

Lutheran Manor of the
Lehigh Valley

JUNE 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 June Babies

WELCOME New Residents

Edith C. - Floor 2
Margaret R. - Floor 10.

General Meeting

Tuesday, June 14th
at 2:00pm

~LOUNGE / CHANNEL 98

Office Notes

BRIGHT STAR at PA Playhouse

A sweeping tale of love and redemption set against the rich backdrop of the American South in the 1920s and '40s. When literary editor Alice Murphy meets a young soldier just home from World War II, he awakens her longing for the child she once lost. Haunted by their unique connection, Alice sets out on a journey to understand her past. What she finds has the power to transform both of their lives.

Sunday, June 12th

5:30pm - Departure, 6:00pm - Showtime

*\$22 per ticket due to Brenda no later than Friday, June 3rd



Introducing Dr. Bilal Mannan

Board Certified in Internal Medicine
and Obesity Medicine

Focuses on lifestyle and nutrition therapy for
de-prescription, prevention, treatment and
reversal of chronic illnesses

CLINIC: INTERNAL MEDICINE
Tuesday, June 7th & Tuesday, June 21st
11:00am - 2:00pm | Game Room

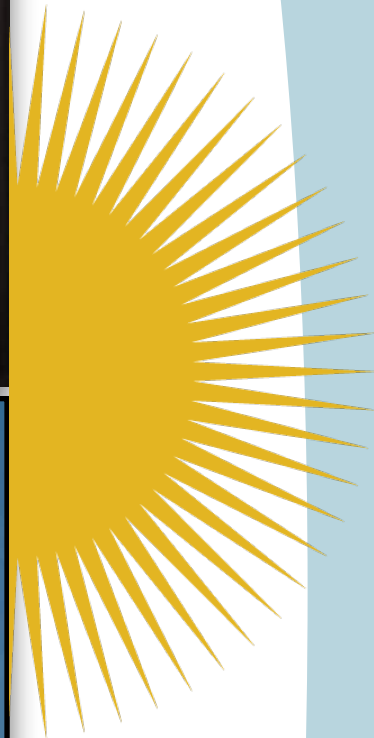
By appointment ONLY
**Sign up with Brenda today*

****Most Insurances Accepted**
Come Meet Your New Doctor!

Welcome New Fitness Instructor **Deana Banks**

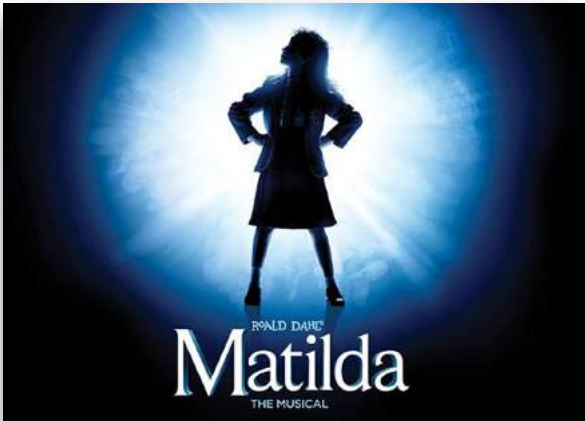
Deana Banks is a Fitness Specialist. She focuses on functional fitness that incorporates movements which helps to strengthen the body for daily living activities. She is currently working on furthering her education on health and wellness so she can assist her participants live their best lives!

Deana has 3 adult children and enjoys traveling, especially vacationing in St. Petersburg Florida where she and her husband enjoy biking around town and soaking up the sun at the local beaches.



Movie Days

Matilda



An adaptation of the Tony and Oliver award-winning musical. Matilda tells the story of an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand to change her story with miraculous results.

JUNE 6

Our Souls at Night



Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens however, they each deal with grief and loss, and a real romance begins.

JUNE 13

Despite Everything



After their mother's death, four sisters learn a shocking family secret and embark on an adventure to discover the truth about their genealogy.

