

Lutheran Manor of the Lehigh Valley

May 2021



2085 Westgate Drive, Bethlehem, PA, 18017

Office Hours

Monday-Thursday

8:30AM-4:30PM

Friday 8:30AM-1:00PM

Office Closed

Monday, May 31st

in observance of
'Memorial Day'

Employee Birthdays

Donny H. - 5/5

"Happiness often
sneaks through a door
you didn't know you
left open." -John
Barrymore

GENERAL MEETING

May 11th at 2:00pm

- Channel 98 -



Announcements can be made
daily regarding COVID-19.
**Watch Channel 99 daily
for updates, precautions,
and protocols.**

Office Notes



IMPORTANT!



The gear switch project will be completed on Monday May 10th. Your apartment will not have power for an 8-hour period. PLEASE WATCH channel 98 on Thursday, May 6th at 1:00 PM for an emergency meeting for more information about the project.



ALL RESIDENTS & GUESTS

Must sanitize
their hands upon
entering building.

This helps with our
efforts to disinfect.



Second Harvest FOOD BANK BOXES

May 6th at 12:30pm

Movie Days

Movie 1: People Like Us



Monday, May 3rd 1:00 PM

On the day his latest deal collapses, Salesman Sam receives the news that his father has died. Reluctantly, Sam returns home to settle the estate of his father. Sam is surprised to learn of the existence of a 30-year-old sister, named Frankie. Sam must re-examine both his perceptions about his family and the life choices that he has made.

Movie 2: The Judge



Friday, May 7th 1:00 PM

Attorney, Hank Palmer, returns to his hometown after learning that his mother has passed away. His arrival triggers renewed tension between himself and his father, Judge Joseph Palmer, who makes no secret of his disapproval of Hank's morally ambiguous career. As the lawyer prepares to depart, his father is arrested for a hit-and-run death.

Movie 3: News of The World



Monday, May 17th 1:00 PM

Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn.

Movie 4: Eat, Pray, Love



Monday, May 24th 1:00 PM

Liz Gilbert thought she had everything she wanted in life: a home, a husband and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery that takes her to Italy, India and Bali.

All movies will be live-streamed on channel 98

Holy Communion



HOLY COMMUNION AT WORSHIP

**WE WILL CELEBRATE HOLY COMMUNION
(the Eucharist) at Worship on Thursday, May 13th
at 2 pm live on Channel 98**

**A Sealed communion cup with juice and wafer is
available for this service.**

**Please indicate below if you would like one brought to your apartment
prior to the worship that day at about 11 am. Worship is a 2 pm.**

BIBLE STUDY "IN-PERSON"

**Beginning in June, we could begin "in-person" Bible
Study in the Community Room with appropriate
social distance and masks. If you are interested in
this, please indicate by checking the appropriate
space below and submitting it to the office.**



Communion Registration

**RETURN SLIP FOR HOLY COMMUNION AT WORSHIP
AND IN-PERSON BIBLE STUDY**

NAME: _____

APT# _____ **PHONE** _____

____ I would like a sealed Communion cup/juice and wafer for worship on
Thursday, May 13th@ 2pm

____ I would be interested in the "in-person" Bible Study beginning in June.

**Please return slip to Main Office No later than
Thursday May, 6th 2021.**

BINGO

Lutheran Manor will be hosting
BINGO

DATE: Wednesday May 19th

TIME: **1:45 PM**

LOCATION: **Lounge**

Please note:

Space is limited to 25 residents



BINGO

Wednesday, May 19th 2021

1:45 PM (Lounge)

Full Name: _____

APT#: _____

Phone: _____

*Please return slip to Main office no later than

Friday, May 14th 2021

From the Chaplain

CELEBRATING WOMEN OF FAITH

Proverbs 31:30-31 – Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised. Reward her for all she has done. Let her deeds publicly declare her praise.

Mother's Day...May 9th. Thank you, God for all moms (including mine) as well as many "want-to-be" moms. Thank you moms for your sacrifices, patience, guidance, faithfulness and selfless love.

Most importantly, thank you, God, for all women. They are all an indispensable part of the Church and the family.

The Bible is full of devoted, faithful women. There is **Mary of Nazareth**, the mother of our Lord; **Ruth** hardworking, devoted and loyal; **Deborah**: self-sacrificing and courageous; **Hannah**: with her heartfelt prayers and deep faith in God; **Esther**: courageous, humble and modest; **Sarah**: trusting God to fulfill his promises; **Mary Magdalene**: generous and faithful; **Mary**: worshipping God ahead of mundane matters and sister **Martha**: hospitable, open about her faith; and many, many more.

Thank you, God, for faithful women, those who have gone before, those present, and those who are to come after. Thank you for their strength, grace, wisdom, grit and love.

Women, we celebrate you and your ministry. We don't say it often enough!

Today, please accept our resounding "thank you". –Pastor Clark

Worship Streaming Live Weekly at 2pm on Channel 98

Tuesday, May 4th- Father Kevin Bobbin, Notre Dame RC, Bethlehem

Thursday, May 6th- Spanish -Pastor Jonny Villamar, Cornerstone Church, Easton

Thursday, May 13th-Holy Communion- Pastor Brandon Heavner, St. Mark's Lutheran, Bethlehem

Thursday, May 20th- Pastor Larry Burd, Calvary Baptist, Easton

Thursday, May 27th- Pastor Larry Humberd, L.V Grace Brethren, Bethlehem

CALVARY BAPTIST SONSHINE VIDEO WORSHIP at 9 am Wednesday, May 26th on Channel 98.

