

# MAY 2022

## 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

### Fitness Center

Every Day  
6:00am - 7:00pm

### Staff Birthdays

Donny H. - May 5

Jessica C. - May 13

Yesenia D. - May 23

### WELCOME New Residents

Kathleen H. - Floor 2

## General Meeting

Tuesday, May 17th  
at 2:00pm

~LOUNGE / CHANNEL 98

# Office Notes



## Memorial Day

Office Closed in observance



Monday, May 30th



LUTHERAN MANOR  
**MOVIES**

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

- May 2nd - "Rescued By Ruby"
- May 9th - "CODA"
- May 16th- "All Hail"
- May 23rd- "Along For The Ride"

## Welcome New Staff Member

### Lori Herzog - Administrative Assistant

Lori was born and raised in Hazelton, PA and now resides in Walnutport. She spent 30 years working in the children's mental health field before deciding to dedicate her time to Seniors and joining our team in April, 2022.

Lori has been married for 20 years and has two grown children. Her hobbies are antiquing, traveling, hiking and camping. She is excited to be here so let's give her a warm welcome!





# Movie Days

## Rescued By Ruby



Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever, but naughty shelter pup Ruby.

Based on a true story.

MAY 2ND

## CODA



Ruby is the only hearing member of a deaf family from Gloucester, Massachusetts. At 17, she works mornings before school to help her parents and brother keep their fishing business afloat. But in joining her high school's choir club, Ruby finds herself drawn to both her duet partner and her latent passion for singing.

MAY 9TH

## All Hail



TV weatherman Miguel Flores becomes public enemy number one when he fails to predict a terrible hailstorm. He is forced to flee Buenos Aires for his birthplace of Córdoba. The result will be a voyage of rediscovery that is as absurd as it is human.

MAY 16TH

## Along For The Ride



During the summer before college, Auden meets the mysterious Eli, a fellow insomniac. While the seaside town of Colby sleeps, the two embark on nightly quests to help Auden experience the fun, carefree life she never knew she wanted.

MAY 23RD

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

# Ice Cream Social



**Ice Cream SOCIAL**

Please sign-up so we can have a final headcount. You will receive a menu to make your ice cream and topping selections ahead of time.

Wednesday, May 11th  
at 1:00pm  
Lounge



# Ice Cream Social

*Ice Cream makes everything better!!*

**May 11th**  
**(times will be assigned by floor)**



FULL NAME:-----

PHONE:-----

APT#:-----



*\*Please return this completed slip to Main Office no later than Friday, May 6th\**



# Resident's Association

## Resident's Association: **SOCIAL**

Sunday, May 29th

4:00pm - Doors Open  
5:00pm - Food: Baked Ziti  
6:30pm - Entertainment:  
Rob & Marty



# Resident's Association

## *Social in the Lounge*

*Sunday, May 29th*

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

Apt #: \_\_\_\_\_ Phone #: \_\_\_\_\_

*\*Please return this completed slip to MAIN OFFICE no later than Friday, May 20th\**

*~LIMITED CAPACITY~*

# From the Chaplain

**WEDNESDAY, May 4th - 'SAMSON AND DELILAH'**

## The Bible Stories Collection

Samson was a man of unmatched physical strength, but when he fell in love with a woman named Delilah, he met his match. Samson abandoned his God-assigned mission to please the woman who had stolen his affections. This indiscretion led to blindness, imprisonment and powerlessness. At the end of his life, blind and humbled, Samson finally realized his utter dependence upon God. He found amazing grace.

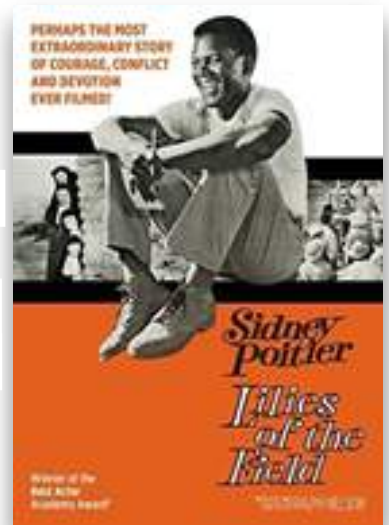
*He once was blind, but now could see.*



**WEDNESDAY, MAY 11th - 'LILLIES OF THE FIELD'**

Homer Smith (Sidney Poitier), an itinerant handyman, is driving through the Arizona desert when he meets five impoverished nuns. Stopping to fix their leaky farmhouse roof, Homer discovers that not only will the Mother Superior not pay him for the job, but she also wants him to build their chapel. Homer knows that when his work is done, he'll leave that dusty desert town a much better place than when he found it.

