



Lutheran Manor of the Lehigh Valley March 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

Kevin R. - 3/20

WELCOME New Residents

- ~Georgia K, 4th Floor
- ~Felidelfida N, 6th Floor
- ~Alejandrina P, 11th Floor



GENERAL MEETING

Tuesday, March 8th
at 2:00pm

Lounge & Channel 98

Office Notes



Parking Spots During Winter

When snow is expected in the weather forecast, we may ask you to move your vehicle in order to clean the parking lot. We apologize for any inconvenience.

Reminder: Message Board

Please check channel 99 daily to stay up-to-date on COVID policies, building maintenance, etc.

RESIDENT'S ASSOCIATION:

Donuts & Coffee

Saturday, March 5th at 8:30am

\$1.00 each • Lounge



Join us for Fellowship

Bring your own projects...

- *Knitting
- *Crocheting
- *Embroidery
- *Hand Work



Every 1st & 3rd Friday starting
April 1st @ 2pm

~Game Room~

In celebration of
St. Patty's Day,
staff will be **Wearing Green**
and we ask that resident's
join in on the fun!!

Thursday, March 17th
All Day

Lutheran Manor MOVIES

Mondays at 1:00pm

Live-streamed on Channel 98

3/7 - 'HomeTeam'

3/14 - 'My Best Friend, Anne Frank'

3/21 - 'You Can't Take It With You'

3/28 - 'The Adam Project'

Movie Days

'Home Team'



Two years after NFL head coach Sean Payton is suspended, he goes back to his hometown and finds himself reconnecting with his 12-year-old son by coaching his Pop Warner football team.

MARCH 7TH

'My Best Friend, Anne Frank'



Based on the real-life relationship between Anne Frank and Hannah Goslar, from Nazi-occupied Amsterdam to their harrowing reunion in a concentration camp.

MARCH 14TH



'You Cant Take It With You'



Sweet-natured Alice Sycamore falls for banker's son Tony Kirby . But when she invites her snooty prospective in-laws to dinner to give their blessing to the marriage, Alice's peculiar extended family -- including philosophical grandfather Martin Vanderhof , hapless fledgling ballerina sister Essie and fireworks enthusiast father, Paul -- might be too eccentric

MARCH 21ST

'The Adam Project'



A time-traveling pilot teams up with his younger self and his late father to come to terms with his past while saving the future.

MARCH 28TH

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

Resident's Association



RESIDENT'S ASSOCIATION:
BREAKFAST
 in the Lounge

**MENU: 3 PANCAKES,
 2 SAUSAGE LINKS, 1 COFFEE, 1 JUICE**

Complete the form and place in a sealed envelope
 along with \$3 cash and slide it under Marge
 Bachemin's door, Apt 705 no later than Friday, 3/11

**Saturday, March 19th
 at 8:30am**



Resident's Association



Breakfast in the Lounge March 19th



FULL NAME: _____

PHONE: _____

APT#: _____

Please return this completed slip along with \$3 cash and slide under Marge Bachemin's door, Apt. 705, no later than Friday, March 11th

Resident's Association

RESIDENT'S ASSOCIATION:
SOCIAL
 in the Lounge
 Get your dancing shoes on
 & let's have fun!!
 4:00pm - Doors Open,
 5:00pm - Food: Shepherd's Pie,
 6:30pm - Entertainment: Dave & Brenda Duo
 Sunday, March 27th
 at 4:00pm



Resident's Association



Social in the Lounge
Wednesday, March 27th



Name: _____

Apt #: _____ Phone #: _____

Please return this completed slip to MAIN OFFICE no later than Friday, March 18th

From the Chaplain

THE BIBLE- TV Miniseries

THE BIBLE is a television miniseries which was broadcast in 2013 on the History channel. During Lent, we will view this 10-episode series which is based on familiar Bible stories from Genesis to Revelation.

