

June 2023

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

Ana S- Floor 3
Maria V- Floor 8
Reynaldo FM- Floor 8

No General Meeting

in June, July, and August.

We will resume in September.

Check Channel 99 for updates.

Office Notes

REMINDER:

We have been making a lot of changes with usual recurring events. Please make sure you are up to date with all cancellations and changes. Please try to sign up for the events you are interested in via the sign up sheet. Thank you!!

PASTOR MOVIES

Wednesdays at 2:00pm

LIVESTREAMED ON CHANNEL 98

JUNE 7TH - 'THE CHOSEN - SEASON 3 DVD: EPISODE 2'

JUNE 14TH - 'SONSHINE MINISTRY'

JUNE 21ST - 'SABRINA'

JUNE 28TH - 'THE CHOSEN - SEASON 3 DVD: EPISODE 3'

OFFICE CLOSED IN OBSERVANCE OF
JUNETEENTH
MONDAY, JUNE 19TH



Sunday
BELIEVERS'
worship
With Paul Belfort
Sundays at 1:00pm



Sunday
PRAISE
With David Garcia
Sunday, June 11th @ 11:00am

~ Community Room ~



LM IN-HOUSE MOVIE

Monday, June 12th @ 1:00pm

JOIN US IN THE COMMUNITY ROOM FOR AN AT HOME MOVIE THEATER EXPERIENCE. ONCE A MONTH WE WILL DISPLAY A MOVIE ON OUR BIG SCREEN.

SHOTGUN WEDDING



Movie Days

On a Wing and a Prayer



After a small town pilot mysteriously dies during flight, passenger Doug White is forced to land the plane to safety and save his entire family on board.

JUNE 5

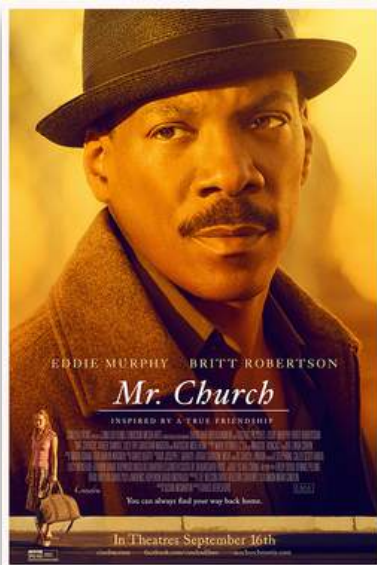
Shotgun Wedding



Darcy and Tom gather their families for a destination wedding, but a ceremony gets put on hold when gunmen take everyone hostage. Now, they must do everything they can to save their loved ones.

JUNE 12 - COMMUNITY ROOM ONLY

Mr. Church



When a young girl and her dying mother are joined by a black male cook who comes to live with them, little do they know that their lives are about to change forever.

JUNE 20

Maybe I Do



With their relationship at a crossroads, Michelle and Allen invite their parents to finally meet. As it turns out, their parents already know each other, maybe a little too well.

JUNE 26

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

Jacinda's Jumpstart to Wellness

Wellness Tip

WITH JUNE COMES FATHER'S DAY AND IT IS ALSO NATIONAL MEN'S HEALTH MONTH!

Whether you need help with mental, physical, or spiritual health it is never too late to start doing things better for you!

Ask Jacinda about ways to start eating right, exercising, and preventing diseases.



HEALTH TRACKING

Make an appointment with Jacinda to calculate all of your health categories. Find out your Blood Pressure, Maximum Heart Rate, Strength Level, Oxygen Percentage, Fat Percentage, and more!

Appointment required!

Signup on the 'Event Signup Sheet' if interested in being contacted.

Vibration Therapy

Come receive relief of muscle soreness or tightness in a session of vibration therapy. If you do not know what vibration therapy is please ask before scheduling an appointment to make sure it is right for you.



Appointments required! Please signup on the 'Event Signup Sheet' if interested in being contacted.