\*Nominated for 5 Academy Awards including Best Picture and winner of the Best Actor Oscar (Sidney Poitier).



**WEDNESDAY, MAY 18TH @ 2:00PM**

**WORSHIP DVD: SONSHINE MINISTRY**

*\*Recorded at Calvary Baptist Church, Easton*

# From the Chaplain

**”God is good, All the Time! And, All the Time God is Good!”**



Many of us have heard this phrase before. And, without question, the phrase is true! Still, almost always, the phrase is connected with another positive statement, like “Our team won the game! God is so good!” or “The lump in my neck was not cancer. God is good.” You know what I mean. We tend to notice how good God is when life is going well, but what about when hardship strikes...a sudden stroke, unexpected bill? When was the last time you heard someone say “My family doesn’t bother with me anymore, but God is so good?”

Yes, indeed, it is right to reflect on God’s goodness in the good times. Of course, we all know there is little to be happy about when difficult life circumstances come our way. **But remember circumstances *never* determine God’s character.**

*God is good. All the time. Period.*

The challenge today—and everyday—is to be able to say *whatever our circumstances*, “God is good.” May God give us grace to trust in His goodness, in the good and bad times alike. *God IS Good! ~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, May 5	Pastor Jonny Villamar - Cornerstone Church, Easton ~Spanish/English
Thursday, May 12	Pastor Larry Burd - Calvary Baptist, Easton
Thursday, May 19	Pastor Beth Goudy - Metropolitan Community Church, Bethlehem
Tuesday, May 24	Father Bernard Ezaki - Notre Dame RC Church, Bethlehem
Thursday, May 26	Pastor Lisa Borrell - Frieden’s Lutheran, Center Valley ~Holy Communion

**Note: Holy Communion Worship (May 26)**

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



# From the Chaplain

WEDNESDAY, MAY 25th @ 2:00 pm-

## 'MY FAIR LADY' (1964)

Pompous phonetics Professor Henry Higgins (Sir Rex Harrison) is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle (Audrey Hepburn), who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond, one that is threatened by aristocratic suitor Freddy Eynsford-Hill (Jeremy Brett).



### Worship Service

with Paul Belfort

Mr. Paul Belfort will lead Christian Believers' worship. All are welcome! Refreshments will be served

Sundays at 1:00pm

Community Room & Channel 98

### Sunday Praise

Led by David Garcia

Prayer, praise and proclamation worship

Sunday, May 8th

at 11:00am

Community Room & Channel 98

### Holy Communion Worship

If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark at ext. 206

Thursday, May 26th

### Pastor Clark Movies

Wednesdays at 2:00pm

Live-streamed on Channel 98

May 4th - 'Samson & Delilah'

May 11th - 'Lillies of the Field'

May 18th - Sonshine Ministry

May 25th - 'My Fair Lady' (1964 version)

**\*Masks are required for EVERYONE when social distancing is not possible\***



# Bellezza Salon and Spa

## Bellezza Salon - May Specials -

April Showers bring May Flowers & Bellezza Salon brings you SAVINGS!!

### FREE - ASK FOR DETAILS

Free Brow or lip wax with any perm.

### PUNCH CARDS - ON GOING

Great way to save on your salon services

### REFERRALS - ALWAYS ON GOING

Refer someone who has not had the opportunity to visit the salon to receive a service and you will be rewarded with \$5.00 off any service after they complete theirs.

### RETAIL ITEMS

BOGO 50% off

### MAY BASKET DRAWING

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



March Basket  
Winner was Cecelia

## Massage Therapy with Karen

With over 35 years of study, skills and experience, Karen rewrites the rules of wellness and medicine and innovative options to keep mind and soul in balance.

