

March 2017

Hi Lites of Lutheran Manor





NEW RESIDENTS

Joseph Johns 1015

Susan Knecht 503

March 1 (Wednesday)

Van Trip Paper drop off

7:00 a.m.

Lounge

Devotions-Ashes

9:00 a.m.

Lounge

Exercise

10:00 a.m.

Lounge

Bible Study

12:30 p.m.

Lounge

Piano Playing

3:00 p.m.

Lounge

Bingo @Lehigh Valley Active Life

5:15 p.m.

Van Trip

March 2 (Thursday)

Chat Room

10:00 a.m.

Lounge

Rev. David Wickmann, Moravian

2:00 p.m.

Lounge

Dinner @Carrabba's Italian Grill

4:30 p.m.

Van Trip

Blood Pressure Check

6:00 p.m.

Lounge

Prayer Time

6:30 p.m.

Lounge

March 3 (Friday)

Lounge Cleaning

7:00 a.m.

Lounge

(Lounge & Laundry Rm CLOSED till 9:45 am)

Rent Rebate

10:00 a.m.

Conf Rm

Banks, CVS, \$ Store, Post Office

9:30 a.m.

Van Trip

Yoga

10:00 a.m.

Lounge

Tai Chi

12:45 p.m.

Lounge

Second Harvest Food Box

1:00 p.m.

Lounge

Wii Bowling

5:30 p.m.

Lounge

March 4 (Saturday)

Coffee & Donuts

8:00 a.m.

Lounge

Pinocle Party

12:30 p.m.

Lounge

March 5 (Sunday)

Sunday Praise

1:00 p.m.

Lounge

March 6 (Monday)

Breakfast @Tic Toc Family

9:00 a.m.

Van Trip

Restaurant/Walmart

Exercise

10:00 a.m.

Lounge

Movie-Bad Moms

1:00 p.m.

Conf Rm

Bingo

6:00 p.m.

Lounge

March 7 (Tuesday)

Massage

9:00 a.m.

Conf Rm

***Lunch @Red Robins/Movie
at Carmike***

11:30 a.m.

Van Trip

Computer Class

1:00 p.m.

Comp Rm

Rev. James Harper, Notre

2:00 p.m.

Lounge

Dame RC, Bethlehem

March 8 (Wednesday)

Exercise

10:00 a.m.

Lounge

Bible Study

12:30 p.m.

Lounge

Line Dancing

2:00 p.m.

Lounge

March 8 (Wednesday)	Piano Playing	3:00 p.m.	Lounge
	<i>Dinner @Red Lobster Restaurant</i>	<i>4:00 p.m.</i>	<i>Van Trip</i>
March 9 (Thursday)	Chat Room	10:00 a.m.	Lounge
	Speaker-Lanta Bus	2:00 p.m.	Lounge
	<i>Tri-Boro Spaghetti Night Dinner</i>	<i>4:45 p.m.</i>	<i>Van Trip</i>
March 10 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
	(Lounge & Laundry Rm CLOSED till 9:45 am)		
	Rent Rebate	10:00 a.m.	Conf Rm
	Yoga	10:00 a.m.	Lounge
	Tai Chi	12:45 p.m.	Lounge
	<i>Dinner @Ritz Barbecue/Allentown</i>	<i>4:00 p.m.</i>	<i>Van Trip</i>
	<i>Farmers Market</i>		
	Wii Bowling	5:30 p.m.	Lounge
March 11 (Saturday)	FREE Breakfast/RSVP required	8:30 a.m.	Lounge
	<i>Lunch @Ruby Tuesday/Shopping</i>	<i>11:00 a.m.</i>	<i>Van Trip</i>
	<i>@Lehigh Valley Mall</i>		
March 12 (Sunday)	Daylight Saving Time begins		
	<i>Giant</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
March 13 (Monday)	Exercise	10:00 a.m.	Lounge
	Committee Meeting	1:30 p.m.	Conf Rm
	<i>Dinner @Doughboys</i>	<i>4:00 p.m.</i>	<i>Van Trip</i>
	Bingo	6:00 p.m.	Lounge
March 14 (Tuesday)	General Meeting	2:00 p.m.	Lounge
	(10th Floor responsible for snacks)		
March 15 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
	Birthday Party -Rehrig Bros.	5:00 p.m.	Lounge
March 16 (Thursday)	DVD-Danny O'Donald	10:00 a.m.	Lounge
	Worship Service, Richard Kuhn , Resident	2:00 p.m.	Lounge
	<i>Good Shepherd Aquatic Pool</i>	<i>4:00 p.m.</i>	<i>Van Trip</i>
	<i>Program Cost:\$8.00 (Physician Waiver required)</i>		
	Prayer Time	6:30 p.m.	Lounge
March 17 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
	(Lounge & Laundry Rm CLOSED till 9:45 am)		
	Rent Rebate	10:00 a.m.	Conf Rm
	Yoga	10:00 a.m.	Lounge
	<i>Lunch @Tilted Kilt Pub & Eatery</i>	<i>11:00 a.m.</i>	<i>Van Trip</i>
	Tai Chi	12:45 p.m.	Lounge
	Wii Bowling	5:30 p.m.	Lounge