~Each episode is approximately 45 minutes~

March 2nd - "IN THE BEGINNING" (Episode 1)

Creation; Noah and Abraham's faith in God

March 2nd @ 3pm - "EXODUS" (Episode 2)

Moses leads Israelites out of Egypt and later receives the 10 Commandments

March 9th - "HOMELAND"(Episode 3)

Joshua conquers Jericho; Delilah betrays Samson

March 9th @ 3pm - "KINGDOM" (Episode 4)

King Saul; David battles Goliath; King David & Solomon's Temple

March 23rd - "SURVIVAL" (Episode 5)

The Jews are enslaved in Babylon; Fiery Furnace; Daniel & the Lion's Den

March 23rd @ 3pm - "HOPE" (Episode 6)

Mary is told she will bear a child; Jesus is born; John the Baptist; Disciples are called

March 30th - "THE MISSION" (Episode 7)

Jesus resurrects Lazarus and many other miracles; Palm Sunday.

March 30th @ 3pm - "BETRAYAL" (Episode 8)

Caiaphas persuades Judas to betray Jesus; Last supper; Jesus is arrested.

** Last two episodes are on April 6th .*



WEDNESDAY, MARCH 16TH @ 2:00PM

WORSHIP DVD: SONSHINE MINISTRY

**Recorded at Calvary Baptist Church, Easton*

From the Chaplain

LENT...40 days preparing for Easter (BEGINS MARCH 2ND)

L= Let Go and Let God- Let God be God who frees us to place ourselves in His loving arms.

E= Embrace the season- Lent is a time to slow down for rest, reflection and revival of our souls.

N= Need to remember God's story- an incredible story of a God who loves us and wants to be in relationship with YOU and me.

T= Turn from those things that are NOT life -giving. What are the situations in your life that you need to turn from so you can turn towards God?



May you be blessed on your Lenten journey -Pastor Clark



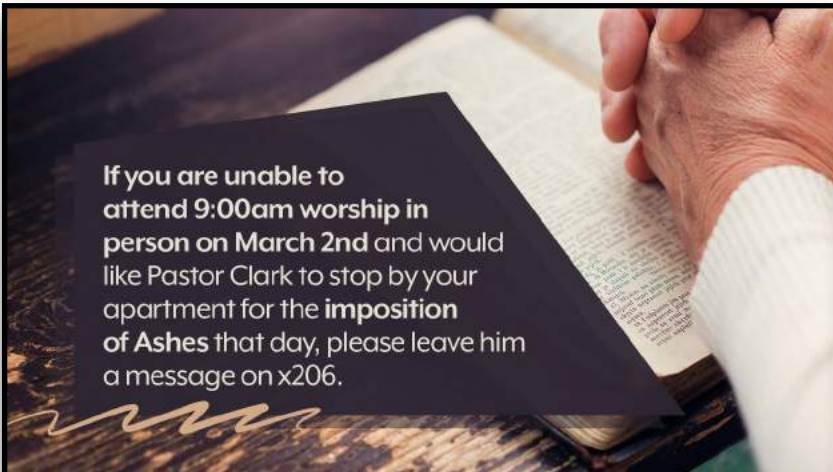
Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW & ALSO STREAMED ON CH 98.

COVID GUIDELINES WILL BE FOLLOWED

| | |
|------------------|---|
| Wednesday, Mar 2 | *ASH WEDNESDAY-9:00am* Pastor Clark, Chaplain |
| Thursday, Mar 3 | Pastor Jonny Villamar-Cornerstone Church, Easton (Spanish/English) |
| Thursday, Mar 10 | Pastor George Eckstein-St. Mark's UCC, Allentown 'Holy Communion' |
| Thursday, Mar 17 | Pastor Jay Wetzel, Lutheran Retired |
| Tuesday, Mar 22 | Father Bernard Ezaki-Notre Dame RC Church, Bethlehem |
| Thursday, Mar 24 | Pastor Larry Burd-Calvary Baptist, Easton |
| Thursday, Mar 31 | Pastor Richard Nahodil-Christ's EC, Allentown |

From the Chaplain



If you are unable to attend 9:00am worship in person on March 2nd and would like Pastor Clark to stop by your apartment for the **imposition of Ashes** that day, please leave him a message on x206.