JUNE 20

Live Twice, Love Once



Emilio, his daughter, and his granddaughter embark on a crazy journey to find the love of his youth before he succumbs to Alzheimer's disease.

JUNE 27

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

Resident's Association



Resident's Association:

BREAKFAST

in the Lounge

Saturday, June 18th at 8:30am

Complete the form and deliver along with \$3 in envelope to Marge B in Apt. 705 (Limited Capacity)



Resident's Association

Breakfast in the Lounge

Saturday, June 18th

Name: _____

Apt #: _____ Phone #: _____

**Please return this completed slip to MAIN OFFICE no later than Friday, June 3rd*
~LIMITED CAPACITY~*

Resident's Association

Resident's Association:
SOCIAL
in the Lounge

Sunday, July 3rd at 4:00pm
4:00pm: Doors Open, 5:00pm: Food
6:30pm: Entertainment

Complete the form and deliver to Main
Office no later than Friday, June 17th



Resident's Association



Social in the Lounge

Sunday, July 3rd

Name: _____

Apt #: _____ Phone #: _____

Please return this completed slip to MAIN OFFICE no later than Friday, June 17th
~LIMITED CAPACITY~

From the Chaplain

VISITING PASTOR on Thursday, June 23rd

On Thursday, June 23rd at 2 pm in the Community Room, Matthew Vollbrecht will lead worship and preach at our regular weekly worship. Matthew is a faithful preacher who attends North Springs Church in Evertett, PA. (An independent church in central Pennsylvania).

Matthew writes, "Almost immediately after giving my heart to Jesus in 2001, I began being called to be a preacher." He continues his studies and serves on various worship teams as well as serving as youth leader and assistant to the Pastor at several churches. He is a strong believer that every promise made to us in the Bible absolutely belongs to us.

Matthew is also a certified Apple Teacher and owns a small tech company. He is married with two children with whom he loves spending time in a variety of activities. Matthew does all of this in spite of living with vision loss.

Come join us to welcome Matthew and his family on

Thursday, June 23rd

(Note: Thanks to Jeanette (Jan) Howells, who suggested that Chaplain Clark invite Pastor Matthew to Lutheran Manor.)



WEDNESDAY, JUNE 15TH @ 2:00PM
WORSHIP DVD: SONSHINE MINISTRY

**Recorded at Calvary Baptist Church, Easton*

From the Chaplain

CHOOSE LOVE

I read a story recently of an elderly woman who when asked what her greatest struggle was. She answered, "When my husband was dying, I said, 'Moe, how am I to live without you?' He told me, 'Take the love you have for me and spread it around'"

This is what Jesus commands the disciples...then and now!
Take the love I've shown you and pour it in the world. "
Just as I loved you...you should love one another."

Choose love...every day...in every interaction...to every creature in every place. Each time we choose love, we bear witness to God's all-encompassing and radical love for all the world.



God bless you with his grace that such love may define your life!

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, June 2	Pastor Jonny Villamar - Cornerstone Church, Easton ~Spanish/English
Thursday, June 9	Pastor George Eckstein - St. Mark's UCC, Allentown
Thursday, June 16	Pastor Dan Brettell - St. Paul's Lutheran, Easton **Communion
Thursday, June 23	Pastor Matt Vollbrecht - N. Springs Christian Church, Everett
Tuesday, June 28	Father Bernard Ezaki - Notre Dame RC Church, Bethlehem
Thursday, June 30	Pastor Larry Burd - Calvary Baptist, Easton

****Holy Communion Worship (June 16th):**

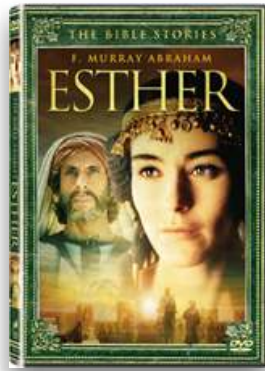
If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark.

