



Lutheran Manor of the Lehigh Valley

July
2021

2085 Westgate Drive, Bethlehem, PA, 18017

Office Hours

Monday-Thursday

8:30AM-4:30PM

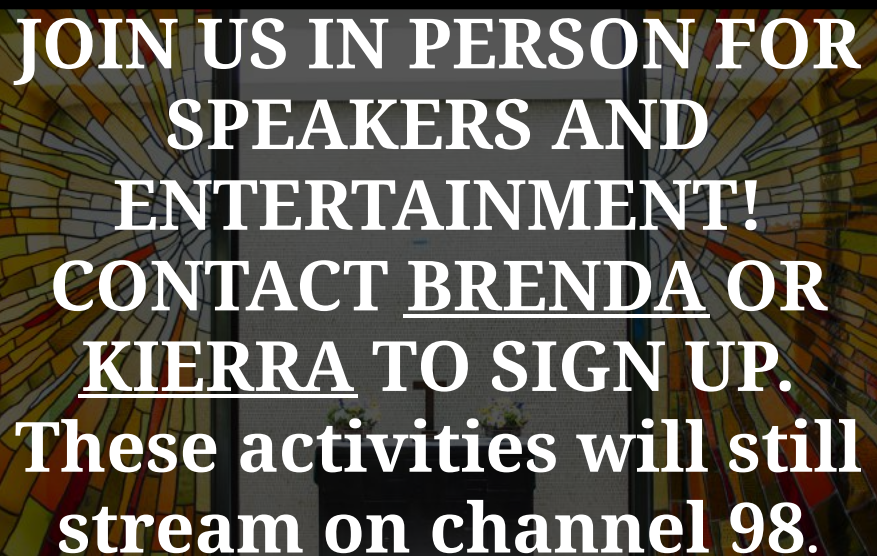
Friday 8:30AM-1:00PM




**OFFICE
CLOSED**

Monday, July 5th

"Your present
circumstances don't
determine where you
can go; they merely
determine where you
start"- Nido Qubein



**JOIN US IN PERSON FOR
SPEAKERS AND
ENTERTAINMENT!
CONTACT BRENDA OR
KIERRA TO SIGN UP.
These activities will still
stream on channel 98.**



**Activities are Back on
the Schedule!**

*Please read the
highlights carefully so
you don't miss any
changes or new
activities!*

Office Notes



IMPORTANT
Please Read:

MASK GUIDELINES UPDATE

We are happy to announce that Lutheran Manor is 92% vaccinated. We thank all of the residents for working together to keep our community safe. The guidance from the CDC and PA health dept continues to evolve, however, now is an appropriate time to update our COVID-19 protocols. The health and well-being of our residents and staff remains top priority, so please cooperate with our new updates.

Effective Thursday July 1st:

- Fully vaccinated residents will have the option to wear a face covering. Of course, this is a personal decision and we ask everyone to respect others. Some will continue masking and others will decide not to mask. This does not mean this difference among neighbors should cause discord at Lutheran Manor. Be kind to those on the other side of the fence.
- Unvaccinated residents will be encouraged to wear a face covering at all times in common areas of the building.
- All guests entering Lutheran Manor will be mandated to wear a face covering. This strict approach is to keep the residents of Lutheran Manor safe.
- Limit unmasked persons on the elevator to 2, masked 3-4

Please continue to social distance, use good hygiene practices including but not limited to washing your hands and sanitizing your hands often.

These guidelines could change at any time according to changes in the current climate, CDC, or Pennsylvania Health department.

Movie Days

Movie 1: Hamilton



Friday, July 2nd 1:00 PM

The original Broadway production of the award-winning musical that tells the story of Alexander Hamilton, first secretary of the treasury, blending hip-hop, jazz, R&B and Broadway styles, filmed from the Richard Rogers Theater in New York.

Movie 2: Cruella



Monday, July 12th 1:00 PM

Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London. However, when Estella befriends fashion legend Baroness von Hellman, she embraces her wicked side to become the raucous and revenge-bent Cruella.

Movie 3: The Blue Miracle



Friday, July 16th 1:00 PM

To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition

Movie 4: 2 Hearts



Friday, July 23rd 1:00 PM

A college student falls madly in love with a classmate, while a Cuban exile falls for a beautiful flight attendant.