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

Stress Management Speaker:

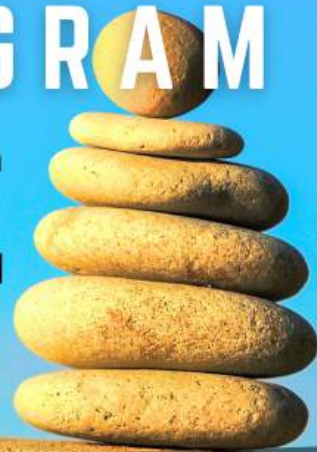
Join a licensed Mental Health Counselor to discuss ways to cope with stress and ask any questions regarding the topic.

Tuesday, June 13th at 10:00am
~ Community Room ~

Please signup on the 'Events Signup Sheet'

BALANCE PROGRAM

Join the Bethlehem Health Bureau in this 8 WEEK balance program designed to change your life for the better.



BEGINS: FRIDAY, JUNE 23RD AT 10:00AM

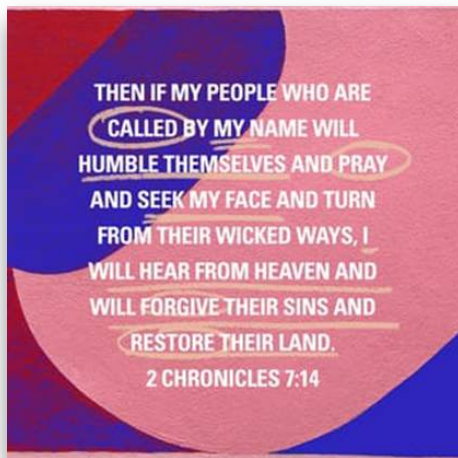
Expect:
Discussion Meetings
Exercise booklets
Luncheons
Once a week sessions

Limited Spots, so signup now. To stay in the program attendance is partially mandatory. Sign up with Jacinda today. Contact her with any questions or concerns.

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



This is the oldest known African American celebration. On January 1, 1863 the Emancipation Proclamation had gone into effect. Two and a half years later, on June 9th, 1865, slaves in Galveston, Texas received word of their emancipation two months after the Civil War had ended.

To be honest, a couple of years ago I did not know what June 19th meant within the African American community, but I sure do today.

I am sure all of us do today as we have been listening, watching and understanding why Black lives and all lives matter. Our Christian message is about being set free. In Exodus, the slaves are set free. In the Gospels Jesus set us free from sin.

Everyday we are called to turn away from our sinful ways, humble ourselves, and pray & seek God's forgiveness. When we do this, as the Body of Christ, we will truly see the change we so desperately want to see in ourselves, our nation and world.

Blessings, ~Pastor Clark

Worship in the Community Room

**WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW
~LIVE-STREAMED ON CH 98~**

Thur, 6/1	Pastor Luiz and Betty Ortiz, Inglesia Casa de Dios -- Spanish/English
Thur, 6/8	Pastor Dan Brettell, St. Paul's Lutheran, Easton -- Holy Communion**
Thur, 6/15	Pastor Russell Starks, House on the Rock Family Church, Wind Gap
Thur, 6/22	Pastor Larry Burd, Calvary Baptist, Easton
Tues, 6/27	Father Venantius Karobo, Notre Dame RC Church, Bethlehem
Thur, 6/29	Pastor Brian Riedy, Holy Trinity Lutheran, Catasauqua -- Holy Communion**

****Note: Holy Communion Worship**

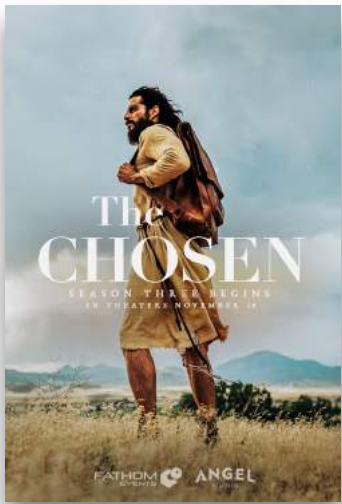
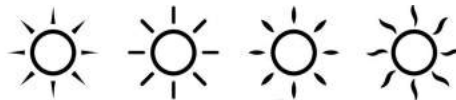
If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark.

