



# Lutheran Manor of the Lehigh Valley

2085 Westgate Drive, Bethlehem, PA, 18017

## Office Hours

Monday-Thursday

8:30AM-4:30PM

Friday 8:30AM-1:00PM

## Employee Birthdays

Kierra V. - 3/1

Kevin R. - 3/20

## General Meeting

Tuesday, March 9th

Channel 98

**Wear Green  
Day!**

*Friday March 5<sup>th</sup>*



## Welcome New Residents

Maria Delourdes Calderon - 318

Sandra Takacs - 615

Patrick Rogan - 1004



# March 2021

# Office Notes



**\*\*\*BY APPOINTMENT ONLY\*\*\***

**TIME: 3-5 PM LOCATION: Lounge**

**Appointment slips will be given out by the office**



## **LIVE-STREAMING**

**ALL Educational Videos, Movies  
& Church Services will be  
live-streamed on  
Channel 98.**

**Watch Channel 99, the message  
board & bulletin boards for times,  
dates & topics.**



# 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** starting March 1<sup>st</sup>.

**We will begin accepting slips on March 1<sup>st</sup> until March 12<sup>th</sup>  
Plots will be assigned March 19<sup>th</sup>, 2021!!!**

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



## Garden Plot Registration

**Please return slip to Main Office No later than  
Friday, March 12th.**

**Please do not leave slip in Mailbox  
Slips must be handed in to  
Office Staff**

Full Name: \_\_\_\_\_

APT#: \_\_\_\_\_

Phone: \_\_\_\_\_

**If you had a space last year, would you like the same one?**

**CIRCLE: Yes or No**

# Apartment Inspection

We are required by the Department of Housing and Urban Development to bi-annually inspect all equipment in Lutheran Manor's units. This inspection will include plumbing, heating/AC. electrical, appliances, windows, carpeting and paint. Due to our tight schedule, the maintenance department will start their inspections at

8:30 AM on the following dates:

<b>Tuesday, March 30<sup>th</sup></b>	<b>Floors, 9, 10, 11</b>
<b>Wednesday, March 31<sup>st</sup></b>	<b>Floors 6, 7, 8</b>
<b>Thursday, April 1<sup>st</sup></b>	<b>Floors 3, 4, 5</b>
<b>Friday, April 2<sup>nd</sup></b>	<b>Floors 1,2</b>

You **DO NOT** need to do anything for this inspection. You **DO NOT NEED TO BE HOME**. If you are not home on these dates, maintenance will enter your apartment and do their inspection. Thank you in advance for your cooperation. Should you have any concerns or conflicts, please visit the main office.

***Maintenance Department - Ken, Donny, Kevin***

# Movie Days

## *Movie 1: Philomena*



**Friday, March 12th 1:00 PM**

In 1952, Irish teenager Philomena (Judi Dench) became pregnant out of wedlock and was sent to a convent. When her baby, Anthony, was a toddler, the nuns took Philomena's child away from her and put him up for adoption in the United States. For the next 50 years, she searched tirelessly for her son.

## *Movie 2: Brooklyn*



**Monday, March 15th 1:00 PM**

Young Irish immigrant Eilis Lace (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City.

## *Movie 3: Leap Year*



**Monday, March 22nd 1:00 PM**

When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans.

## *Movie 4: Catch me if you Can*

leonardo dicaprio tom hanks

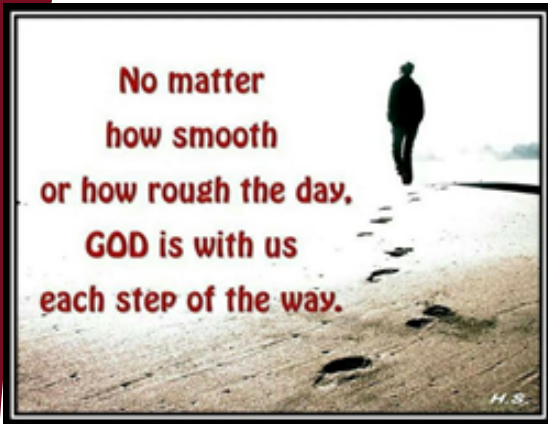


**Friday, March 26th 1:00 PM**

Frank Abagnale, Jr. (Leonardo DiCaprio) - A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.