March 18 (Saturday)	Soup & Hotdogs-Rob & Marty	5:00 p.m.	Lounge
March 19 (Sunday)	<i>Grease-Catasauqua Area High Sch</i>	<i>12:30 p.m.</i>	<i>Van Trip</i>
March 20 (Monday)	<i>Shop-Rite Freemansburg Ave</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Watercolor Class	1:30 p.m.	Lounge
	Bingo	6:00 p.m.	Lounge
March 21 (Tuesday)	AARP TAXES	9:00 a.m.	Lounge
	<i>Hunterdon Hills Playhouse-Born Yesterday, Cost: \$62.00</i>	<i>10:00 a.m.</i>	<i>Van Trip</i>
March 22 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Line Dancing	2:00 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
March 23 (Thursday)	Chat Room	10:00 a.m.	Lounge
	Rev. Rick Sergi, Emmanuel EC, Bethlehem	2:00 p.m.	Lounge
March 24 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
	(Lounge & Laundry Rm CLOSED till 9:45 am)		
	<i>Breakfast @The Palace/Valley Farms</i>	<i>9:00 a.m.</i>	<i>Van Trip</i>
	Rent Rebate	10:00 a.m.	Conf Rm
	Yoga	10:00 a.m.	Lounge
	Tai Chi	12:45 p.m.	Lounge
	Wii Bowling	5:30 p.m.	Lounge
March 25 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
	<i>Pig Stomach Dinner @Jacob's Church Cost: \$13.00</i>	<i>2:30 p.m.</i>	<i>Van Trip</i>
March 26 (Sunday)	Social-Pete Begley	5:00 p.m.	Lounge
March 27 (Monday)	<i>Weis Market</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	Movie-Bad Moms	1:00 p.m.	Conf Rm
	Bingo	6:00 p.m.	Lounge
March 28 (Tuesday)	<i>Lunch @Applebee's Restaurant</i>	<i>11:00 a.m.</i>	<i>Van Trip</i>
	Computer Class	1:00 p.m.	Comp Rm
March 29 (Wednesday)	<i>Shopping @Kmart/Payless/ Lunch @Wind Gap Diner</i>	<i>9:30 a.m.</i>	<i>Van Trip</i>
	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
March 30 (Thursday)	Chat Room	10:00 p.m.	Lounge
	Rev. J.R. Martinez, St John's EC, Allentown	2:00 p.m.	Lounge

March 30 (Thursday)

*Good Shepherd Aquatic Pool
Program Cost: \$8.00 (Physician
waiver required)*

4:00 p.m.

Van Trip

March 31 (Friday)

Rent Rebate

10:00 a.m.

Conf Rm

Yoga

10:00 a.m.

Lounge

Tai Chi

12:45 p.m.

Lounge

*Dinner @Marblehead Chowder
House Restaurant*

4:30 p.m.

Van Trip

Wii Bowling

5:30 p.m.

Lounge

Have a great month.



DAYLIGHT SAVING TIME IS

March 12th!

**Set your clocks forward
one hour.**



Friday, March 17th

**Don't forget to
wear your *GREEN*.**



WATERCOLOR CLASS

Monday, March 20

**1:30 pm
in the Lounge**

Sign up required.