From the Chaplain

~JUNE 7TH~

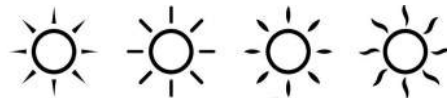
"THE CHOSEN - Season 3 - DVD Episode 2: Two by Two"

The Chosen is a historical drama series about the life and ministry of Jesus of Nazareth and the different people who met and followed him. This episode is about Jesus sending his Apostles on an exciting but dangerous mission.



~JUNE 14TH~

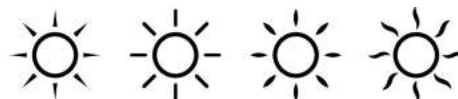
WORSHIP DVD - SONSHINE MINISTRY Calvary Baptist Church, Easton



~JUNE 21ST~

"Sabrina (DVD - 1995)"

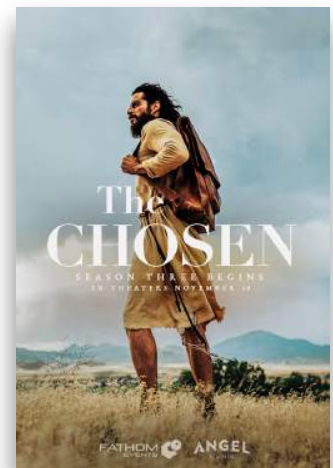
Sabrina Fairchild is a young, shy and awkward daughter of the household chauffer, who has been infatuated with David all her life. But David hardly notices till she goes away to Paris for two years and returns an elegant, sophisticated woman.



~JUNE 28TH~

"THE CHOSEN - Season 3 - DVD Episode 3: Physician heal yourself"

Ben Cross stars in the title role of Solomon, the son of King David, who inherits his father's title and rules over all of Israel. His famous wisdom guides him well through his royal duties initially, but as he achieves greater and greater highs, Solomon begins to fail his people... and his God.



