 9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 9:30 BANKS 11:00 Core&More with Deana- CANCELED 1:00 MOVIE 1:00 WALMART 6:00 RA Bingo</p>	<p>19 8:30 Inspections- 11, 10, 9 11:00 CLINIC: Internal Medicine 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 2:00 Snacks/IceCream Sales</p>	<p>20 8:30 Inspections- 8, 7, 6 9:00 Walker's Club 10:00 SPEAKER- SunSafety 10:00 WALMART- Resched for 7/18 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Helping Hands with Deana 1:45 LM BINGO 2:00 Pastor Movie</p>	<p>21 8:30 Inspections- 5, 4, 3 9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 10:00 WEGMANS- Resched for 7/23 11:00 TaiChi with Joanne 12:00 Book Discussion 1:00 Mobile Market 2:00 Church</p>	<p>22 8:30 Inspections- 2, 1 9:00 Helping Hands with Deana 9:00 Walker's Club 11:00 Core&More with Deana 11:30 Cooking Class 12:00 BOAT TOUR</p>	<p>23 10:00 WEGMANS</p>
<p>24 11:00 WESTSIDE GRILL 1:00 Sunday Believers' with Paul Belfort</p>	<p>25 9:00 Helping Hands with Deana 9:00 Walker's Club 11:00 Core&More with Deana 1:00 MOVIE 6:00 RA Bingo</p>	<p>26 8:00 'DAVID' 11:00 Everybody's Yoga with Dana 12:00 ENTERTAINMENT: OneMan Band 12:00 TaiChi with Joanne 2:00 Church</p>	<p>27 9:00 Walker's Club 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Helping Hands with Deana 1:00 Shredding Event 2:00 Pastor Movie 2:00 Snacks/IceCream Sales 6:00 GINGER & SCHNAPPES</p>	<p>28 10:00 Chat Room 11:00 TaiChi with Joanne 12:00 Book Discussion 12:00 SPEAKER- BP Check/ Walker Wash 1:00 Mobile Market 2:00 Church</p>	<p>29 9:00 Helping Hands with Deana 9:00 Walker's Club 9:30 VALLEY FARM MKT 11:00 Core&More with Deana</p>	<p>30</p>
<p>31 1:00 Sunday Believers' with Paul Belfort</p>						

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	12:30pm	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 Praise with David Garcia	Canceled in July and August	--	--
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Core & More with Deana	Mondays Fridays	11:00am	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)
Helping Hands with Deana	Mondays, Fridays Wednesdays	9am-11am 1pm-4pm	Fitness Area
Tai Chi with Joanne	Tuesdays Thursdays	12:00pm 11:00am	Exercise Room (98)



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

July 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	No July Event	--	--
RA Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Pinochle	Every 1st Saturday	12:30pm	Lounge
RA Soup & Hot Dogs	No July event	--	--
Van Trip Drop Off	Friday, July 1	9:00am	Brenda's Office
CLINIC: OnSite Dermatology <i>*Sign Up Required</i>	Friday, July 1	11:30am	Resident Apartments
CLINIC: Internal Medicine <i>*Sign Up Required</i>	Tuesday, July 5 Tuesday, July 19	11:00am	Game Room
CLINIC: Blood Pressure Checks <i>*Sign Up Required</i>	Tuesday, July 5	2:15pm	Lounge
Second Harvest Food Bank	Thursday, July 7	12:30pm	Lounge
CLINIC: OAA <i>*Sign Up Required</i>	Friday, July 8	12:30pm	Resident Apartments
GENERAL MEETING with LM	Tuesday, July 12	2:00pm	Lounge/Ch98
ENTERTAINMENT: RTO	Thursday, July 14	7:00pm	Lounge
ENTERTAINMENT: Johnny Cash	Friday, July 15	1:00pm	Lounge/Ch98
SPEAKER: Lyndi Wieand <i>'Sun Safety /Hydration'</i>	Wednesday, July 20	10:00am	Community Room/Ch98
Lutheran Manor BINGO	Wednesday, July 20	1:45pm	Lounge <i>*Sign up deadline 7/8</i>
CLINIC: Health Drive Eye <i>*Sign up Required</i>	Thursday, July 21	9:00am	Game Room
Cooking Class: Lyndi Wieand from Weis	Friday, July 22	11:30am	Lounge <i>*Sign up deadline 7/8</i>
ENTERTAINMENT: OneMan Band	Tuesday, July 26	12:00pm	Lounge
Shredding Event	Wednesday, July 27	1:00pm	Lounge
SPEAKER: Bayada BP Check/Walker Wash	Thursday, July 28	12:00pm	Lounge