All movies will be live-streamed on channel 98

Residents' Association Bingo

BINGO is back on Monday Nights!

**The Residents' Association will
begin hosting BINGO again, but
will continue to follow COVID
precautions.**

Space is limited to 30 residents.
Please choose which sessions you'd like to attend below:



Residents' Association Bingo

Place a check mark	
Monday, July 5th 6:00 PM	
Monday, July 12th 6:00 PM	
Monday, July 19th 6:00 PM	
Monday, July 26th 6:00 PM	

**Full
Name:**_____

APT#:_____

Phone:_____

*Please return slip to Main
office no later than

Friday, July 2nd, 2021

Lutheran Manor BINGO

LUTHERAN MANOR WILL BE HOSTING **BINGO**

DATE: *Wednesday, July 21st*

TIME: **1:45 PM**

LOCATION: **Lounge**



Please note:

Space is limited to 30 residents



LUTHERAN MANOR BINGO

Wednesday, July 21st, 2021
1:45pm (Lounge)

Full Name: _____

APT#: _____

Phone: _____



*Please return slip to Main office no later than

Friday, July 16th, 2021

From the Chaplain

TV MINI-SERIES: CHOSEN

The Life of Jesus Through the Eyes of Those who Knew Him



Wednesday, July 7th at 2:00 PM "I Have Called You By Name"

Two brothers struggle with their tax debts to Rome while a woman in the Red Quarter wrestles with her demons.

Wednesday, July 14th at 2:00 PM "Shabbat"

Mathew validates Simon's claims with Praetor Quintus, Nicodemus investigates the miracle reported in the Red Quarter, and Mary receives surprise guests at her Shabbat dinner.

Wednesday, July 28th at 2:00 PM "Jesus Loves the Little Children"

Jesus befriends and teaches the group of children who discover his camp on the outskirts of Capernaum.

Worship DVD: Sonshine Ministry



Wednesday, July 7th

9:00 AM

Recorded at the Calvary Baptist Church, Easton.

**ALL MOVIES WILL BE
LIVE-STREAMED ON CHANNEL 98**

In the Good Old Summertime



Wednesday, July 21st 2:00 PM

In this musical romance, lovely Veronica Fisher (Judy Garland) lands a job in Otto Oberkugen's (S.Z. Sakall) music store in turn-of-the-century Chicago. Though the other employees like her, including Otto's clumsy nephew Hickey (Buster Keaton), salesman Andrew Larkin (Van Johnson) -- who is threatened by her competition, and secretly attracted to her -- greets her coolly.

From the Chaplain

REFRESHINGLY SIMPLE FAITH...



Micah, a prophet of God, tried to tell the people that following God was much simpler than they made it out to be:

"He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God"(Micah 6:8).

It's so concise that you may have seen it on T-shirts. Micah clearly communicated God's desire through that prophesy — just three things are required: justice, mercy and humility.

Can we act justly if we harbor resentment or hate? Can we show kindness and mercy if we seek to serve ourselves? Won't a prideful heart always walk ahead of God?

Blessings for a REFRESHING Summer, -Pastor Clark

Worship in the Community Room

Worship will be at 2:00 PM on the dates listed below, and you may attend in-person or continue to watch on channel 98. COVID guidelines will be followed, so space will be limited to 30 people. Attendance will be first come, first served and overflow will be in the game room. Contact Pastor Clark with any questions!

Thursday, July 1st - Pastor Jonny Villamar, Cornerstone Church, Easton
Tuesday, July 6th- Priest from Notre Dame, Bethlehem
Thursday, July 8th- Pastor George Eckstein, St. Mark's UCC, Allentown
Thursday, July 15th- Holy Communion, Pastor Lisa Borrell, Friedens Lutheran, Center Valley
Thursday, July 22nd - Pastor Richard Nahodil, Christ EC, Allentown
Thursday, July 29th- Pastor Jay Wetzel, Lutheran retired

Kierra's Words of Wellness

SPEAKER:

"Wat'r You Drinking?"

with Capital Blue Cross

July 7th at 11:00am

Join us in the community room or watch on channel 98.

Try a New
Class!

Fitness Class Alert!

POUND Fitness is Coming
to Lutheran Manor!