Contact Karen directly to book appointments at

**610-360-2427**

*Do not contact the salon for massage appointments.*

**\*Masks are recommended at all times\***

# MAY 2022

Home of the Free because of the Brave ~Unknown

LUTHERAN MANOR  
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>May Day</b> 1:00 Sunday Believers' with Paul Belfort	<b>2</b> 9:00 Walker's Club 9:30 Coopersburg Diner 10:00 Exercise DVD (98) 11:00 Core&More with Deana 1:00 MOVIE 6:00 Resident's Association Bingo	<b>3</b> 9:30 Banks 10:00 Exercise DVD (98) 11:00 Everybody's Yoga with Dana 2:15 CLINIC: BP Checks	<b>4</b> 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 RiteAid/CVS - CANCELED 11:00 Everybody's Yoga with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	<b>5</b> <b>Cinco de Mayo</b> 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Lorn&Jim Duet 11:00 Tai Chi with Joanne 12:30 Second Harvest 2:00 Church (Spanish)	<b>6</b> 9:00 Walker's Club 9:30 Giant 10:00 Exercise DVD (98) 11:00 Core&More with Deana 2:00 Fellowship with Nena	<b>7</b> 8:30 Resident's Association COFFEE & DONUTS
<b>8</b> <b>Mother's Day</b> 11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort	<b>9</b> 9:00 Walker's Club 10:00 Cracker Barrel 10:00 Exercise DVD (98) 11:00 Core&More with Deana 11:00 SPEAKER: Weis 1:00 MOVIE 6:00 Resident's Association Bingo	<b>10</b> 10:00 Exercise DVD (98) 10:00 Weis 11:00 Everybody's Yoga with Dana	<b>11</b> 9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 Everybody's Yoga with Dana 11:00 The Cup - CANCELED 12:30 Bible Study 1:00 Ice Cream Social 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	<b>12</b> 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Painting with a Twist 11:00 Tai Chi with Joanne 2:00 Church	<b>13</b> 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Target / Panera 11:00 Core&More with Deana	<b>14</b> 5:00 Soup/Hot Dogs
<b>15</b> 1:00 Sunday Believers' with Paul Belfort	<b>16</b> 9:00 Walker's Club 9:30 Banks 10:00 Exercise DVD (98) 11:00 Core&More with Deana 11:30 Johnny Cash Tribute 1:00 MOVIE 6:00 Resident's Association Bingo	<b>17</b> 10:00 Airport Shopping Center 10:00 Exercise DVD (98) 11:00 Everybody's Yoga with Dana 1:00 VOTING 2:00 GENERAL MEETING 2:00 Snacks/IceCream Sales	<b>18</b> 9:00 Walker's Club 9:30 Valley Farm Mkt 10:00 Exercise DVD (98) 11:00 Everybody's Yoga with Dana 12:00 Cooking Class 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor Movie 2:00 Snacks/IceCream Sales	<b>19</b> 9:00 CLINIC: Eye 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 Dollar Tree 378 11:00 Tai Chi with Joanne 2:00 Church	<b>20</b> 9:00 Walker's Club 10:00 Exercise DVD (98) 10:00 Senior Fair 11:00 Core&More with Deana 12:30 CLINIC: OAA 2:00 Fellowship with Nena	<b>21</b> <b>Armed Forces Day</b> 8:30 RA Breakfast - CANCELED