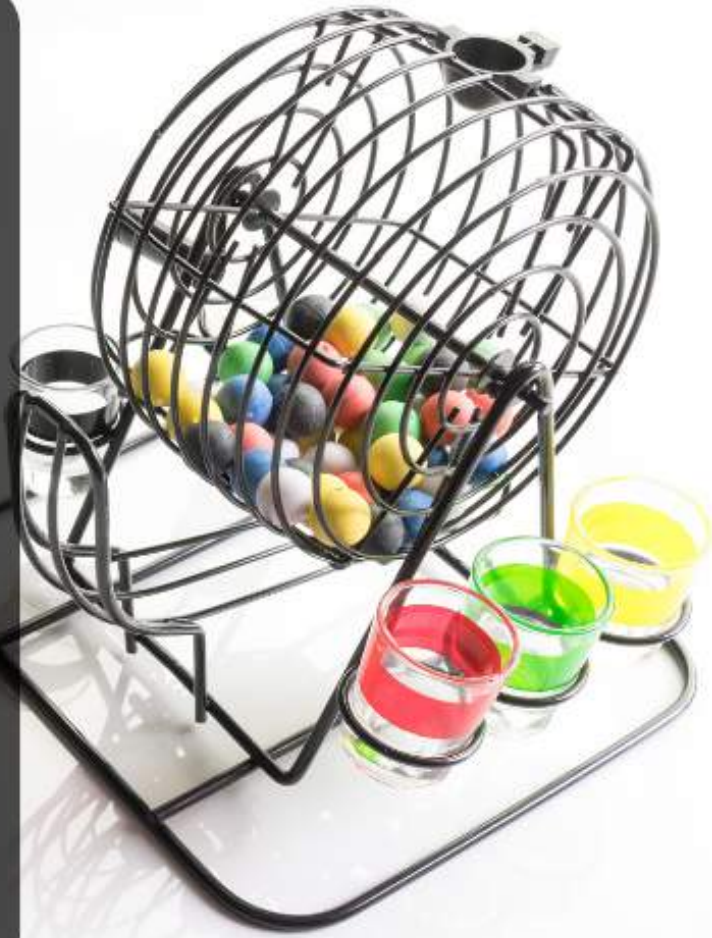
PASTOR CLARK'S MOVIES PLAYING EVERY WEDNESDAY AT 2:00PM

Lutheran Manor BINGO

LM BINGO

**DURING THE MONTHS OF
JUNE AND JULY, LUTHERAN
MANOR BINGO WILL BE
CANCELED. WE WILL RESUME
IN AUGUST.**

- THANK YOU



Bellezza Salon and Spa

Bellezza Salon & Spa

June News and Specials

Apartment Visits:

If you cannot make it to the salon, please contact your stylist for an appointment and she will make a special visit to your apartment.

Referrals:

We appreciate you sharing with your friends, neighbors and family about coming into the salon for a service. As a thank you from us, you will receive a gift to say we appreciate you.

Reminder

Don't forget we are still using punch cards in the salon! If you're interested please ask one of the stylists to sign up!

Thank you,
Diane Rizzetto, Lorri Wetherald & Marcie 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 & soul in balance.



Contact Karen directly
to book appointments at
(610) 360-2427.

Bellezza Salon and Spa

Bellezza Salon & Spa June News and Specials

Father's Day

We celebrate this special occasion on Sunday, June 18th. Hats off to all you guys!! To celebrate Father's Day this year we are offering a hand massage for ALL men. Come in and be pampered... You deserve it!

Pedicures:

Men, pedicures are very important for you. With regular pedicures OR even manicures. The chance of your nails developing infections are reduced after this treatment. It also helps promote better circulation of blood. When you do come in for your service on your nails remember to pick up your gift.

Drawing:

Remember to enter your name in the drawing for a chance to win the June basket. Good luck ahead of time!

Happy Father's Day to all!

Bellezza Salon & Spa June News and Specials

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This month we celebrate Flag Day. We celebrate on Wednesday, June 14th, so please raise your flag and be proud.

- 1776 - The first United States flag was displayed by George Washington.
- 1777 - The stars and stripes were adopted by Congress as the flag of the United States.
- 1877 - The flag was observed nationally for the first time on the 100th anniversary of the stars and stripes.
- 1937 - PA became the first state in the U.S. to celebrate Flag Day.
- 1960 - The new flag was flown for the first time – the flag still flies today.
 - White = purity and innocence
 - Red = valor and hardiness
 - Blue = vigilance, perseverance, and justice

Contact 610-866-6010 x209 to schedule an appointment

JUNE 2023



May the month ahead bring you joy, happiness, and sunshine!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 1:00 Sunday Believers' with Paul Belfort	5 10:00 BANKS / PHARMS 11:00 Energetic Exercise 1:00 MOVIE 2:00 Walker's Club 3:00 Meditation 6:00 RA Bingo	6 10:00 VALLEY FARM 11:00 Everybody's Yoga with Dana 1:15 CLINIC: BP Checks 2:00 VALLEY FARM 3:00 Meditation	7 10:30 SPEAKER: BINGO 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Walker's Club 3:00 Meditation 3:30 PT. PHILLIPS	8 10:00 Life Bio 11:00 Fi4Life with Dana 2:00 Church 3:00 Meditation- Exercise Room 3:30 CHUCK WAGON	9 10:00 Meditation 11:00 BOAT RIDE 11:00 Energetic Exercise 12:30 CLINIC: OAA 2:00 Walker's Club	10 5:00 Soup & HotDogs
11 11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort	12 9:30 BOSCOVS / LUNCH 11:00 ENTERTAINMENT: Flautist 1:00 Energetic Exercise 1:00 MOVIE -InPerson Only 2:00 Walker's Club 3:00 Meditation 6:00 RA Bingo	13 10:00 GIANT 10:00 SPEAKER: Stress Managment 11:00 Everybody's Yoga with Dana 11:00 SPEAKER: Funeral/Estate Planning 2:00 GIANT 3:00 Meditation	14 Flag Day Happy Flag Day 11:00 KOMÉ 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 2:00 Walker's Club 3:00 Meditation 4:00 ENTERTAINMENT: Guitarist	15 10:00 BANKS 10:00 Life Bio 11:00 Fi4Life with Dana 1:00 Mobile Market 2:00 Church 2:00 TARGET 3:00 Meditation- Exercise Room	16 10:00 Meditation 11:00 Energetic Exercise - CANCELED 12:00 PIG ROAST 2:00 Walker's Club - CANCELED	17
3 8:30 RA COFFEE & DONUTS	2 10:00 Meditation 10:00 WALMART 11:00 Energetic Exercise 2:00 WALMART 2:00 Walker's Club	1 10:00 Life Bio 11:00 Fi4Life with Dana 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Meditation- Exercise Room	1 10:00 Life Bio 11:00 Fi4Life with Dana 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Meditation- Exercise Room	2 10:00 Meditation 10:00 WALMART 11:00 Energetic Exercise 2:00 WALMART 2:00 Walker's Club	3 8:30 RA COFFEE & DONUTS	3 8:30 RA COFFEE & DONUTS