POUND is a fun workout that uses
drumsticks and music to help you
release your inner rock star!

Join me on Tuesdays at 10:00 AM
in the Exercise Room

Humana Webinar: Managing Worries & Fears

July 9th at 11:00am

- Channel 98 -

Humana Webinar The Aging Brain

What's Normal, What's Not?

July 16th at 11:00am

- Channel 98 -

MASKS ARE STRONGLY ENCOURAGED FOR THOSE WHO ARE NOT VACCINATED

KIERRA VARCOS

FITNESS SPECIALIST

610-866-6010 x208

TIME SLOTS ARE REQUIRED TO ACCESS THE FITNESS CENTER

Bellezza Salon and Spa

Happy 4th of July!



Diane, Lorri and Marcie
wish you a safe and
happy summer!

Bellezza Salon - July Specials -

Wear anything red, white, and blue to
receive \$2 off any service

Refer a new client to the salon and you
will receive \$5 off your next service

Guess how much is in the jar of money
(within a \$5 amount) and the closest
guess will win!

Continue to use your punch cards!



Bellezza Salon Announcement

The facial room has reopened! Facials help get your blood and
oxygen flowing to give you the glow you so deserve.

Now through October, you can enter to win a surprise gift when you
book a facial.

Father's Day Basket Winner:
Norman Bosch

MASKS ARE REQUIRED AT ALL TIMES

APPOINTMENTS / 610 - 866 - 6010 x209

TUESDAYS 9:30AM - 3:00PM

THURSDAYS 9:00AM - 3:00PM

JULY 2021

LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Shopping at DOLLAR TREE 378 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 12:30 Second Harvest 2:00 Church (Spanish) (98) 3:30 Relaxation Techniques (15 min)	2 9:00 Walker's Club Exercise: Qi Gong Tai Chi with Joanne (98) 11:00 Entertainment: Lori and James Duet (98) 1:00 Movie: Hamilton (98)	3 9:00 Coffee and Donuts (Takeout ONLY)
4 Independence Day	OFFICE CLOSED 6:00 Residents Association Bingo	6 9:30 Shopping at CVS 10:00 Exercise: POUND 11:00 Everybody's Yoga with Dana (98) 1:00 Exercise: Basic Balance 2:00 Church 3:30 Relaxation Techniques (15 min) 6:30 Prophecy Bible Study	7 9:00 Shopping at WEIS 9:00 Sonshine Ministry DVD (98) 9:00 Walker's Club 10:00 Exercise: Fit for Life (98) 11:00 Speaker: Wat'r You Drinking? (98) 12:30 Bible Study 1:00 Shopping at WEIS 2:00 Pastor Clark Series: Chosen Ep. 1 (98)	8 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 2:00 Church (98) 3:30 Relaxation Techniques (15 min)	9 9:00 Clinic: OAA Podiatry (Appt. Only) 9:00 Walker's Club 9:30 Shopping at WALGREENS 10:00 Exercise: Qi Gong Tai Chi with Joanne (98) 11:00 Humana Webinar: "Managing Worries and Fears" (98)	10
11	12 9:00 Walker's Club 9:30 Morning Meditation (15 min) 9:30 Shopping at RITEAID 10:00 Exercise: Fit for Life (98) 11:00 Exercise: Stand Up for Strength (98) 1:00 Movie: Cruella (98) 6:00 Residents Association Bingo	13 10:00 Exercise: POUND 11:00 Everybody's Yoga with Dana (98) 1:00 Exercise: Basic Balance 2:00 GENERAL MEETING (98) 3:00 CLINIC: Blood Pressure Checks 3:30 Relaxation Techniques (15 min) 6:30 Prophecy Bible Study	14 9:00 Shopping at VALLEY FARMS 9:00 Walker's Club 10:00 Exercise: Fit for Life (98) 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 2:00 Pastor Clark Series: Chosen Episode 2 (98)	15 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 2:00 Church (98) 3:30 Relaxation Techniques (15 min)	16 9:00 Walker's Club 9:30 Great News! (98) 9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne (98) 11:00 Humana Webinar: "The Aging Brain-What's Normal, What's Not?" (98) 1:00 Movie: Blue Miracle (98)	17

Movies are Live-Streamed on channel 98. All other activities are in-person and will be noted with (98) if they are also Live-Streamed.