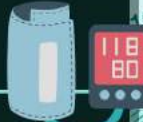
Brenda's Bulletin

Clinic:
**Blood Pressure
CHECK**

by Walgreens

July 5th
2:15pm - 3:15pm

*Sign up with Brenda



Second Harvest Food Bank

July 7th at 12:30pm

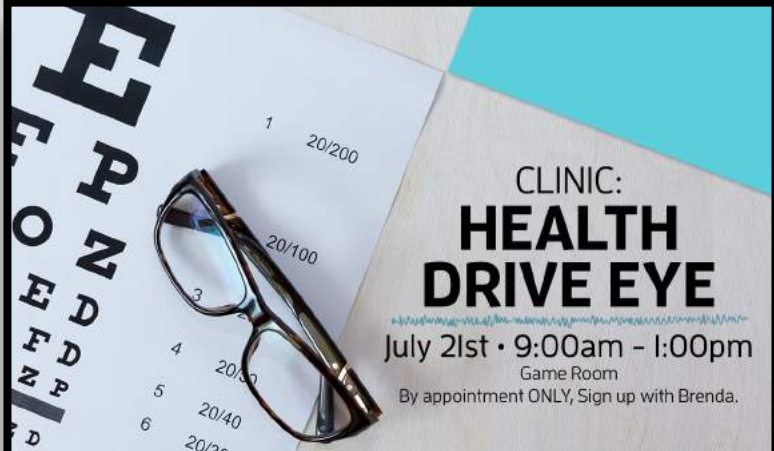
Please come down to the Lounge at 12:30pm to collect your box
*Contact Brenda to see if you're eligible to receive a box



CLINIC:
**OAA Orthopedic
Specialists**

July 8th at 12:30pm

*By appointment ONLY,
Sign up with Brenda.



CLINIC:
**HEALTH
DRIVE EYE**

July 21st • 9:00am - 1:00pm

Game Room
By appointment ONLY, Sign up with Brenda.



Speaker:
**Lyndi Wieand
from Weis**
'Sun Safety & Hydration'

July 20th at 10:00am
Community Room & Channel 98
*Light Refreshments Served.



Speaker:
Bayada

Health Screening (Blood Pressure
Checks) and Walker Wash (Clean All
Durable Medical Equipment (Cane,
Wheelchair & Walker)

July 28th at 12:00pm
Lounge

*Sign up with Brenda

***WE ARE NOW LIVE, IN-PERSON FOR ALL CLINICS, SPEAKERS & ENTERTAINMENT**
-Sign up with Brenda today

Brenda's Bulletin

Entertainment:

Really Terrible Orchestra RTO



July 14th at 7:00pm

Lounge & Channel 98

They play a handful of concerts, not because they are good at what they do, but because it spreads joy.

Come one, Come all and enjoy a truly unforgettable experience

Entertainment:

Songs of Johnny Cash

Performed by
Chuck Rissmiller

July 15th at 1:00pm

~Lounge / Channel 98



Entertainment:

Glenn Miller **'One Man Band'**

July 26th at 12:00pm

Lounge and Channel 98

The sound is equivalent to a 14-piece band (custom accordions, trumpets, harmonicas, trombone, flugelhorn, baritone, ukulele, button accordion, keyboard). All styles featured are from Big Bands, Jazz, Rock, Country, Hawaiian, Italian, German, Polka as well as custom composed music for special themes.

*The show features clean humor, which is original and many times unrehearsed and spontaneous!

Come one, Come all to enjoy a Spectacular Show!!

Internal Medicine

July 5th & 19th

11:00am - 2:00pm

Game Room

Come meet your new Doctor! Dr. Bilal Mannan-Board Certified in Internal Medicine Focuses on lifestyle and nutrition therapy for De-Prescription, prevention, treatment and reversal of chronic illnesses.

By appointment ONLY.

*Sign up with Brenda.