PIANO TUNE-UP & REPAIR

Please do not enter the Community Room during this time

Friday, March 4th
12:00pm - 2:00pm



SUNDAY PRAISE

with David Garcia

Sunday, March 13th at 11:00am
Community Room & Channel 98



REMINDER: Catholic Worship

with Father Ezaki
is the 4th Tuesday of the month.
He will be here **Tuesday**,
March 22nd at 2:00pm



Pastor Clark MOVIES

Every Wednesday

Live-streamed on Channel 98

THE BIBLE - TV Miniseries

- March 2nd at 2:00pm - 'In The Beginning' (Episode 1)
- March 2nd at 3:00pm - 'Exodus' (Episode 2)
- March 9th at 2:00pm - 'Homeland' (Episode 3)
- March 9th at 3:00pm - 'Kingdom' (Episode 4)
- March 16th at 2:00pm - Sonshine Ministry
- March 23rd at 2:00pm - 'Survival' (Episode 5)
- March 23rd at 3:00pm - 'Hope' (Episode 6)
- March 30th at 2:00pm - 'The Mission' (Episode 7)
- March 30th at 3:00pm - 'Betrayal' (Episode 8)

Masks are required for EVERYONE when social distancing is not possible

Bellezza Salon and Spa

Bellezza SALON & SPA

MARCH SPECIALS

FACIALS

“In Like a Lion”

Take care of your winter skin from all the elements that the winter has given us.

“Out Like a Lamb”

With softer, younger looking skin.

30 minutes for \$25

60 minutes for \$40

EAR CANDLING

\$5.00 off for the month of March

Earwax builds up when wearing hearing aids and when using Q-tips. Let's get that wax cleared out.

REFERRAL PROGRAM

Get rewarded when you refer friends and family for a salon or spa service.

PUNCH CARDS

Receive a punch on your card for each service you get and receive a \$30 credit each time you fill up the card.

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.

Masks are recommended at all times

MARCH 2022

March 2022

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|---|
| | | 1 Mardi Gras 10:00 Exercise DVD (98) 11:00 Gentle Yoga w/ Mike 1:00 ENTERTAINMENT: Pianist 6:30 Bible Study with Bev Westwood | 2 9:00 Ash Wednesday 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 TARGET 12:30 Bible Study 1:00 CLINIC: BP 2:00 PastorMovie: Episode 1 2:00 Snacks/IceCream Sales 3:00 PastorMovie: Episode 2 | 3 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Everybody's Yoga w/ Dana 12:30 Second Harvest 2:00 Church (Spanish) | 4 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 QiGong TaiChi w/ Joanne | 5 8:30 Resident's Association COFFEE & DONUTS |
| 6 | 7 9:00 Walker's Club 9:30 RITEAID/CVS 10:00 Exercise DVD (98) 1:00 MOVIE: Home Team 6:00 Resident's Association Bingo | 8 10:00 Exercise DVD (98) 10:00 GIANT 11:00 Gentle Yoga w/ Mike 2:00 GENERAL MEETING 6:30 Bible Study with Bev Westwood | 9 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 INCOME TAXES 10a-3p 11:00 WALGREENS 12:30 Bible Study 2:00 PastorMovie: Episode 3 2:00 Snacks/IceCream Sales 3:00 PastorMovie: Episode 4 | 10 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Everybody's Yoga w/ Dana 1:00 CLINIC: OnSite Derm 2:00 Church | 11 9:00 Walker's Club 10:00 ATOWN FARM MKT/RITZ BBQ 10:00 Exercise DVD (98) 11:00 ENTERTAINMENT: Lorri & Jim 12:30 CLINIC: OAA | 12 |
| 13 Daylight Saving Begins 11:00 Sunday Praise with David Garcia | 14 9:00 Walker's Club 10:00 CRACKER BARREL 10:00 Exercise DVD (98) 1:00 MOVIE: My BFF, AnneFrank 6:00 Resident's Association Bingo | 15 10:00 Exercise DVD (98) 11:00 Gentle Yoga w/ Mike 11:00 WEIS 2:00 ENTERTAINMENT: Flautist 2:00 Snacks/IceCream Sales 6:30 Bible Study with Bev Westwood | 16 9:00 Walker's Club 9:30 BANKS 10:00 Exercise DVD (98) 12:30 Bible Study 1:45 LM BINGO 2:00 Snacks/IceCream Sales 2:00 Sonshine Ministry | 17 St. Patrick's Day 9:00 CLINIC: HealthDrive Eye 10:00 Chat Room 10:00 Exercise DVD (98) 10:00 RENT REBATES 10a-3p 11:00 Everybody's Yoga w/ Dana 12:00 ENTERTAINMENT: Jeff Krick, Jr. Irish Tunes 2:00 Church | 18 9:00 Walker's Club 9:30 WALMART 10:00 Exercise DVD (98) 10:00 QiGong TaiChi w/ Joanne 1:00 RENT REBATES 1p-4p | 19 8:30 Resident's Association BREAKFAST |