Our Activities

<u>Activity</u>	<u>Dates</u>	<u>Time</u>	<u>Place</u>
Bingo	Every Monday	6:00 p.m.	Lounge
Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Church	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 p.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Lounge
Line Dancing	Every other Wednesday	2:00 p.m.	Lounge
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Lounge
Prayer Time	1st & 3rd Thursday of each month	6:30 p.m.	Lounge
Yoga	Every Friday	10:00 a.m.	Lounge
Tai Chi	Every Friday	12:45 p.m.	Lounge
Wii Bowling	Every Friday	5:30 p.m.	Lounge
Sunday Praise	Every 1st Sunday	1:00 p.m.	Lounge



2017

Saturday	4/1	Coffee & Donuts	8:00 a.m.
Saturday	4/1	Pinochle Party	12:30 p.m.
Saturday	4/15	Soup & Hot Dogs-Rehrig Brothers	5:00 p.m.
Sunday	4/30	Social-Steel City	5:00 p.m.



Claudie's



Corner



Carmen Bell from **LANtaBus**

will be here on Thursday, March 9, 2017

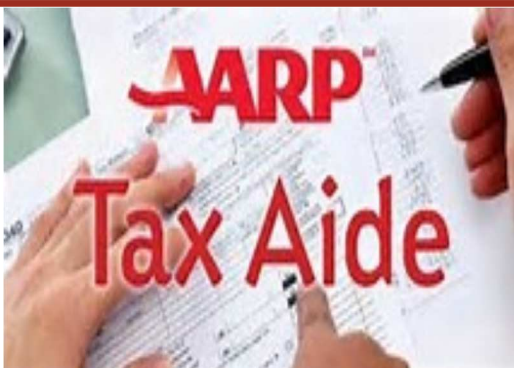
2:00 pm in the Lounge

Seniors, aged 65 and older, are able to ride any of the buses anywhere for **FREE** of charge. It's a relatively simple process to get registered with us. Come down to hear all the great information about LantaBus.



If you are interested in getting a **RENT REBATE**, please make sure to call Claudie for an appointment.

**We will be doing Rent Rebates
Every Friday in March, from
10:00 am –3:00 pm
In the Conference Room**



AARP TAX PREPARATION

The AARP Income Tax Volunteers will be here to provide **FREE** Income Tax preparation & Rent Rebates.

Tuesday, March 21, 2017

9:00 am—12:00 pm

If you are interested in getting your **Taxes & Rent Rebates** done, please make sure to call Claudie for an appointment.

Computer Class



Tuesday,
Mar 7 & 28
1-3 pm

Sign up required.

Tai Chi



Friday
at 12:45 pm
in the Lounge

YOGA



Every Friday
10:00 am
in the Lounge

Piano Playing & Singing

with Gladys



Every Wednesday
3pm
in the Lounge



Birthday Party
Wednesday, March 15
"RESIDENTS ONLY"

Cake & Coffee at 5pm
Entertainment by:
Rehrig Bros 6pm

Therapy Dog

Monday, Mar 27
11:00 am
in the lounge.



Coffee & Donuts

Saturday, March 4th

8:00 a.m. to 10:30 a.m.
\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family



MASSAGE

Tuesday, March 7th

9:00-2:00 pm

If you are interested in getting a
massage please **sign-up**
with Claudie.

Price: \$20.00 1/2 hour
\$40.00 1 hour
Conference Room

Chair Massage

also available.

Blood Pressure Check

Thursday, March 2
6:00 p.m.
in the Lounge.



Linda will be here to do
MANICURES
Saturday, March 25

See Claudie for an appointment.



EXERCISE

Every Mon & Wed
10:00 am
in the Lounge.



WALKERS CLUB

will be taking a winter break. We will resume
in **April 2017**.

NOW SHOWING

BAD MOMS

Monday, March 6
&
Monday, March 27
1pm in the Conference Room



When three overworked and under-appreciated moms are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence.



Prayer Time

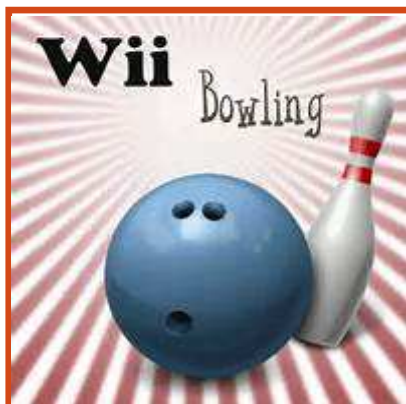
1st & 3rd Thursday
of each month
In the Lounge
6:30-7:30 pm
Everyone is Welcome!

Coordinators: Bev Westwood &
Loretta Mollo

SNACK STAND

Snacks available every
Monday & Wednesday
From 3-6pm
In the Main Lobby





Every Friday
At 5:30 pm
In the Lounge



Soup & Hot Dogs
Saturday, Mar 18
5 p.m.