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



# MAY 2022

Home of the Free because of the Brave ~ Unknown



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	<p>1:00 Sunday Believers' with Paul Bellort</p> <p>1:15 SPAMALOT at Civic Theatre</p>	<p>9:00 Walker's Club</p> <p>10:00 Exercise DVD (98)</p> <p>11:00 Core&amp;More with Deana</p> <p>1:00 MOVIE</p> <p>5:00 Prime Steakhouse</p> <p>6:00 Resident's Association Bingo</p>	<p>9:30 Aldi</p> <p>10:00 Exercise DVD (98)</p> <p>11:00 Everybody's Yoga with Dana</p> <p>2:00 Church</p>	<p>9:00 Walker's Club</p> <p>10:00 Exercise DVD (98)</p> <p>11:00 Everybody's Yoga with Dana</p> <p>12:30 Bible Study</p> <p>2:00 Pastor Movie</p> <p>2:00 Snacks/IceCream Sales</p>	<p>10:00 Chat Room</p> <p>10:00 Exercise DVD (98)</p> <p>10:00 Walmart 248</p> <p>11:00 Tai Chi with Joanne</p> <p>2:00 Church</p>	<p>9:00 Walker's Club</p> <p>10:00 Exercise DVD (98)</p> <p>10:00 Giacomo's Italian Mkt</p> <p>11:00 Core&amp;More with Deana</p>	
23							
24							
25							
26							
27							
28							
29	<p>1:00 Sunday Believers' with Paul Bellort</p> <p>4:00 RA SOCIAL</p>	<p><b>Memorial Day</b></p> <p>OFFICE CLOSED</p> <p>9:00 Walker's Club</p>	<p>9:30 Wegmans</p> <p>10:00 Exercise DVD (98)</p> <p>11:00 Everybody's Yoga with Dana</p>	<p><b>Birthdays</b></p> <p>5/5 - Donny H.</p> <p>5/13 - Jessica C.</p> <p>5/23 - Yesenia D.</p>			
30							
31							

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 Wednesdays	11:00am	Exercise Room (98)
Tai Chi with Joanne	Thursdays	11:00am	Exercise Room (98)

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



# May 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 Breakfast	No May Breakfast	--	--
Van Trip Drop Off	Monday, May 2	9:00am	Brenda's Office
CLINIC: Blood Pressure Checks	Tuesday, May 3	2:15pm	Lounge
ENTERTAINMENT: Lorri & Jim 'Cinco de Mayo Spectacular'	Thursday, May 5	11:00am	Community Room/Ch98
Second Harvest Food Bank	Thursday, May 5	12:30pm	Lounge
CLINIC: OnSite Dermatology <i>*Sign Up Required</i>	Friday, May 6	11:30am	Resident Apartments
SPEAKER: Lyndi from Weis 'Women's Health Month'	Monday, May 9	11:00am	Community Room/Ch98
Ice Cream Truck	Wednesday, May 11	12:00pm	Lounge <i>*Sign up deadline 5/6</i>
ENTERTAINMENT: Painting <i>*Sign up Required</i>	Thursday, May 12	11:00am	Lounge
RA Soup & Hot Dogs	Saturday, May 14	5:00pm	Lounge
ENTERTAINMENT: Johnny Cash	Monday, May 16	11:30am	Community Room/Ch98
<b>GENERAL MEETING</b>	<b>Tuesday, May 17</b>	<b>2:00pm</b>	<b>Lounge/Ch98</b>
Cooking Class by Weis: Lyndi Wieand, Dietician	Wednesday, May 18	12:00pm	Lounge
Lutheran Manor BINGO	Wednesday, May 18	1:45pm	Lounge <i>*Sign up deadline 5/6</i>
CLINIC: Health Drive Eye <i>*Sign up Required</i>	Thursday, May 19	9:00am	Game Room
CLINIC: OAA <i>*Sign up Required</i>	Friday, May 20	12:30pm	Resident Apartments
ENTERTAINMENT: Spamalat at Civic Theatre \$28	Sunday, May 22	1:30pm	Lounge <i>*Sign up deadline 5/6</i>
RA SOCIAL	Sunday, May 29	4:00pm	Lounge <i>*Sign up deadline 5/20</i>

# Brenda's Bulletin



**Blood Pressure Checks by Walgreens**

Tuesday, May 3rd • 2:15pm - 3:15pm  
In the Lounge | By appointment only, Sign up with Brenda