**All movies will be live-streamed on channel 98**

# From the Chaplain



As we study the Book of Psalms in Bible Study, we see that the saints of old struggling with the same issues as we do. Throughout the centuries the psalms speak TO us and FOR us.

For example, Psalm 121 is titled a "Song of Ascent". I have learned that this "ascent" was referring to the journey religious pilgrims took up to Jerusalem as they sang these psalms. I have never been there myself, but I am told it is an uphill hike and that the grade is not slight. I feel many of us today believe

we are at a point in time on an uphill journey.

The final two verses of Psalm 121 remind me of something we find many times in the Psalms...strong, declarative language and statements. There is **certainty** in what is said, not "God 'might' do this or 'may' do that, but "God WILL!"

For me, during all that is going on in our world, especially the Covid pandemic, there is a confident, needed reminder in Psalm 121 that we are not on this journey alone. While we may feel that little is certain in these days, one thing is certain: God was with us before this pandemic, God is with us now during this pandemic and God will be there with us after this pandemic. *Thanks be to God. Pastor Clark*

## **MARCH WORSHIP AT 2 PM WEEKLY ON CHANNEL 98**

**Tuesday, March 2-**Father Kevin Bobbin, Notre Dame RC Church, Bethlehem

**Thursday, March 4-** (Spanish)- Pastor Jonny Villamar, Cornerstone Church, Easton

**Thursday, March 11-** Pastor Larry Humberd, LV Grace Brethren, Bethlehem

**Thursday, March 18-**Pastor Beth Goudy, Metropolitan Community Church, Bethlehem

**Thursday, March 25-** Holy Communion- Pastor Dan Brettell, St. Paul Lutheran, Easton

**Wednesday, March 31 \*9:00 AM\***- Calvary Baptist Sunshine Ministry DVD- Pastor Jack Tanis- Message: The Resurrection of our Lord.

**BIBLE STUDY**- Psalms- Every Wednesday at 12:30 PM

**LIVE-STREAMED ON CHANNEL 98**

# From the Chaplain

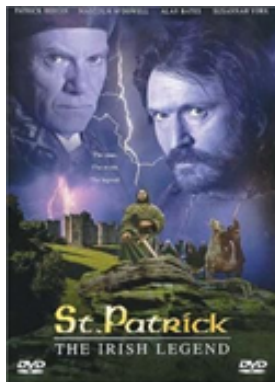
## Bible Stories Collection: DAVID



**Wednesday, March 3rd 2:00 PM**

David is a simple shepherd boy chosen as king of Israel. His rise to power is met with test of adversity. David's 40-year rule is plagued by tremendous battles, betrayals and loss -- from his forbidden & passionate love with Bathsheba to his struggles with enemies both within & without.

## St. Patrick: The Irish Legend

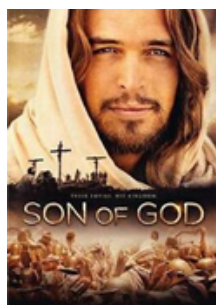


**Wednesday, March 17th 2:00 PM**

This is the first ever feature film depicting the dramatic life of the legendary Irish hero and saint. Kidnapped at the age of 16 by Irish raiders, Patrick escapes after six years, only to return to the turbulent country as a missionary to preach the faith.

## Son of God

**Wednesday, March 31st  
2:00 PM**



**LIVE-STREAMED ON CHANNEL 98**

## The Best of Riverdance



**Wednesday, March 10th 2:00 PM**

Experience the Riverdance journey from its extraordinary beginnings at the Point Theatre, Dublin, with original stars Michael Flatley and Jean Butler, through its phenomenal success in Radio City Music Hall, New York to its latest live recording in Geneva.