From the Chaplain

ESTHER

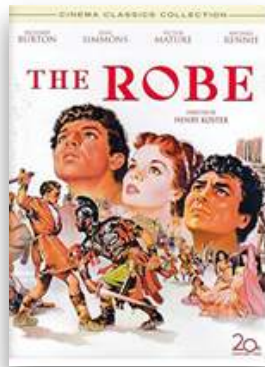
GUESS WHOS COMING TO DINNER

June 1st



The book of Esther begins with the all-powerful King of Persia (Ahasuerus) banishing his queen and seeking a replacement. Esther—the adopted daughter of Mordecai—finds favor with the king and is accepted as queen of the realm. Her position is further strengthened when Mordecai uncovers a plot against the king and informs him through Esther.

THE ROBE



June 22nd

Marcellus is a tribune in the time of Christ. He is in charge of the group that is assigned to crucify Jesus. Drunk, he wins Jesus' homespun robe after the crucifixion. He is tormented by nightmares and delusions after the event. Hoping to find a way to live with what he has done, and still not believing in Jesus, he returns to Palestine to try and learn what he can of the man he killed.

June 8th



A pair of white parents (Tracy & Hepburn) trying to make sense of their daughter's impending marriage to an African American doctor (Sidney Poitier). There's no denying the drawing power of this movie, which gets most of its integrity from the stirring performances of Tracy and Hepburn. It's impossible not to be affected by the last great moment in a great actor's life and career (Spencer Tracy).

SOMEWHERE IN TIME



June 29th

Young Richard Collier is approached by an elderly woman who gives him an antique gold watch and who pleads with him to return in time with her. Years later, Richard Collier is overwhelmed by a photograph of a beautiful young woman. Another picture of this woman in her later years reveals to him that she is the same woman who had given him the gold watch. Collier then becomes obsessed with returning to 1912 and the beautiful young woman who awaits him there.

Masks are required for EVERYONE when social distancing is not possible

Bellezza Salon and Spa

Bellezza Salon & Spa JUNE SPECIALS

This month we celebrate Flag Day, the beginning of Summer and all you Great Men on Father's Day!

FREE

Any service during June...All Men will receive their finger nails buffed and shaped as our gift to you!

PUNCH CARDS

Ongoing...great way to save on your salon services

REFERRALS

As a Thank You, every time you refer a new resident, friend or relative to the salon for a service, you will receive \$\$ off of your next service!

RETAIL ITEMS

BOGO 50% off

EAR CANDLING

Men, have you ever tried Ear Candling?

This process removes build-up from hearing aids and regular day to day. Book your appointment for Tuesdays with Marci and receive \$5 off of your new session

SALON BIRTHDAY CELEBRATIONS

Happy Belated
Birthday,
Marci LaBar!!



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 610-360-2427

*Do not contact the salon for massage appointments.

June Basket Drawing

DO NOT FORGET...
Sign up to win whenever you come
in the salon for your service.

April Basket Winner was
Nan S.



Masks are recommended at all times

JUNE 2022

Let the Summer fun begin!!