SOUP: New England Clam Chowder \$3.00
HOT DOGS: Plain, Sauerkraut, or Chili \$1.50
RED BEET EGGS: .50
DESSERT: Ice Cream & Strawberries \$2.50
SODA OR COFFEE: \$1.00



Every Monday
6pm
In the Lounge

BINGO

Entertainment by:
Rob & Marty

50/50 Drawing
Friends and Family
are Welcome!



Line Dancing

Peggy Sue Tobias will be here on
Wednesday, March 8 & 22
From: 2-3pm
In the lounge

to teach you how to line dance. Wear
 comfortable clothes & leather sole
 shoes. No sneakers. No partner needed.
 Dancing is a stress reliever.

Let's have fun!



Sunday Praise

Sunday, March 5
1pm
in the Lounge

Join David Garcia
for a time of reflection and
praise to God with Christian
songs, Scripture and prayer.



Everyone is
welcome.

4pm Doors Open

5pm Refreshments

6pm Entertainment

The Resident's Association

Sunday Social

Sunday, March 26, 2017



Donations
requested.

Entertainment by: Pete Begley

Free Breakfast

On behalf of the Resident's Association

Saturday, March 11, 2017

8:30am—10:00 am

In the lounge



This Breakfast is an opportunity for Residents to get
to know your neighbors.



"FREE BREAKFAST"

Saturday, March 11, 2017

Place slip in a sealed envelope and slide it under Marge Bachemin's
door Apt #705.

Name: _____ Apt# _____

Deadline for reservations is Wednesday, March 8th. **No exceptions.**



Spring Bazaar

Spring Bazaar is *May 6*, it will be here before you know it.

We need **Bakers & lots of helpers**. If you are interested in helping out please see **Ken Clifford in Apt #106**.

Thank you!



Garden Plots

If you are interested in having a **garden plot** this year, please fill out the form below and bring it to the **Main Office** by **March 10th**.

Due to limited space, requests are first come first serve basis.



I would like to ***reserve a garden plot***.

NAME: _____

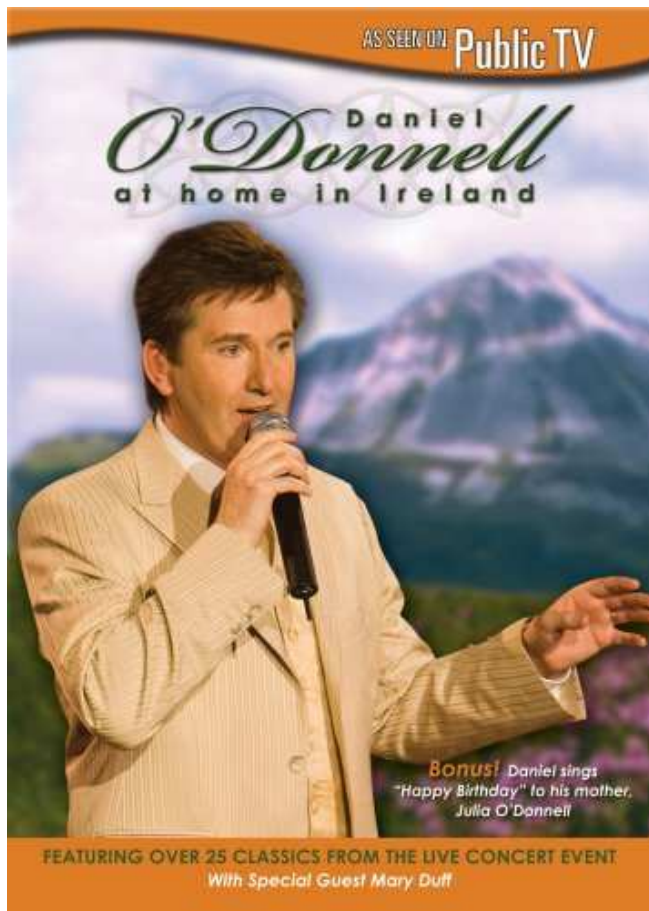
APT# _____

PHONE: _____



I would like to keep the same spot I had last year: _____ Yes _____ NO

Management will assign plots by **March 17**.