**Most Insurances Accepted.

Office Hours: Monday-Friday 9:00am-3:00pm

Brenda Pagan-Fontanez, Service Coordinator

610-866 -6010 x4

August Van Trips

Aug 1	Monday	Brunch at Borderline Restaurant	10:00a____
Aug 3	Wednesday	Banks _____ write your bank name here	9:30a____
Aug 3	Wednesday	Shopping at RITEAID / CVS Pharmacies	1:00p____
Aug 4	Thursday	Shopping at GIANT	9:30a____
Aug 5	Friday	Das Awkscht Fescht Festival Food, Arts&Crafts, Collectibles, Classic Cars, Free Concerts (\$9.00 entry)	11:00a____
Aug 7	Sunday	PA Shakespeare Festival presenting ' <i>Much Ado About Nothing</i> ' (\$64 due to Brenda by July 15)	1:00p____ <i>2:00p Show</i>
Aug 9	Tuesday	Shopping at WEIS *Senior Discount Day	9:30a____
Aug 10	Wednesday	Pine's Dinner Theatre presents 'Game Show' (\$32 entry, Dinner separate *get Menu from Brenda)	11:30a____ <i>12:30p Dinner</i> <i>1:30p Show</i>
Aug 12	Friday	Shopping at QMART / Lunch	10:00a____
Aug 15	Monday	Shopping at VALLEY FARMERS' MARKET	11:00a____
Aug 17	Wednesday	Banks _____ write your bank name here	9:30a____
Aug 18	Thursday	Shopping at WALMART 248	10:00a____
Aug 19	Friday	Shopping at ALDI	9:30a____
Aug 22	Monday	Dinner at Grille 3501	5:00p____
Aug 25	Thursday	Shopping at WEGMANS	9:30a____
Aug 25	Thursday	Shopping at TARGET	1:00p____
Aug 26	Friday	Shopping at DOLLAR TREE 378	10:00a____
Aug 31	Wednesday	Shopping at BOSCOV's / Lunch at RED LOBSTER	10:00a____

Full Name: _____

Phone#: _____ Apt#: _____

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

Lutheran Manor BINGO



Lutheran Manor: **BINGO**

July 20th at 1:45pm

Lounge

Sign up required.

Complete this form and deliver to the
Main Office no later than July 8th.



Lutheran Manor BINGO



Wednesday, July 20th @ 1:45pm

Name: _____

Apt #: _____ Phone #: _____

Please return this completed slip to MAIN OFFICE no later than Friday, July 8th

Misc. Information



Lutheran Manor MOVIES

at 1:00pm
Live-Streamed on Channel 98

- 7/5 - **'The Secret: Dare to Dream'**
- 7/11 - **'Dreamer'**
- 7/18 - **'Hustler'**
- 7/25 - **'A Perfect Pairing'**

Pastor Clark Movies

at 2:00pm
Live-Streamed on Channel 98

- 7/6 - **'The Bible Stories Collection 'Genesis''**
- 7/13 - **'Woman in Gold'**
- 7/20 - **'Sonshine Ministry'**
- 7/27 - **'Carousel'**

Sunday Believers' WORSHIP

with Paul Belfort

Sundays at 1:00pm

*Light Refreshments Served.
Community Room, NO Live-Streaming.

Holy Communion WORSHIP

July 14th

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

Activities on Summer Break

for the Months of July & August:

- Sunday Praise with David Garcia
- Resident's Association SOUP & HOT DOGS
- Resident's Association BREAKFAST
- Food Ministry (August only)

****They will resume in September****

Fitness Center Hours: Everyday 6:00am-7:00pm

610-866-6010 x208

Cooking Class



COOKING CLASS

Come Learn How to Make These Recipes and Enjoy a Plate

★ Zesty Chicken Wraps & Watermelon Cucumber Salad

July 22nd at 11:30am

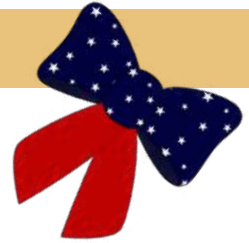
Lounge and Channel 98

*Maximum of 20 slots available

**Return this completed form to the Main Office no later than July 8th.



Cooking Class



Friday, July 22nd at 11:30am

Name: _____ Apt #: _____

Phone #: _____

***Return this completed form to the Main Office no later than Friday, July 8th**

**Maximum of 20 slots available*