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 1:00 Sunday Believers' with Paul Belfort	6 9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 9:30 RITEAID/CVS 11:00 Core&More with Deana- CANCELED 1:00 MOVIE 6:00 RA Bingo	7 10:00 WEIS 11:00 CLINIC: Internal Medicine 11:00 Everybody's Yoga with Dana 2:00 ENTERTAINMENT: Flautist 2:15 CLINIC: BP Checks	8 9:00 Walker's Club 11:00 AIRPORT SHOPPING CTR 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Helping Hands with Deana 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	9 10:00 Chat Room 11:00 Tai Chi with Joanne 12:00 SPEAKER: De- Prescription 2:00 Church	10 9:00 Helping Hands with Deana 9:00 Walker's Club 11:00 Core&More with Deana 11:00 ENTERTAINMENT: Lorri&Jim Duet 12:30 CLINIC: OAA	11 5:00 RA Soup & HotDogs
12 11:00 Sunday Praise with David Garcia- CANCELED 1:00 Sunday Believers' with Paul Belfort 5:30 PA Playhouse- BRIGHT STAR	13 9:00 Helping Hands with Deana 9:00 Walker's Club 11:00 Core&More with Deana 11:00 SPEAKER: Men's Health Month 1:00 MOVIE 2:00 BRAVEHEART PUB 6:00 RA Bingo	14 Flag Day 11:00 Everybody's Yoga with Dana 2:00 GENERAL MEETING	15 9:00 Walker's Club 10:00 VALLEY FARM MKT 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 2:00 Snacks/IceCream Sales	16 9:00 CLINIC: HealthDrive 9:30 BANKS 10:00 Chat Room 11:00 ENTERTAINMENT: Painting 11:00 Tai Chi with Joanne 12:00 ENTERTAINMENT: Elvis 2:00 Church	17 9:00 Helping Hands with Deana 9:00 Walker's Club 11:00 Core&More with Deana 2:00 Fellowship with Nena	18 8:30 Resident's Association BREAKFAST
			1 9:00 Walker's Club 9:30 WALMART/TICTOK 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Helping Hands with Deana 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	2 10:00 Chat Room 11:00 Tai Chi with Joanne 12:30 Second Harvest 2:00 Church (Spanish)	3 9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 9:30 BANKS 11:00 Core&More with Deana- CANCELED 11:30 CLINIC: OnSite 2:00 Fellowship with Nena	4 8:30 RA COFFEE & DONUTS 12:30 RA Pinochle

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

JUNE 2022

Let the Summer fun begin!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Father's Day Happy Father's Day! 1:00 Sunday Believers' with Paul Bellort	20 Summer Begins 9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 11:00 Core&More with Deana- CANCELED 1:00 MOVIE 6:00 RA Bingo	21 11:00 CLINIC: Internal Medicine 11:00 Everybody's Yoga with Dana 2:00 Snacks/IceCream Sales	22 9:00 Walker's Club 11:00 Fit For Life with Dana 12:30 Bible Study 1:00 Helping Hands with Deana- CANCELED 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	23 10:00 Chat Room 10:00 SHADY MAPLES / GIFT SHOP 11:00 Tai Chi with Joanne 2:00 Church	24 9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 11:00 Core&More with Deana- CANCELED 11:00 PROMENADE SHOPS/ RED ROBIN	25
26 1:00 Sunday Believers' with Paul Bellort	27 9:00 Helping Hands with Deana- CANCELED 9:00 Walker's Club 10:00 WEGMANS/LUNCH 11:00 Core&More with Deana- CANCELED 1:00 MOVIE 6:00 RA Bingo	28 9:00 RICES MKT/ PORTERHOUSE PUB 11:00 Everybody's Yoga with Dana 2:00 Church	29 9:00 Walker's Club 11:00 Fit For Life with Dana 12:00 Cooking Class 12:30 Bible Study 1:00 Helping Hands with Deana- CANCELED 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	30 10:00 ALDI/VOCOS 10:00 Chat Room 11:00 Tai Chi with Joanne 2:00 Church		

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	2nd Sunday of each month	11:00am	Community Room Channel 98
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	Thursdays	11:00am	Exercise Room (98)