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

MARCH 2022

March 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|-----------|
| 20 Spring Begins | 21 9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 VALLEY FARM MKT 1:00 MOVIE: You Cant Take it with You 1:00 SPEAKER: Nutrition & Diabetes 6:00 Residents Association Bingo | 22 10:00 DOLLAR TREE 10:00 Exercise DVD (98) 11:00 Gentle Yoga w/ Mike 2:00 Church | 23 9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 ENTERTAINMENT: Card Making 12:30 Bible Study 2:00 Pastor/Movie: Episode 5 2:00 Snacks/IceCream Sales 3:00 Pastor/Movie: Episode 6 | 24 9:30 ALDI 10:00 Chat Room 10:00 Exercise DVD (98) 10:00 RENT REBATES 10a-3p 11:00 Everybody's Yoga w/ Dana 12:00 ENTERTAINMENT: Painting 2:00 Church | 25 9:00 Walker's Club 10:00 CHRISTMAS TREE SHOP 10:00 Exercise DVD (98) 10:00 QiGong TaiChi w/ Joanne 1:00 RENT REBATES 1p-4p | 26 |
| 27 4:00 Residents Association SOCIAL 4p-Open, 5p-Food, 6:30p-Music | 28 9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 ROSS 1:00 MOVIE: The Adam Project 6:00 Residents Association Bingo | 29 9:30 WEIS 10:00 Exercise DVD (98) 11:00 Gentle Yoga w/ Mike | 30 9:00 Walker's Club 10:00 Exercise DVD (98) 12:30 Bible Study 2:00 Pastor/Movie: Episode 7 2:00 Snacks/IceCream Sales 3:00 Pastor/Movie: Episode 8 5:00 OLIVE GARDEN | 31 10:00 Chat Room 10:00 Exercise DVD (98) 10:00 RENT REBATES 10a-3p 10:00 WEGMANS 11:00 Everybody's Yoga w/ Dana 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 | 12:30 PM | Community Room |
| Chat Room | Every Thursday | 10:00 AM | Community Room |
| Church | 4th Tues & Every Thurs (1st Thurs-Spanish Service) | 2:00 PM | Community Room/Ch98 |