DANIEL O'DONNELL AT HOME IN IRELAND -DVD

THURSDAY, MARCH 16th at 10 AM

LUTHERAN MANOR LOUNGE

Daniel O'Donnell shares the sights and sounds of his homeland in this wonderful concert special filmed at the Letterkenny Performance Hall in county Donegal.

Journey to breathtaking Ireland and visit some of Daniel's favorite locations where he performs renditions of "Destination Donegal," "Belfast," "Dear Old Galway Town" and many more. Daniel also sings an

Some of the reviewers said...

"Interesting visit to Ireland included in this one. Music superb as always."

"I love this DVD. Perhaps because I love Daniel. He is so warm and natural. I love his way of mastering the whole stage as he performs. His combination of Irish and country is just right. Songs with Mary Duff are lovely and fun. His entire group of musicians completes the picture. The segment with his Mother was sweet and said so much about him. The scenes of Ireland were breathtaking. This is a keeper."



"Love that Irish music as sung by Daniel. The tribute to his Mother was heart warming. Daniel has always laid his heart out for his fans."

REFRESHMENTS WILL BE SERVED!

-sponsored by the Chat Room





What Are You Giving Up?

LENT is a 40 day period for Christians (not counting Sundays) between Ash Wednesday (March 1st) and Holy Saturday (April 15th). In recognition of Christ's sacrifice on Good Friday, Lent has become a time for sacrifice, for living differently, as we are invited to a deeper understanding and worship of the Living God.

Often you find people "giving up things" during Lent that they indulge in too frequently. For some, it's things like chocolate or sweets, for others it's cutting down on time on social networking sites or TV, and for many it is about cutting out the things that distract us from God.

Sometimes you will hear— instead of "giving something up" for Lent, "take something up" for Lent. This might be a new spiritual practice, such as daily prayer, devotion, or Bible reading; a service activity; or some other way that we seek to turn ourselves outward toward God and neighbor, in ways that may help us encounter Christ in our daily life. We do these sorts of things —" taking up or letting go" – not in order to gain favor with God, or earn points toward our salvation, but in order to open up a new space in our life where the Holy might be experienced.

What might you do this Lenten Season to open that door to the Holy?

It is my prayer that whatever your Lenten practices this year, you will find new life, new growth, and be deepened in your faith as you come to know God's love and mercy, so that your lives may be light to others.

-A Blessed Lent, Pastor Clark

WORSHIP IN MARCH- 2pm (except Ash Wednesday) in the Lounge

Ash Wednesday, March 1st, 9 am* Imposition of Ashes – Chaplain Clark

Thursday, March 2nd, Rev. David Wickmann, Moravian, retired

Tuesday, March 7th, Rev. James Harper, Notre Dame RC , Bethlehem

Thursday, March 16th, Richard Kuhn, resident

Thursday, March 23rd, Rev. Rick Sergi, Emmanuel EC, Bethlehem

Thursday, March 30th, Rev. J.R. Martinez, St. John's EC, Allentown

BIBLE STUDY- Weekly at 12:30pm every Wednesday in the Lounge.

CHAT ROOM – Weekly at 10 am every Thursday in the Lounge.

SUNDAY PRAISE... a time of Song, Scripture and Prayer- March 5th

@ 1pm

PRAYER TIME- 1st and 3rd Thursdays at 6:30-7:30 pm in the Lounge.

DANIEL O'DONNELL IN IRELAND (DVD) on Thurs. March 16th at 10 am. Refreshments will be served by the Chat Room. Come, enjoy!

(See more info in this *HILites*)





Special Events & Speakers

I want to sign up to attend the following special events and speakers.....

(check off ☒ what you want to attend)

Movie– BAD MOMS (Pick one time only!)

_____ Monday, March 6 at 1pm-Be in your seat by 12:45pm.

_____ Monday, March 27 at 1pm-Be in your seat by 12:45pm.

Computer Class with Nancy

_____ Tuesday, March 7 at 1:00 pm

_____ Tuesday, March 28 at 1:00 pm

Line Dancing

_____ Wednesday, March 8 at 2:00 pm

_____ Wednesday, March 22 at 2:00 pm

Speakers

_____ **LantaBus** Thursday, March 9 at 2:00 pm

Massage with Jenn (An appointment time will be assigned to you!)

_____ Tuesday, March 7 starting at **9:00am**

Manicures with Linda (An appointment time will be assigned to you!)