JULY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	9:00 Walker's Club 9:30 Morning Meditation (15 min) 9:30 Shopping at TARGET 10:00 Exercise: Fit for Life (98) 11:00 Exercise: Stand Up for Strength (98) 1:00 SPEAKER: Humana-Medicare 101 (98) 6:00 Residents Association Bingo	9:00 Kierra's Van Trip: Walk in the Park (Atown Rose Garden) 11:00 Everybody's Yoga with Dana (98) 1:00 Exercise: Basic Balance 2:00 Entertainment: Flute Performance (98) 3:30 Relaxation Techniques (15 min) 6:30 Prophecy Bible Study	9:00 Shopping at GIANT 9:00 Walker's Club 10:00 Exercise: Fit for Life (98) 12:30 Bible Study 1:00 Shopping at GIANT 1:45 Lutheran Manor Bingo 2:00 Pastor Clark Move: In the Good Old Summertime (98)	9:00 CLINIC: Health Drive Eye (APPT. Only) 10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 2:00 Church (98) 3:30 Relaxation Techniques (15 min)	9:00 Walker's Club 9:30 Shopping at PRICERITE 10:00 Exercise: Qi Gong Tai Chi with Joanne (98) 1:00 Movie: 2 Hearts (98)	
25	26	27	28	29	30	31
	9:00 Walker's Club 9:30 Morning Meditation 9:30 Shopping at DOLLAR TREE 378 10:00 Exercise: Fit for Life (98) 11:00 Exercise: Stand Up for Strength (98) 1:00 SPEAKER: Life Spring Balance (98) 6:00 Residents Association Bingo	10:00 Exercise: POUND 11:00 Everybody's Yoga with Dana (98) 1:00 Exercise: Basic Balance 1:00 SPEAKER: Bayada-Home Health 101 (98) 3:30 Relaxation Techniques (15 min) 6:30 Prophecy Bible Study	9:00 Shopping at WEGMANS 9:00 Walker's Club 10:00 Exercise: Fit for Life (98) 12:30 Bible Study 1:00 Shopping at WALMART 248 2:00 Pastor Clark Series: Chosen Episode 3 (98)	10:00 Chat Room 10:00 Exercise: Joyful Joints (98) 11:00 Exercise: Basic Balance 12:30 Mobile Market 2:00 Church (98) 3:30 Relaxation Techniques (15 min)	9:00 Walker's Club 9:30 Shopping at ALDI 10:00 Exercise: Qi Gong Tai Chi with Joanne (98)	

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Religious Activities

<u>Activities</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Bible Study	Every Wednesday	12:30 PM	Community Room
Chat Room	Every Thursday	10:00 AM	South Pavilion outside
Church (English)	1st Tuesday & 2nd, 3rd and 4th Thursday	2:00 PM	Community Room & Ch. 98
Church (Spanish)	1st Thursday	2:00 PM	Community Room & Ch. 98

Exercise Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Fit For Life	Monday & Wednesday	10:00 AM	Exercise Room (98)
POUND	Tuesdays	10:00 AM	Exercise Room (98)
Stand Up for Strength	Mondays	11:00 AM	Exercise Room (98)
Everybody's Yoga	Tuesdays	11:00 AM	Exercise Room (98)
Walkers Club	Mon., Wed., Fridays	9:00 AM	Outside
Basic Balance	Tuesdays Thursdays	1:00 PM 11:00 AM	Exercise Room
Meditation	Mondays Tuesdays/Thursdays	9:30 AM 3:30 PM	Exercise Room (98)
Joyful Joints	Thursdays	10:00 AM	Exercise Room
Qi Gong Tai Chi	Friday	10:00 AM	Exercise Room (98)

July Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Ice Cream	Every Wednesday	3:00 PM	Lounge
Resident's Association BINGO	Every Monday	6:00 PM	Lounge
Pastor Movies	Wednesdays	2:00 PM	Channel 98
Mobile Market	Thursdays	12:30- 2:00 PM	South Pavilion
Second Harvest Food Bank	Thursday, July 1st	12:30 PM	Brenda's Office
Van Drop Off	Thursday, July 1st	9:00 AM	Brenda's Office
CLINIC: Blood Pressure Checks	Tuesday, July 13th	3:00 PM <i>(Temporary Time Change)</i>	Lounge
ENTERTAINMENT: Lorri & James Duet	Friday, July 2nd	11:00 AM	Community Room/ Channel 98
SPEAKER: "Wat'r You Drinking?" with Capital Blue Cross	Wednesday, July 7th	11:00 AM	Community Room/ Channel 98
CLINIC: OAA Podiatry	Friday, July 9th	All Day	By Appt. Only
General Meeting	Tuesday July 13th	2:00 PM	Channel 98
Great News!	Friday, July 16th	9:30 AM	Channel 98
SPEAKER: Humana-Medications 101	Monday, July 19th	1:00 PM	Community Room/ Channel 98
ENTERTAINMENT: Flute Performance	Tuesday, July 20th	2:00 PM	Community Room/ Channel 98
Lutheran Manor BINGO	Wednesday, July 21st	1:45 PM	Lounge- Sign-up required
CLINIC: Health Drive Eye Exams	Thursday, July 22nd	By appointment only	By appointment only
SPEAKER: Bayada Home Health 101	Tuesday, July 27th	1:00 PM	Community Room/ Channel 98

Clinics/Entertainment

Entertainment:
**Lorri and James
Duet**

July 2nd at 11:00am

Sign-Up with Brenda to watch LIVE in
the Community Room!



**FLUTE
PERFORMANCE**

July 20th at 2:00pm



CLINIC:
OAA Podiatry

Apartment visits by appointment only.
Please contact Brenda to schedule.

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Friday, July 9th



**Health Drive Eye Clinic
will be Back!**

July 22nd at 9:00am-1:00pm

Contact Brenda for an appointment



Speakers

A collection of various colored pills (blue, purple, white) and a white pill bottle on a light blue background.

Speaker: Humana
**Medicare
101**

July 19th at 1:00pm

Sign-up to attend in the community room or watch on channel 98.

A stack of smooth, light-colored stones on a wooden surface.

SPEAKER:
**LifeSpring
Balance Clinic**

July 26th
at 1:00pm

Make an appointment with Brenda to attend and have your balance checked!

A close-up of a silver stethoscope resting on a wooden surface.

**SPEAKER: Bayada
Home Health 101**

July 27th at 1:00 PM in the Community Room

A pair of black sunglasses resting on a sandy beach with waves in the background.

VACATION

*I will be out from July 6–July 16,
returning Monday, July 19*

Open Office Hours: Monday-Friday 9:00am-3:00pm
Brenda Pagan-Fontanez, Service Coordinator 610-866-6010 x4

August Van Trips

DATE	DAY	DESTINATION	TIME
Aug 3	Tuesday	Shopping at WALGREENS Pharmacy	9:00am_____
Aug 3	Tuesday	Shopping at CVS Pharmacy	1:00pm_____
Aug 4	Wednesday	Shopping at WEIS	9:00am_____
Aug 4	Wednesday	Shopping at WEIS	1:00pm_____
Aug 6	Friday	Shopping at DOLLAR TREE	9:00am_____
Aug 9	Monday	Shopping at RITEAID Pharmacy	9:00am_____
Aug 9	Monday	Shopping at DOLLAR TREE	1:00pm_____
Aug 12	Thursday	Shopping at VALLEY FARMS	9:00am_____
Aug 12	Thursday	Shopping at VALLEY FARMS	1:00pm_____
Aug 13	Friday	Shopping at TARGET	9:00am_____
Aug 16	Monday	Shopping at WALMART	9:30am_____
Aug 18	Wednesday	Shopping at GIANT	9:00am_____
Aug 18	Wednesday	Shopping at GIANT	1:00pm_____
Aug 20	Friday	Shopping at ALDI	9:30am_____
Aug 23	Monday	Shopping at SHOPRITE	9:30am_____
Aug 25	Wednesday	Shopping at WEGMANS	9:00am_____
Aug 25	Wednesday	Shopping at WEGMANS	1:00pm_____
Aug 27	Friday	Shopping at DOLLAR TREE	9:30am_____

Full Name: _____

Phone#: _____ APT#: _____

Forms will be collected starting at 9:00 am on Thursday, July 1st, 2021.