Exercise Activities

| ACTIVITY | DAY(s) | TIME | PLACE |
|----------------------------|---------------|----------|--------------------|
| Everybody's Yoga with Dana | Thursdays | 11:00 AM | Exercise Room (98) |
| Exercise DVD | Monday-Friday | 10:00 AM | Channel 98 |
| Gentle Yoga with Mike | Tuesdays | 11:00 AM | Exercise Room (98) |
| Tai Chi with Joanne | Fridays | 10:00 AM | Exercise Room (98) |

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

March Activities

| | | | |
|---|--------------------------------|---------|---------------------|
| Bible Study with Bev Westwood | Every Tuesday until March 15th | 6:30pm | Game Room |
| 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 Breakfast | Every 3rd Saturday | 8:30am | Lounge |
| Van Trip Drop Off | Tuesday, Mar 1 | 9:00am | Brenda's Office |
| ENTERTAINMENT: Pianist | Tuesday, Mar 1 | 1:00pm | Community Rm/Ch 98 |
| CLINIC: BP Checks | Wednesday, Mar 2 | 1:00pm | Lounge |
| Second Harvest Food Bank | Thursday, Mar 3 | 12:30pm | Lounge |
| Piano Repair & TuneUp | Friday, Mar 4 | 12p-2p | Community Room |
| GENERAL MEETING | Tuesday, Mar 8 | 2:00pm | Lounge/Ch98 |
| CLINIC: Onsite Dermatology <i>*Sign up Required</i> | Thursday, Mar 10 | 1:00pm | Lounge |
| ENTERTAINMENT: Lorri & Jim | Friday, Mar 11 | 11:00am | Community Rm/Ch98 |
| CLINIC: OAA Podiatry <i>*Sign up Required</i> | Friday, Mar 11 | 12:30pm | Resident Apartments |
| Sunday Praise with David | Sunday, Mar 13 | 11:00am | Community Room |
| ENTERTAINMENT: Flautist | Tuesday, Mar 15 | 2:00pm | Community Rm/Ch98 |
| Lutheran Manor BINGO <i>*Sign up Required</i> | Wednesday, Mar 16 | 1:45pm | Lounge |
| CLINIC: HealthDrive Eye <i>*Sign up Required</i> | Thursday, Mar 17 | 9:00am | Game Room |
| ENTERTAINMENT: Irish Music | Thursday, Mar 17 | 12:00pm | Lounge/Channel 98 |
| ENTERTAINMENT: Card Making <i>*Sign up Required</i> | Wednesday, Mar 23 | 11:00am | Lounge |
| ENTERTAINMENT: Painting <i>*Sign up Required</i> | Thursday, Mar 24 | 12:00pm | Lounge |
| RA SOCIAL <i>*Sign up Required</i> | Sunday, Mar 27 | 4:00pm | Lounge |

Brenda's Bulletin

CLINIC:
Blood Pressure Checks from LifeSpring Home Care

Wednesday, March 2nd
at 1:00pm • Lounge



SECOND HARVEST

Please come down to Lounge to collect your food box.

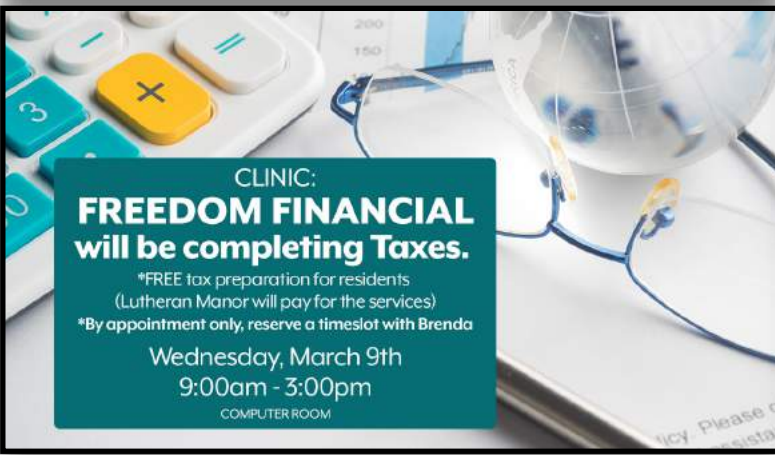
Thursday, March 3rd
at 12:30pm



CLINIC:
FREEDOM FINANCIAL will be completing Taxes.