Tune into Channel 99 regularly for updates.

JUNE 2023



May the month ahead bring you joy, happiness, and sunshine!

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
18	Father's Day 1:00 Sunday Believers' with Paul Belfort	19	Juneleventh OFFICE CLOSED 10:00 ZOO /LUNCH 6:00 RA Bingo	20	11:00 Everybody's Yoga with Dana 1:00 MOVIE 2:00 Snacks/IceCream Sales 3:00 Meditation	21	Summer Begins 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 2:00 Walker's Club 3:00 Meditation	22	9:00 CLINIC: Eye 10:00 Life Bio 11:00 Fit4Life with Dana 2:00 Church 3:00 Meditation- Exercise Room	23	10:00 Meditation 11:00 Energetic Exercise 2:00 Walker's Club	24	4:00 RA SOCIAL
25	1:00 Sunday Believers' with Paul Belfort	26	11:00 Energetic Exercise 1:00 MOVIE 2:00 Walker's Club 3:00 Meditation 6:00 RA Bingo	27	11:00 Everybody's Yoga with Dana - In Person 11:00 SPEAKER: Men's Health 2:00 Church 3:00 Meditation	28	11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 2:00 Walker's Club 3:00 Meditation	29	10:00 Life Bio 10:00 WEIS 11:00 Fit4Life with Dana 1:00 THE CUP 2:00 Church 2:30 CLINIC: Dermatology Room 3:00 Meditation- Exercise Room	30	10:00 HOBBY LOBBY / LUNCH 10:00 Meditation 11:00 Energetic Exercise 2:00 Walker's Club		

Tune into Channel 99 regularly for updates.

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	2nd Sunday of Every Month	11:00am	Community Room

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays	11:00am	Exercise Room (98)
Everybody's Yoga with Dana	Tuesdays	11:00am	Exercise Room (98)
Fit For Life with Dana	Thursdays	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)
Walker's Club with Jacinda	Monday, Wednesday, Friday	2:00pm	Outside Lutheran Manor
ZUMBA with Anna	Wednesdays	11:30am	Exercise Room (98)