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

June 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 Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Pinochle	Every 1st Saturday	12:30pm	Lounge
RA Soup / Hot Dogs	Every 2nd Saturday	5:00pm	Lounge
RA Breakfast	Every 3rd Saturday	8:30am	Lounge
Van Trip Drop Off	Wednesday, June 1	9:00am	Brenda's Office
Second Harvest Food Bank	Thursday, June 2	12:30pm	Lounge
CLINIC: OnSite Dermatology	Friday, June 3	12:30pm	Resident Apartments <i>*Sign Up Required</i>
CLINIC Dr. Bilal Mannan Internal Medicine	Tuesday, June 7	11:00am	Game Room <i>*Sign Up Required</i>
CLINIC: Blood Pressure Checks	Tuesday, June 7	2:15pm	Lounge
ENTERTAINMENT: Flautist	Tuesday, June 7	2:00pm	Community Room/Ch98
SPEAKER: Dr. Bilal Mannan 'De-Prescription'	Thursday, June 9	12:00pm	Community Room/Ch98
CLINIC: OAA	Friday, June 10	12:00pm	Resident Apartments <i>*Sign Up Required</i>
ENTERTAINMENT: Bright Star at Pennsylvania Playhouse \$22	Sunday, June 12 <i>6:00pm Showtime</i>	5:30pm	Lounge <i>*Payment due by 6/3</i>
SPEAKER: Lyndi from Weis 'Men's Health Month'	Monday, June 13	11:00am	Community Room/Ch98 <i>*Sign up Required</i>
GENERAL MEETING	Tuesday, June 14	2:00pm	Lounge/Ch98
Lutheran Manor BINGO	Wednesday, June 15	1:45pm	Lounge
CLINIC: Health Drive Eye	Thursday, June 16	9:00am	Game Room <i>*Sign up Required</i>
ENTERTAINMENT: Elvis Tribute	Thursday, June 16	12:00pm	Lounge/Ch98
CLINIC Dr. Bilal Mannan Internal Medicine	Tuesday, June 21	11:00am	Game Room <i>*Sign up Required</i>
Cooking Class with Lyndi from Weis	Wednesday, June 29	12:00pm	Lounge <i>*Sign up Required</i>

Brenda's Bulletin



Second Harvest Food Bank

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


Thursday, June 2nd at 12:30pm

CLINIC:
**Onsite
Dermatology**

**Friday, June 3rd
Starts at 11:30am**

*By appointment only - In the comfort of your own home

**Sign up with Brenda*



CLINIC:
**Blood Pressure
Checks**
by Walgreens

**Tuesday, June 7th
2:15pm - 3:15pm**

By appointment only | Sign up with Brenda | Lounge

CLINIC:
**OAA Orthopedic
Specialists**

**Friday, June 10th
at 12:30pm**

In the comfort of your own home.

By appointment **ONLY**

**Sign up with Brenda today*

SPEAKER:
Lyndi Wieand from Weis

**Men's Health
Month**

**Monday, June 13th
at 11:00am**

Food Demonstration, Light refreshments to be served
*Sign up with Brenda | Community Room
& Channel 98

CLINIC:
**Health
Drive Eye**

**Thursday, June 16
at 9:00am**

Game Room | By appointment only
Sign up with Brenda



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

Brenda's Bulletin

Entertainment:
**Meredith
Twardowski**
Flautist

Tuesday, June 7th at 2:00pm
Community Room & Channel 98

SPEAKER:

Dr. Bilal Mannan

Come Join Dr. Mannan on a
Breakdown of De-Prescription
*Reduction of medications to
improve patient function
and quality of life*

**Thursday, June 9th
at 12:00pm**

Light Refreshments Served
Community Room & Channel 98

ENTERTAINMENT:

Painting with a Twist
with Judy Peters
Thursday, June 16th at 11:00am
Enjoy some wine with brushstrokes | Lounge

ENTERTAINMENT:

**Elvis
Tribute**

**Thursday, June 16th
at 12:00pm**

Come One, Come All

Lounge / Ch98

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

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

July Van Trips

LIMIT OF 16 PASSENGERS PER TRIP

July 4	Monday	FREE Concert - 'The Allentown Band' Levitt Pavilion SteelStacks	6:30p ____ <i>7:30p show</i>
July 5	Tuesday	Banks ____ (Write your bank name here)	9:30a ____
July 6	Wednesday	Shopping at RITEAID/CVS Pharmacies	10:00a ____
July 7	Thursday	Kutztown Folk Festival (<i>\$16 entry</i>)	9:30a ____
July 8	Friday	Shopping at GIANT	9:30a ____
July 11	Monday	Sine's 5 & 10 Cent Store / Lunch	10:00a ____
July 12	Tuesday	Shopping at WEIS <i>*Senior Discount Day</i>	9:30a ____
July 13	Wednesday	LEESPORT FARMERS MARKET / Lunch	10:00a ____
July 14	Thursday	Lunch at NEW CITY VIEW DINER	11:00a ____
July 18	Monday	Banks ____ (Write your bank name here)	9:30a ____
July 20	Wednesday	Shopping at WALMART	10:00a ____
July 21	Thursday	Shopping at WEGMANS	10:00a ____
July 22	Friday	National Canal Museum Boat Ride & Tour (<i>\$12 entry</i>)	12:00p ____
July 24	Sunday	Brunch Buffet at WESTSIDE GRILL \$35	11:00a ____
July 26	Tuesday	Sight & Sound presents 'DAVID' <i>\$65.55 due to Brenda by June 17th</i> Lunch at Shady Maples (<i>\$16 entry</i>)	8:00a ____ <i>11:00a Show</i> <i>2:00p Lunch</i>
July 27	Wednesday	FREE Concert-'Ginger & the Schnappes' Palette & Pour ArtsQuest Center	6:00p ____ <i>7:00p Show</i>
July 29	Friday	Shopping at VALLEY FARMERS' MARKET	9:30a ____

Full Name: _____

Phone#: _____ Apt#: _____

VAN TRIP FORMS WILL BE COLLECTED STARTING AT 9:00 AM ON WEDNESDAY, 6/1.

Lutheran Manor BINGO

Lutheran Manor **BINGO**

**Wednesday, June 15th
at 1:45pm**

Sign up Required | Return this completed
form to Main Office by Friday, June 3rd



Lutheran Manor BINGO

BINGO

Wednesday, June 15th @ 1:45pm

Name: _____

Apt #: _____ Phone #: _____

Please return this completed slip to MAIN OFFICE no later than Friday, June 3rd

Misc. Information

Lutheran Manor MOVIES

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

6/6 - 'Matilda'
6/13 - 'Our Souls at Night'
6/20 - 'Despite Everything'
6/27 - 'Live Twice, Love Once'

Pastor Clark MOVIES

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

6/1- 'Esther'
6/8 - 'Guess Who's Coming to Dinner'
6/15 - Sonshine Ministry
6/22 - 'The Robe'
6/29 - 'Somewhere in Time'

'Sunday Believers' WORSHIP

with Paul Belfort

Sundays at 1:00pm

*Refreshments served, All are Welcome!
Community Room, NO Live-Streaming

Holy Communion WORSHIP

Thursday, June 16th

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

Resident's Association: Donuts & Coffee

Saturday, June 4th at 8:30am

\$1.00 each ~ Lounge

Resident's Association: PINOCHLE

Saturday, June 4th at 12:30pm

\$2.00 per play | Light Refreshments Served | Lounge

Resident's Association: Soup & Hot Dogs

Come enjoy some Pepper Pot Soup and Hot Dogs with all the fixings
Saturday, June 11th at 5:00pm | Lounge

Happy Father's Day

Sunday, June 19th



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

610-866-6010 x208

Cooking Class

Wednesday, June 29th at 12:00pm



*Come learn how to
make this recipe and
enjoy a plate*



**Tuscan Pork Stir-Fry
with Cauliflower &
Broccoli Casserole**

**Maximum of 20 slots available*



Cooking Class

Let's Get Cooking!

Wednesday, June 29th at 12:00pm

Name: _____ Apt #: _____

Phone #: _____

***Return this completed form to the Main Office
no later than Friday, June 17th**

**Maximum of 20 slots available*

Throw
kindness
around like
confetti