*FREE tax preparation for residents (Lutheran Manor will pay for the services)
*By appointment only, reserve a timeslot with Brenda

Wednesday, March 9th
9:00am - 3:00pm
COMPUTER ROOM



CLINIC:
ONSITE DERMATOLOGY

In the comfort of your own home.

*By appointment only, Sign up with Brenda.

Tuesday, March 10th
at 1:00pm



CLINIC:
OAA Orthopedic Specialists

In the comfort of your own home.

*By appointment only,
Sign up with Brenda.

Friday, March 11th
at 12:30pm



CLINIC:
Health Drive EYE

*By appointment only, Sign up with Brenda

Thursday, March 17th
9:00am - 1:00pm
Game Room



Rent Rebates

State Representative McNeill's office will start appointments after March 17th

(Rent Certificates will be available AFTER March 15th)

****Contact Brenda to reserve your timeslot***

Eligible applicants are encouraged to visit my.path.pa.gov to electronically submit their applications. Should you need further assistance, please contact

610-266-1273.

PENNSYLVANIA PROPERTY TAX
or RENT REBATE PROGRAM
2021



Rebates for eligible seniors, widows, widowers and people with disabilities.

Brenda's Bulletin

Entertainment:

Jose Torres, Pianist

Performing Spanish &
English Christian Hymns

Tuesday, March 1st
at 1:00pm

Community Room
& Channel 98

ENTERTAINMENT:

Lorri & Jim DUET

Friday, March 11th
at 11:00am

Community Room
& Channel 98

ENTERTAINMENT:

Jeff Krick, Jr.

~ Irish Performance ~

'COME ONE, COME ALL'

Thursday, March 17th @ 12pm
Lounge

ENTERTAINMENT

Meredith Twardowski FLAUTIST

Tuesday, March 15th at 2:00pm

Community Room & Channel 98

ENTERTAINMENT:

Card Making Class with Eileen



Wednesday, March 23rd @ 11:00am

Lounge

**Limit of 10 per class; Sign up with Brenda*

ENTERTAINMENT:

Painting with a Twist with Judy Peters

Enjoy some wine with brushstrokes!

*Sign up with Brenda, limited to 10 people

Thursday, March 24th
at 12:00pm

Lounge

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

Brenda Pagan-Fontanez, Service Coordinator

610-866 -6010 x4

April Van Trips

LIMIT OF 15 PASSENGERS PER TRIP

| | | | |
|-------|-----------|--|------------|
| Apr 1 | Friday | Breakfast at PALACE RESTAURANT | 9:30am___ |
| Apr 2 | Saturday | Shopping at RITEAID/CVS Pharmacies | 10:00am___ |
| Apr 3 | Sunday | Dinner at Doughboys | 2:30pm___ |
| Apr 4 | Monday | BANKS _____ Write your bank name here | 10:00am___ |
| Apr 5 | Tuesday | Shopping at WEIS | 10:00am___ |
| Apr 6 | Wednesday | Shopping at VALLEY FARMERS MKT | 9:30am___ |
| Apr 7 | Thursday | Shopping at WALMART 248 | 10:00am___ |

NO VAN TRIPS APRIL 8-20

| | | | |
|--------|----------|---------------------------------------|------------|
| Apr 21 | Thursday | Shopping at GIANT | 9:30am___ |
| Apr 23 | Saturday | Shopping at GIANT | 10:00am___ |
| Apr 25 | Monday | Dinner at MARBLEHEAD CHOWDER HOUSE | 5:00pm___ |
| Apr 26 | Tuesday | Shopping at WEGMANS | 10:00am___ |
| Apr 28 | Thursday | Shopping at DOLLAR TREE 378 | 9:30am___ |
| Apr 29 | Friday | Shopping at ALDI | 10:00am___ |