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 Breakfast	CANCELED	--	Until September
RA Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Pinochle	CANCELED	--	Until further notice
RA Shredding	Every Wednesday	2:00pm	Lounge
RA Soup & Hot Dogs	Every 2nd Saturday	5:00pm	Lounge
Stitching with Nena	Canceled for summer	--	To resume in Sept
Van Trip Drop Off	Thursday, June 1st	9:00am	Brenda's Office
Second Harvest Food Bank	Thursday, June 1st	12:30pm	Lounge
CLINIC: Blood Pressure	Tuesday, June 6th	1:15pm	Lounge
SPEAKER: BINGO with Cherie	Wednesday, June 7th	10:30am	Community Room
CLINIC: OAA Podiatry	Friday, June 9th	12:30pm	Resident Apartments
ENTERTAINMENT: Flautist	Monday, June 12th	11:00am	Lounge
In-Person Movie	Monday, June 12th	1:00pm	Community Room
NO GENERAL MEETING IN JUNE, JULY, AUGUST			
SPEAKER: Stress Management	Tuesday, June 13th	10:00am	Community Rm/Ch98
SPEAKER: Funeral/Estate Planning	Tuesday, June 13th	11:00am	Community Rm/Ch98
ENTERTAINMENT: Guitarist	Wednesday, June 14th	4:00pm	Lounge
Mobile Market	Thursday, June 15th	1-2:30pm	Lounge
Pig Roast	Friday, June 16th	12:00pm	Back Lot of LM
OFFICE CLOSED	Monday, June 19th	All Day	Juneteenth
CLINIC: Health Drive Eye	Thursday, June 22nd	9:00am	Game Room
RA SOCIAL	Saturday, June 24th	4:00pm	Lounge
SPEAKER: Men's Health Q&A	Tuesday, June 27th	11:00am	Community Room/Ch98
CLINIC: OnSite Dermatology	Thursday, June 29th	2:30pm	Resident Apartments

Brenda's Bulletin



CLINICS

Blood Pressure:

Tuesday, 6/6 @ 1:15pm

OAA Podiatry:

Friday, 6/9 @ 12:30pm

HealthDrive EYE:

Thursday, 6/22 @ 9:00am

OnSite Dermatology:

Thursday, 6/29 @ 2:30pm

**Sign up with Brenda
to reserve your appointment*

SPEAKER:

*Cantelmi Long
Funeral Home*

FUNERAL/ESTATE PLANNING

Living Will | Healthcare Directive

Last Will & Testament

POA | Burial

Tuesday, 6/13 @ 11am

~COMMUNITY ROOM / CHANNEL 98

**Refreshments to be served*

***SIGN UP ON EVENTS FORM**



SPEAKER:



MEN'S HEALTH

~Lyndi Wieand, Weis Dietitian~

*Come join us for a Q & A about your
questions/concerns about Men's Health*

Tuesday, 6/27 @ 11:00am

~Community Room / Channel 98

**Refreshments to be served*

***SIGN UP ON EVENTS FORM**

**Clinics-sign up directly with Brenda*

**Entertainment & Speakers-sign up on 'Events Sign-Up Sheet'*

Brenda's Bulletin

SECOND HARVEST FOOD BANK

Must come down to the Lounge at 12:30pm to collect your food box.



Thursday, 6/1 @ 12:30p

Contact Brenda to see if you're eligible to receive a box.

BINGO

Join us for a fun game & prizes with Cherie from United Healthcare!

tuesday; 6/7 @ 10:30am

~COMMUNITY ROOM



Refreshments to be served

***SIGN UP ON EVENTS FORM**

ENTERTAINMENT:

**meredith
twardowski;
flautist**

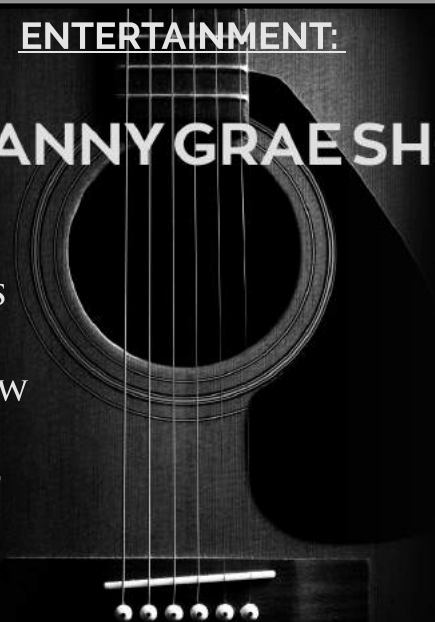
**MONDAY, 6/12 @ 11AM
~ LOUNGE**

***SIGN UP ON EVENTS FORM**

ENTERTAINMENT:

THE DANNY GRAE SHOW

ENJOY THIS
AMAZING
ACOUSTIC
GUITAR SHOW
WITH THE
SOUNDS
FROM PAST
DECADES



Wednesday, 6/14 @ 4pm

~ LOUNGE ~

***SIGN UP ON EVENTS FORM**

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

July Van Trips

			CHECK HERE
7/5	Wednesday	BANKS / Shopping at CVS / RITEAID / WALGREENS	10:00a_____
7/6	Thursday	Shopping at GIANT	10:00a_____
7/7	Friday	Ice Cream run to FAOUZI'S TALK OF THE TOWN	11:00a_____
7/10	Monday	Shopping at DOLLAR TREE 378	10:00a_____
7/10	Monday	Shopping at WALMART 248	2:00p_____
7/12	Wednesday	Shopping at WEGMANS	2:00p_____
7/13	Thursday	The Waterfront at Silver Birches: 'Shake, Rattle & Roll' (\$44 due to Brenda by 6/5)	9:00a_____
7/17	Monday	BANKS	10:00a_____
7/17	Monday	Shopping at TARGET	2:00p_____
7/18	Tuesday	Shopping at VALLEY FARM MARKET	10:00a_____
7/19	Wednesday	Dinner at MAD DOGS HOT DOGS	3:30p_____
7/21	Friday	Breakfast at SUPERIOR RESTAURANT	9:30a_____
7/24	Monday	Dinner at CUZIN'S PUB & GRILL	3:00p_____
7/25	Tuesday	Shopping at WEIS	10:00a_____
7/27	Thursday	Lunch at THE BAYOU	12:00p_____
7/31	Monday	Lunch & IceCream run to DINKY'S	11:00a_____

Full Name: _____

Phone#: _____ Apt#: _____

**VAN TRIP FORMS WILL BE COLLECTED STARTING AT 9:00 AM ON THURSDAY, JUNE 1ST*

Resident's Association

Resident's Association

COFFEE & DONUTS

Come mingle with your fellow neighbors while enjoying a cup of joe with some delicious donuts to start your day! \$1.00 each.

**SATURDAY, JUNE 3RD
@ 8:30AM**

CANCELED this month:

RA BREAKFAST



May - August
To resume in September

PINOCHLE



Until further notice

Resident's Association

SOUP & HOT DOGS

Come enjoy some drinks, delicious hot soup (\$3) and hot dogs (\$1.50) with all the fixings.

**SATURDAY, JUNE 10TH
@ 5:00PM**

RESIDENT'S ASSOCIATION

SOCIAL

Come one, come all to enjoy the festivities.
Donations appreciated.

Saturday, June 24th

@4:00pm

Resident's Association

BINGO

Come one, Come all! Enjoy the fun!

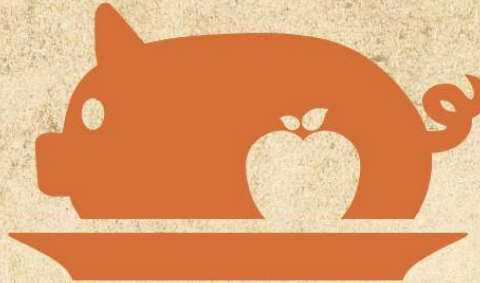
**Mondays
at 6:00pm**

Lounge



ANNUAL

PIG ROAST



FRIDAY
JUNE
16



**BEHIND LUTHERAN MANOR IN THE BACK
PARKING LOT. (WEATHER PERMITTING)**

EVENT FROM: 12:00 - 3:00PM

FOOD SERVED FROM: 12:00 - 2:00PM

**ENTERTAINMENT BY: ALEX BUONO BAND
FROM 12:30 - 3:00PM**

**ENJOY SOME PORK, HOT DOGS, BURGERS, VARIETY OF SALADS,
DEVILED EGGS, MAC AND CHEESE, REFRESHMENTS AND MORE.**

Please sign the slip below and return to the main
office no later than **THURSDAY, JUNE 8TH!**