## Sight and Sound Cast: Noah



**Wednesday, March 24th 2:00 PM**

With a catastrophic storm on its way, one man is given a monumental task: build a boat big enough to save mankind from a flood that will cover the entire earth. Filmed in front of a live audience as live animals fill the stage and aisles.

Follows the life of Jesus Christ from his humble birth to his resurrection. Filmed in authentic historical locales, this epic presentation brings new life to the miraculous story.

## National Nutrition Month



Pick up FREE nutrition resources in the fitness center, or contact Kierra and she will deliver them to your apartment!

**SCHEDULE A FREE VIRTUAL  
CONSULT WITH A WEIS DIETITIAN**

*\*Kierra will help you schedule an appointment, and set you up on a laptop if you don't own one\**

**Brain Awareness  
Week is March  
15<sup>th</sup>-19<sup>th</sup>!**



**SPEAKER:  
Activities to  
Challenge your Mind**

March 18th at 11:00am

- Channel 98 -

***March 19<sup>th</sup> is  
World Sleep  
Day***

**SPEAKER:  
Healthy Sleep  
Practices**

March 19th at 1:00pm

CHANNEL 98

# Bellezza Salon and Spa

## SPECIAL OFFERS

- **FREE Eyebrow Waxing with any color or perm service**
- **Refer a new resident or family member to earn rewards**
- **Ask about our punch card rewards system!**



## Easter Basket Drawing

Spring is around the corner! Starting in March, put your name in the drawing each time you come to the salon for an appointment. Refer a fellow resident, and you will get double entries!



**January  
Winners!**

Harriet Houtz

Mickey Petko



**Call for Appointments**

610-866-6010 x209

Tuesdays 9:30 AM- 3:00 PM

Thursdays 9:00 AM- 3:00 PM

**\*MASKS ARE REQUIRED AT ALL TIMES\***

# MARCH 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Worship, Exercise, Movies, speakers, and other activities are Live-Streamed on Ch. 98 unless otherwise noted*	1 Women's History Month 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Educational DVD: In Defense of Food 3:00 Surprise Episodes: Staff Choice	2 9:30 Shopping at WEIS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 Blood Pressure Checks 2:00 Church 3:00 Surprise Episodes: Staff Choice	3 10:00 Shopping at CVS Pharmacy 10:30 Exercise: Fit for Life 11:30 Specialty Exercise: Basic Balance 12:30 Bible Study 1:00 Shopping at WALGREENS Pharmacy 2:00 Pastor Movie: David	4 10:00 Exercise: Joyful Joints 11:00 Documentary: Food Choices 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Surprise Episodes: Staff Choice	5 9:00 Great News! 9:30 Shopping at GIANT 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 3:00 CLINIC: Covid Vaccine (2nd Dose) 3:00 Surprise Episodes: Staff Choice	6
7	8 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Documentary: RBG 3:00 Surprise Episodes: Staff Choice	9 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 GENERAL MEETING 3:00 Surprise Episodes: Staff Choice	10 9:00 Shopping at VALLEY FARMS 10:30 Exercise: Fit for Life 11:30 Specialty Exercise: Knee Pain Solutions 12:30 Bible Study 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie: Riverdance	11 10:00 Exercise: Joyful Joints 11:00 Educational DVD: Improving Brain Function 2:00 Church 3:00 Surprise Episodes: Staff Choice	12 9:30 Shopping at SHOPRITE 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: Philomena 3:00 Surprise Episodes: Staff Choice	13
14 Daylight Saving Begins	15 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Brooklyn 3:00 Surprise Episodes: Staff Choice	16 9:30 Shopping at WEIS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 3:00 Surprise Episodes: Staff Choice	17 St. Patrick's Day 9:00 Shopping at WALMART 9:30 TAXES: Freedom Financial Resources 10:30 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at WALMART 2:00 Pastor Movie: St. Patrick-Irish Legend	18 9:00 TAXES: Freedom Financial Resources 10:00 Exercise: Joyful Joints 11:00 Speaker: Activities to Challenge Your Mind 2:00 Church 3:00 Surprise Episodes: Staff Choice	19 9:00 Great News! 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Speaker: Healthy Sleep 3:00 Surprise Episodes: Staff Choice	20 Spring Begins
21	22 9:30 Shopping at SHOPRITE 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Leap Year 3:00 Surprise Episodes: Staff Choice	23 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 Flute Performance: The Sounds of Spring 3:00 Surprise Episodes: Staff Choice	24 9:00 Shopping at WEGMANS 10:30 Exercise: Fit for Life 11:30 Specialty Exercise: Guided Meditation 12:30 Bible Study 1:00 Shopping at WEGMANS 2:00 Pastor Movie: Sigt and Sound Cast "Noah"	25 9:00 CLINIC: Mills Eye Associates 10:00 Exercise: Joyful Joints 11:00 Educational DVD: Eating Like a Nutritarian 2:00 Church 3:00 Surprise Episodes: Staff Choice	26 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 Movie: Catch me if You Can 3:00 Surprise Episodes: Staff Choice	27 Passover Begins
28	29 9:30 Shopping at VALLEY FARMS 9:30 Weekly Update with Kierra 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 3:00 Surprise Episodes: Staff Choice	30 8:30 APARTMENT INSPECTIONS 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 12:00 Exercise DVD: Tai Chi 1:00 Afternoon Aerobics 2:00 CLINIC: Shingles vaccine (2nd dose)	31 8:30 APARTMENT INSPECTIONS 9:00 Shopping at GIANT 9:30 Worship DVD 10:30 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at GIANT 2:00 Pastor Movie: Son of God (98)			