**Second Harvest Food Bank**

Please come down to collect your food box

Thursday, May 5th at 12:30pm • Lounge



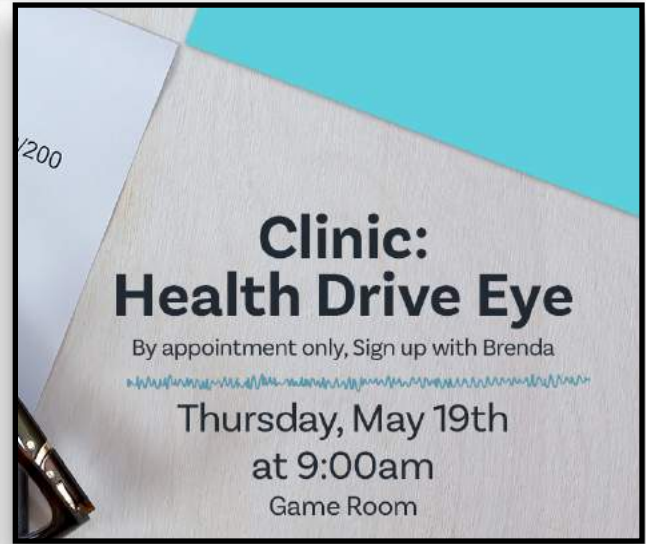
May is Melanoma & Skin Cancer Month

**Clinic: OnSite Dermatology**

This spot check could save your life!  
By appointment only, in the comfort of your own home

**Friday, May 6th • Starts at 11:30am**

Sign up with Brenda by Monday, May 4th to reserve a spot with OnSite Dermatology



**Clinic: Health Drive Eye**

By appointment only, Sign up with Brenda

Thursday, May 19th  
at 9:00am  
Game Room



**Speaker: Lyndi Wieand from Weis Women's Health Month**

Food Demonstration & Light refreshments to be served.  
Sign up with Brenda.

**Monday, May 9th at 11:00am**

Community Room & Channel 98

**OAA Orthopedic Specialists**

In the comfort of your own home

**Friday, May 20th**  
at 12:30pm

By appointment only  
Sign up with Brenda

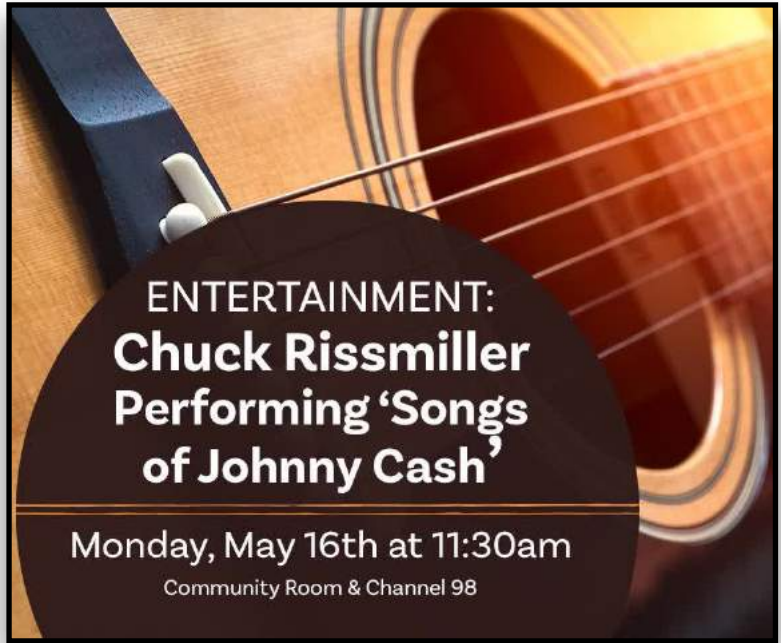




# Brenda's Bulletin



**Cinco de Mayo  
Celebration**  
with Entertainment  
by Lorri & Jim  
Come one, Come all!  
**Thursday, May 5th**  
**at 11:00am**  
Community Room & Channel 98



ENTERTAINMENT:  
**Chuck Rissmiller**  
Performing 'Songs  
of Johnny Cash'  
**Monday, May 16th at 11:30am**  
Community Room & Channel 98

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



Entertainment:  
**Painting  
with a Twist**  
with Judy Peters  
Enjoy some wine with brushstrokes  
**Thursday, May 12th**  
**at 11:00am**  
Lounge