_____ Saturday, March 25 between 9:30am-5:00pm

Watercolor Class

_____ Monday, March 20 at 1:30 pm

RENT REBATE

_____ Friday, Starting March 3rd **by appointment ONLY.**

AARP TAXES

_____ Tuesday, March 21 **by appointment ONLY.**

Complete and return this form when you turn in your van trip sign up sheet!

NAME: _____ APT# _____



Van Trips



April 2017

DATE	DAY	TRIP	TIME
April 2	Sunday	Linda Ronstadt Tribute –Wind Gap Cost: \$10.00/Dinner @Gap Diner	1:30 p.m.____
April 3	Monday	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
April 4	Tuesday	Breakfast @Hometown Diner/Walmart	9:00 a.m.____
April 5	Wednesday	Shopping @ Plymouth Meeting Mall/Lunch	10:00 a.m.____
April 6	Thursday	Lunch @ Sam Owens Restaurant in Coplay	11:00 a.m.____
April 10	Monday	Shop-Rite Freemansburg Ave –Easton	9:30 a.m.____
April 12	Wednesday	Leesport Flea Market/Lunch	8:30 a.m.____
April 13	Thursday	Tri-Boro Spaghetti Night Dinner	4:45 p.m.____
April 17	Monday	Weis Market	9:30 a.m.____
April 18	Tuesday	Shopping @Kmart Lunch @Sal's Pizza Restaurant Wind Gap	10:30 a.m.____
April 19	Wednesday	Breakfast @The Palace/Valley Farms	9:00 a.m.____
April 20	Thursday	Good Shepherd Aquatic Pool Program, Cost: \$8.00 (Physician waiver required)	4:00 p.m.____
April 21	Friday	Lunch @Cracker Barrel Restaurant	11:00 a.m.____
April 24	Monday	Giant Market	9:30 a.m.____
April 25	Tuesday	Lunch @Pied Piper Diner/Zionsville Antique	10:30 a.m.____
April 26	Wednesday	Bingo at Lehigh Valley Active Life	5:15 p.m.____
April 27	Thursday	Good Shepherd Aquatic Pool Program, Cost: \$8.00 (Physician waiver required)	4:00 p.m.____
April 29	Saturday	The Gilbert's Sing for America-Big Fish Cost: \$12.00	1:15 p.m.____

Please fill out the form and bring to my office, I will start collecting forms at 7 a.m. on the first day of the month.












Name: _____ Apt: _____

PLEASE CANCEL WITHIN 24 HOURS OF YOUR REQUESTED TRIP SO WE CAN CALL THE NEXT RESIDENT ON OUR WAITING LIST.

A \$5 FEE will be required for NO SHOWS without cancelations.

March 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:00 Van Trip Papers 9:00 Devotions-Ashes 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	2 10:00 Chat Room 2:00 Rev David Wickmann, Moravian, Retired 6:00 Blood Pressure 6:30 Prayer Time	3 10:00 Rent Rebate 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 5:30 Wii Bowling	4 8:00 Coffee & Donuts 12:30 Pinochle Party 
5 1:00 Sunday Praise 	6 10:00 Exercise 1:00 Movie -Bad Moms 6:00 Bingo	7 9:00 Massage 1:00 Computer Class 2:00 Rev James Harper, Notre Dame RC, Bethlehem	8 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing	9 10:00 Chat Room 2:00 Speaker -LantaBus	10 10:00 Rent Rebate 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	11 8:30 FREE Breakfast 
12 Clock Forward 	13 10:00 Exercise 11:00 Committee Mtg 6:00 Bingo	14 20:00 General Meeting 	15 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 5:00 Birthday Party	16 10:00 DVD-Danny O'Donald 2:00 Worship Service, Richard Kuhn, Resident 6:30 Prayer Time	17 10:00 Rent Rebate 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	18 5:00 Soup & Hotdogs 
19	20 FIRST DAY OF SPRING 10:00 Exercise 1:30 Watercolor Class 6:00 Bingo	21 9:00 AARP TAXES 	22 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing	23 10:00 Chat Room 2:00 Rev Rick Sergi, Emmanuel EC, Bethlehem	24 10:00 Rent Rebate 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	25 9:30 Manicures 
26 5:00 Social 	27 10:00 Exercise 11:00 Therapy Dog 1:00 Movie -Bad Moms 6:00 Bingo	28 1:00 Computer Class	29 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing	30 10:00 Chat Room 2:00 Rev J.R. Martinez, St John's EC, Allentown	31 10:00 Rent Rebate 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	