NAME: _____

APT. #: _____

Event Sign-Up Sheet

Please **CHECK OFF** or **CIRCLE** which special event you would like to attend below:

Lutheran Manor Events				CHECK HERE
6/7	Tuesday	SPEAKER: <i>BINGO</i> <i>with Cherie from United Healthcare</i>	10:30a	_____
6/12	Monday	ENTERTAINMENT: <i>Flautist</i>	11:00a	_____
6/12	Monday	In-Person Movie: <i>'Shotgun Wedding'</i>	1:00p	_____
6/13	Tuesday	SPEAKER: <i>'Stress Management'</i>	10:00a	_____
6/13	Tuesday	SPEAKER: <i>'Funeral/Estate Planning'</i>	11:00a	_____
6/14	Wednesday	ENTERTAINMENT: <i>'The Danny Grae Show'</i>	4:00p	_____
6/27	Tuesday	SPEAKER: <i>'Men's Health Q&A'</i>	11:00a	_____
--	Appt. Only	<i>Vibration Therapy with Jacinda</i>	--	_____
--	Appt. Only	<i>Health Tracking with Jacinda</i>	--	_____

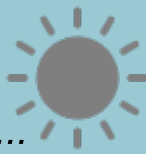
Resident's Association Events				CIRCLE HERE
6/24	Saturday	RA SOCIAL	4:00pm	1 person 2 person

Name(s): _____ Apt.#: _____

Phone Number: _____

Please return to the Main Office by Thursday, June 1st!

July Van Trips. . .



Listed below are the unique trips and what you should expect if you attend...

FAOUZI'S TALK OF THE TOWN:

Come enjoy some in-house made Italian Ice, Hard Ice-Cream, and over 60 Soft Serve flavors such as cheesecake, licorice, mango, green tea, kiwi, and many more!

Also on the menu are signature pies & Lebanese specialties.

There is no limit to creativity for your taste buds!

THE WATERFRONT AT SILVER BIRCHES: 'Shake, Rattle, & Roll'

A tribute to Dick Clark & American Bandstand featuring Group DuJour

11a-Arrive to coffee & apple streusel cake; shop Artisan jewelry, gifts, specialty foods

11:30a-Enjoy some music and dancing

12:00p-Open Bar with draft beer, wine and soda

12:30p-Buffer Service offering coffee cake, broccoli salad, house baked bread, roasted pork loin, wild rice pilaf, all beef meatloaf with gravy, yukon mashed potatoes, green bean salad, roasted vegetables, and cinnamon raisin rice pudding

2:00p-Enjoy more music and dancing

2:30p-Main Event featuring Group DuJour

Take a trip with a Rock 'n Roll show playing tunes from the '50s, '60s, '70s, and '80s, including a twist contest, a silly lyrics contest, crazy costumes, hoops & more

3:30p-Snack before departure

Come dressed in your favorite decade and boogie on!!

MAD DOGS HOT DOGS:

Enjoy decadent milkshakes & sundaes with over 27 different toppings and add the juiciest burger in town to your order. Doing traditional food in a non-traditional way!

Come and get it!

CUZIN'S PUB & GRILL:

Upscale tavern fare including made-from-scratch dishes, burgers, cheesesteaks, quesadillas, ribs, soups, salads, and deserts. The Chef takes pride and it shows.

Visit this little gem to enjoy the gourmet flair!

THE BAYOU:

A place where craft beer flows freely, the Southern food with a New Orleans flair delicious & plentiful, the atmosphere inviting, the prices fair...enjoy the best of the best!

Come unwind, socialize, eat and drink your fill!

DINKY'S ICE CREAM PARLOR & GRILL:

This 50's style parlor prides themselves on a quality product served in a fun, family atmosphere offering scrumptious burgers, hot dogs, nachos, homemade chili, and decadent ice cream creations.

Always leave with a smile on your face!