**Senior Fair**  
at the Westgate Mall  
Sponsored by State Senator  
Lisa Boscola & State Rep.  
Jeanne McNeill  
**Friday, May 20th**  
**at 10:00am**  
Sign up with Brenda to reserve  
your spot on the van

**Office Hours: Monday-Friday 9:00am-3:00pm**  
**Brenda Pagan-Fontanez, Service Coordinator**  
**610-866 -6010 x4**



# June Van Trips

LIMIT OF 16 PASSENGERS PER TRIP

June 1	Wednesday	Shopping at WALMART / Lunch at TIC TOP DINER	9:30am____
June 3	Friday	Banks _____ (write bank name here)	9:30am____
June 6	Monday	Shopping at RITEAID/CVS Pharmacies	9:30am____
June 7	Tuesday	Shopping at WEIS	10:00am____
June 8	Wednesday	Shopping at AIRPORT SHOPPING CENTER	11:00am____
June 12	Sunday	The Pennsylvania Playhouse presents BRIGHT STAR \$22	5:30pm____
June 13	Monday	Lunch at BRAVEHEART PUB	2:00pm____
June 15	Wednesday	Shopping at VALLEY FARM MARKET	10:00am____
June 16	Thursday	BANKS _____ (write you bank name here)	9:30am____
June 23	Thursday	Lunch at SHADY MAPLES / Shopping at Gift Shop	10:00am____
June 24	Friday	Shopping at PROMENADE SHOPS / Lunch at RED ROBIN	11:00am____
June 27	Monday	Shopping at WEGMANS / Lunch	10:00am____
June 28	Tuesday	Shopping at RICE'S MARKET / Lunch at PORTERHOUSE PUB	9:00am____
June 30	Thursday	Shopping at ALDI / Lunch at YOCCO's	10:00am____

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

Phone#: \_\_\_\_\_ Apt#: \_\_\_\_\_

Van Trip forms will be collected starting at 9:00 am on **Monday, May 2nd.**



# Lutheran Manor BINGO



**Wednesday, May 18th @ 1:45 PM**

*~LOUNGE*

\*Space is limited to 30 residents



# Lutheran Manor BINGO



**Wednesday, May 18th @ 1:45pm**

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

Apt #: \_\_\_\_\_ Phone #: \_\_\_\_\_

*\*Please return this completed slip to MAIN OFFICE no later than Friday, May 6th\**

# Misc. Information



**Tuesday, May 17th @ 1:00pm**

Nitschmann Middle School  
1002 W. Union Blvd.

\* Sign up with Brenda to reserve your space on the van



Resident's Association:  
**Donuts & Coffee**  
Saturday, May 7th at 8:30am  
\$1.00 each • Lounge

A promotional graphic for a donut and coffee event. It features a close-up of several donuts with various toppings like chocolate, pink frosting, and sprinkles. A white coffee cup is visible in the background. The text is overlaid on a red background with white and yellow text.

Resident's Association:  
**SOUP & HOTDOGS**  
Come enjoy some Chicken Noodle Soup  
and Hot dogs with all the fixings  
Saturday, May 14th  
at 5:00pm  
Lounge

A promotional graphic for a soup and hotdog event. It shows a bowl of yellow chicken noodle soup with mushrooms and a hotdog in a bun. The text is overlaid on a dark brown background with white and yellow text.

Resident's Association:  
**Breakfast  
in the Lounge**  
Saturday, May 21st  
Come visit us in June  
for the next yummy breakfast

**CANCELED**

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

**610-866-6010 x208**



# Cooking Class

Wednesday, May 18th @ 12:00pm

~LOUNGE

*Come learn how to  
make this recipe and  
enjoy a sample!*



Creamy Chicken &  
Bell Pepper Rotini

*\*Maximum of 20 slots available*



# Cooking Class

*"Keep calm and Cook on"*

Wednesday, May 18th @ 12:00pm

Name: \_\_\_\_\_ Apt #: \_\_\_\_\_

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

**\*Return this completed form to the Main Office  
no later than Thursday, May 12th**

*\*Maximum of 20 slots available*



*Memorial Day*