*\$5.00 FEE WILL BE CHARGED FOR ANY CANCELLATIONS WITHOUT 24HR NOTICE

**VAN TRIPS WILL BE CANCELED IF LESS THAN FIVE RESIDENTS ARE SIGNED UP

Full Name: _____

Phone#: _____ Apt#: _____

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

Lutheran Manor BINGO



DATE: *Wednesday, March 16th*

TIME: *1:45 PM*

LOCATION: *Lounge*

Please note: Space is limited to 30 residents



Lutheran Manor BINGO



Wednesday, March 16th

Name: _____

Apt #: _____ Phone #: _____

Please return this completed slip to MAIN OFFICE no later than Friday, March 4th

Mike's Minute

"Nutrition Basics & Diabetes Prevention"

SPEAKER:

Come Join Lyndi Weiland, Dietician and Nicole Pezzino, Pharmacist as they discuss and enjoy a healthy cooking demonstration.

*Sign up with Mike

Monday, March 21st at 1:00pm

Community Room & Channel 98

American DIABETES ALERT DAY

Saturday, March 26th
All Day

Should You Exercise if You Have Arthritis?

Yes. In fact, exercise is a major component for the treatment of arthritis. While it may be difficult to exercise at certain parts of your day, performing any activity is better than none. The exercises that are best for you may depend on the type of arthritis you have, your overall health, and your medical history. This "How To" guide is designed to help you structure your daily exercise routine.

BENEFITS OF EXERCISE FOR ARTHRITIS:

- Reduced pain
- Improved range of motion
- Delay in progression of the disease
- Improved body composition
 - Weight management
- Increased muscle strength around the joint

EXERCISES TO TRY

The Arthritis Foundation recommends many exercises for people with arthritis. Listed below are a few exercises recommended by the Arthritis Foundation that you may find exciting:

WALKING

Walking on a treadmill or outdoors are great aerobic activities. Start walking in ten-minute increments, three times per week. If you can safely perform this, increase your time to 15 minutes, three times per week. Increase your time by five minutes per session until you can safely walk 30 minutes each time, three times per week. Avoid raising the incline on the treadmill too high and drink plenty of water.

YOGA

Yoga has been shown to be a great way to improve joint flexibility, increase strength, and reduce stress levels. Pick a yoga style that does not stress your joints. If a certain poses cause pain in the affected joint, rest quietly until the next pose begins. If you have severe symptoms of arthritis, consider chair-style yoga. level that feels comfortable for you.

EXERCISES TO TRY

The Arthritis Foundation recommends many exercises for people with arthritis. Listed below are a few exercises recommended by the Arthritis Foundation that you may find exciting:

ELLIPTICAL EXERCISE

This machine is designed to reduce the amount of stress on your joints, mainly the knees, which makes this a great alternative to walking. Start with ten minutes, three times per week. Progress in five-minute increments per week until you can safely do 30 minutes, three times per week. Start at the lowest level that feels comfortable for you.

STRENGTH TRAINING

Weight training has been shown to be effective for maintaining or improving strength.

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

Mike Hertzler 610-866 -6010 x208

Garden Plots

We will begin accepting
Garden Plot Registration slips
on Mar 1st until Mar 11th.
Due to the limited space,
requests are on a **FIRST COME,
FIRST SERVE** basis.

Plots will be assigned on March 18th.



Garden Plot Registration

****DO NOT*** leave slip in mailbox;

Must be handed directly to a staff member

Please return this completed slip to MAIN OFFICE no later than Friday, March 11th.

Name: _____

Apt #: _____ Phone #: _____

If you acquired a space last year, would you like the same one this year?

CIRCLE - YES or NO



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door