## Religious Activities

<u>Activities</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Bible Study	Every Wednesday	12:30 PM	Live Streamed Channel 98
Chat Room	Every Thursday	10:00 AM	Canceled until further Notice
Church (English)	1st Tuesday & 2nd, 3rd and 4th Thursday	2:00 PM	Live Streamed Channel 98
Church (Spanish)	1st Thursday of the Month	2:00 PM	Live Streamed Channel 98

## Exercise Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Aerobics	Tuesday	1:00 PM	DVD Ch. 98
Fit For Life	Monday & Wednesday	10:00 PM	Live Ch. 98
Joyful Joints	Tuesday & Thursday	10:00 AM	Live Ch. 98
Stand Up for Strength	Monday	11:00 AM	Live Ch. 98
Tai Chi	Tuesdays & Fridays Friday	12:00 PM Tues, 10:00 AM Fridays	Ch. 98 (DVD Tuesdays, Live Fridays)
Everybody's Yoga	Tuesdays & Fridays	11:00 AM	Ch. 98 (Live Tuesdays, DVD Fridays)
Walkers Club	TBA	TBA	TBA
Specialty	Wed. & Thurs.	11:00 AM	Live ch. 98

# March Activities

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
<b>Candy/Ice Cream</b>	Every Wednesday	3:00 PM	Lounge
<b>Van Trip Drop Off</b>	Monday, March 1	8:30 AM	Brenda's Office
<b>Weekly Update with Kierra</b>	Every Monday	9:30 AM	Live- Streamed Channel 98
<b>Clinic: Blood Pressure Checks</b>	Tuesday, March 2	2:00 PM	Lounge
<b>Pastor Clark Movies</b>	Every Wednesday	2:00 PM	Live- Streamed Channel 98
<b>Second Harvest Food Bank</b>	Thursday, March 4	12:30 PM	Lounge
<b>Great News!</b>	Fridays, March 5 and 19	9:00 AM	Live- Streamed Channel 98
<b>CLINIC: Covid Vaccine 2nd Dose</b> <i>*By Appointment Only*</i>	Friday March 5	3:00 PM- 5:00 PM	Lounge
<b>General Meeting</b>	Tuesday March 9	2:00 PM	Live- Streamed Channel 98
<b>TAXES</b> <i>*By Appointment Only*</i>	Wednesday March 17 and Thursday March 18	9:00 AM- 4:00 PM	Lounge
<b>Flute Performance: The Sounds of Spring</b>	Tuesday March 23	2:00 PM	Live-Streamed Channel 98
<b>CLINIC: Millis Eye Associates</b>	Thursday March 25	9:00 AM	Lounge
<b>CLINIC: Shingles Vaccine 2nd Dose</b>	Tuesday March 30	2:00 PM- 4:00 PM	Lounge
<b>Health and Wellness Topics or Specialty Exercise Classes</b>	Wednesdays and Thursdays	11:00 AM	Live-Streamed Channel 98

# Holy Communion

**WE WILL CELEBRATE HOLY COMMUNION (the Eucharist) at Worship on the following dates:**

- +Thursday, March 25th at 2 pm
- + Maundy Thursday, April 1st at 2 pm (Spanish Worship in English)
- +Easter Sunday (The Resurrection of Our Lord), April 5th at 6:30 am

**A Sealed communion cup with juice and wafer is available for these services.**

Please indicate below if you would like one brought to your apartment prior to the worship. Select as many as you like.

**(Note: Thursdays Worship: The Communion Cup will be delivered at approximately 11 AM that morning.**

**Easter Sunday: The Communion Cup will be delivered on Good Friday (April 2nd at 11 AM)**



## Communion Registration

**Full Name:** \_\_\_\_\_

**APT#:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

\_\_\_\_ I would like a sealed Communion cup/juice and wafer for worship on  
**Thursday, March 25th at 2pm**

\_\_\_\_ I would like a sealed Communion cup/ juice and wafer for worship on  
**Maundy Thursday, April 1st at 2 pm** (Note this is the Spanish worship which is translated to English. All are welcome.)

\_\_\_\_ I would like a sealed Communion cup/juice and wafer for worship on

**Please return slip to Main Office No later than  
Thursday March 18th.**

## Clinics

### Clinic: Millis Eye Associates

March 25th • 9:00am - 3:00pm

Providing the same high quality exam you would receive in our office, in the comfort of your own home. Contact Brenda to sign up for an appointment.

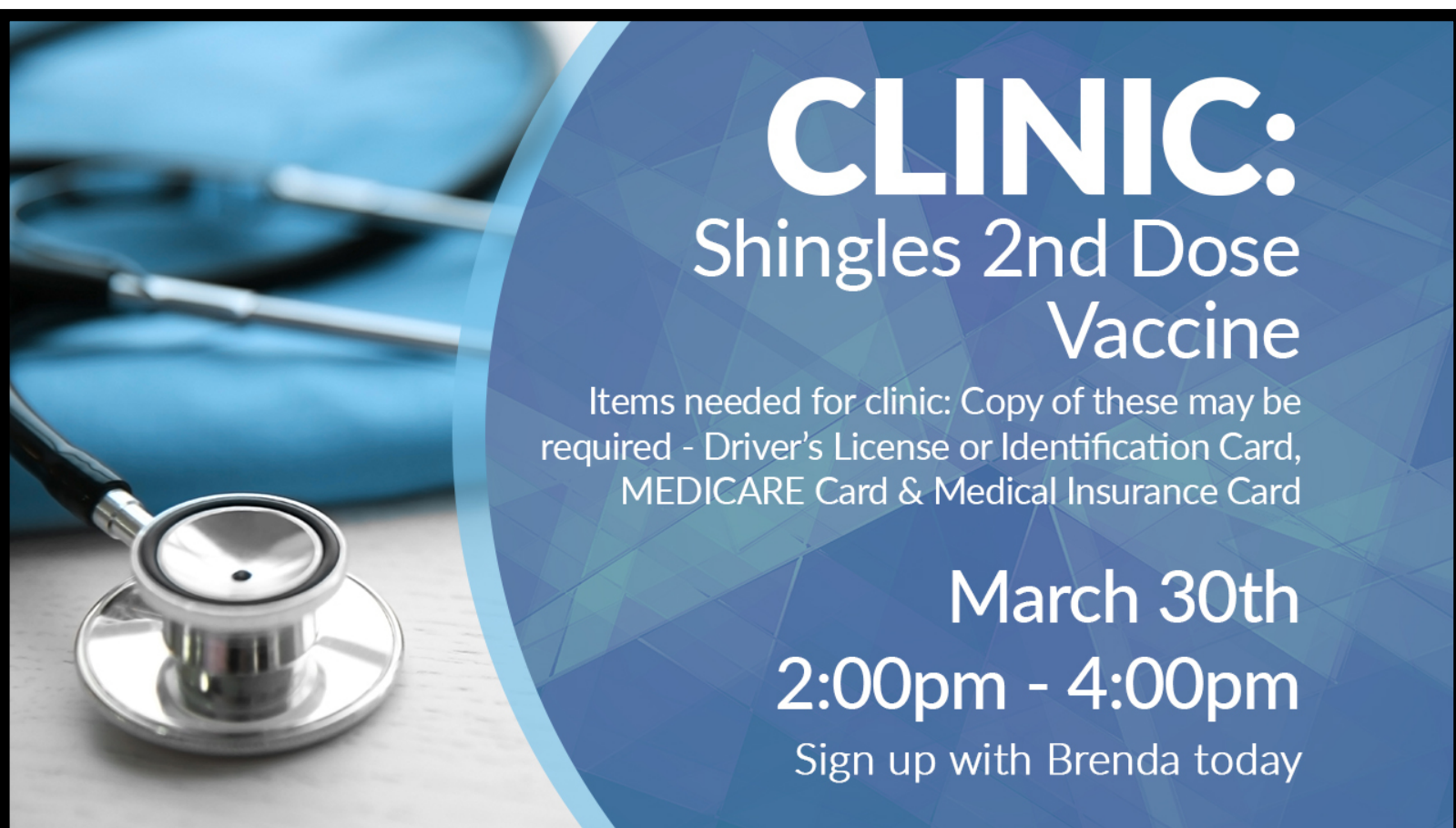


### CLINIC: Shingles 2nd Dose Vaccine

Items needed for clinic: Copy of these may be required - Driver's License or Identification Card, MEDICARE Card & Medical Insurance Card

March 30th  
2:00pm - 4:00pm

Sign up with Brenda today



# Brenda's Bulletin

## TAXES

Freedom Financial  
will be joining us.

March 17th - March 18th  
9:00am - 4:00pm

By appointment only. Lutheran Manor  
will be covering the cost.  
Contact Brenda for information.

*The Sounds of Spring: Flute Performance with*

**MEREDITH TWARDOWSKI**

March 23rd at 2:00pm

CHANNEL 98

# Van Trips

DATE	DAY	DESTINATION	TIME
April 2	Friday	Shopping at CVS	9:30am_____
April 5	Monday	Shopping at WALGREENS	9:30am_____
April 7	Wednesday	Shopping at WEGMANS	9:00am_____
April 7	Wednesday	Shopping at WEGMANS	1:00pm_____
April 9	Friday	Shopping at SHOPRITE	9:30am_____
April 12	Monday	Shopping at RITEAID	9:30am_____
April 14	Wednesday	Shopping at VALLEY FARMS	9:00am_____
April 14	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
April 16	Friday	Shopping at GIANT	9:30am_____
April 20	Tuesday	Shopping at WEIS	9:30am_____
April 21	Wednesday	Shopping at WALMART 248	9:00am_____
April 21	Wednesday	Shopping at WALMART 248	1:00pm_____
April 26	Monday	Shopping at VALLEY FARMS	9:30am_____
April 28	Wednesday	Shopping at GIANT	9:00am_____
April 28	Wednesday	Shopping at GIANT	1:00pm_____
April 30	Friday	Shopping at TARGET	9:30am_____

## April Van Trips

Full Name:\_\_\_\_\_

APT#:\_\_\_\_\_

Phone:\_\_\_\_\_

**Forms will be collected starting at 8:30am on  
Monday, March 1, 2021.**