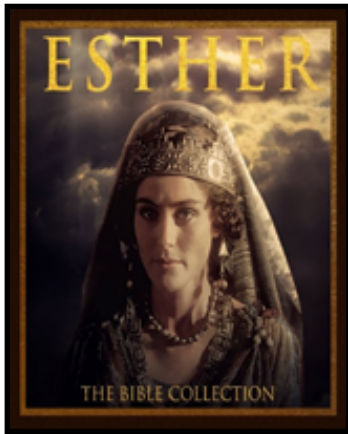
CHAT ROOM will resume meeting in person outside in the south Pavilion every Thursday beginning May 6th at 10 am (weather permitting- otherwise meet in the game room). Masks and Social Distancing are required.

BIBLE STUDY-Every Wednesday at 12:30 – Live on Channel 98 **NOTE: We could get back to "in person" Bible Study in June. If interested, see submission form in this Newsletter.**



From the Chaplain

Esther



Wednesday, May 5th 2:00 PM

In the story of Esther, a courageous and beautiful young woman enchants the King of the Persians and becomes his Queen.

Even though she carries a secret that threatens her very life, Esther's steadfast courage and devotion enables her to save the kingdom.

Overcomer



Friday, May 14th 2:00 PM

Filled with a powerful mix of faith, a twist of humor, and a ton of heart, the creators of WAR ROOM return with this new inspiring family film. Rating PG

**ALL MOVIES WILL BE LIVE-STREAMED ON
CHANNEL 98**

HYMN SING AT FIRST BAPTIST, ATLANTA



Wednesday, May 12th 2:00 PM

Can you imagine what it would be like to sit in a beautiful Church, surrounded by 1400 People, singing your favorite Hymns and Classic Gospel Songs? Tune in!!

Yankee Doodle Dandy



Friday, May 21st 2:00 PM

Jimmy Cagney danced and sang his way to a well-deserved Oscar for his outstanding portrayal of vaudeville composer and performer George M. Cohan in this Oscar nominated biography. Cohan, a Broadway legend who composed the patriotic anthems "Over There," "You're a Grand Old Flag" and "The Yankee Doodle Boy."

Kierra's Words of Wellness



National Senior Health & Fitness Day

Wednesday, May 26th

See Kierra for a full schedule of activities for the day!

We Have Expanded Our Hours!

Sign up for a time slot anytime between 6 AM- 7 PM Monday through Friday and use your key fob to enter.

May is Stroke Awareness Month

Speaker from LVHN

Thursday May 27th 1:00 PM on channel 98

SPEAKER: Ease your Arthritis Pain

May 12th at 11:00am
- Channel 98 -

MASKS ARE REQUIRED WHEN SOCIAL DISTANCING IS NOT POSSIBLE

KIERRA VARCOS

FITNESS SPECIALIST

610-866-6010 x208

TIME SLOTS TO EXERCISE ARE REQUIRED

MONDAYS-FRIDAYS 6:00 AM- 7:00 PM

Bellezza Salon and Spa

Happy Spring To Everyone!

Bellezza Salon May Specials

Tuesdays & Thursdays: \$5.00 off
of a perm or free eyebrow wax
with a perm

Thursdays: \$3.00 off Pedicures
Refer a new client, get 50% off
next service!

Ask About our Punch Card System

Mother's Day Basket Drawing

For Ladies only Drawing- **Mother's Day Basket Drawing**

Don't worry men, your turn is next month for Father's Day!



Easter Basket Drawing Winners

Marian Barndt
Rosalie Adducie



MASKS ARE REQUIRED AT ALL TIMES

APPOINTMENTS / 610 - 866 - 6010 X209

TUESDAYS 9:30AM - 3:00PM

THURSDAYS 9:00AM - 3:00PM

MAY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Worship, Exercise, Movies, speakers, and other activities are Live-Streamed on Ch. 98 unless otherwise noted*</p>						1 May Day
2	3	4	5 Cinco de Mayo	6	7	8
	<p>9:30 Shopping at CVS Pharmacy</p> <p>10:00 Exercise: Fit for Life</p> <p>11:00 Exercise: Stand Up for Strength</p> <p>1:00 Movie: People Like Us</p> <p>2:00 Walker's Club</p>	<p>9:30 Shopping at WALGREENS Pharmacy</p> <p>10:00 Exercise: Joyful Joints</p> <p>11:00 Exercise: Everybody's Yoga with Dana</p> <p>2:00 Church</p>	<p>9:00 Shopping at VALLEY FARM</p> <p>10:00 Exercise: Fit for Life</p> <p>11:00 Humana Webinar: Foods to Help Fight Aging</p> <p>12:30 Bible Study</p> <p>1:00 Shopping at VALLEY FARM</p> <p>2:00 Pastor Movie: Esther</p> <p>2:00 Walker's Club</p>	<p>10:00 Exercise: Joyful Joints</p> <p>11:00 Exercise: Basic Balance (in-person only)</p> <p>12:30 Second Harvest</p> <p>1:00 Emergency Meeting</p> <p>2:00 Church (Spanish)</p>	<p>9:30 Shopping at RITEAID Pharmacy</p> <p>10:00 Exercise: Qi Gong</p> <p>Tai Chi with Joanne</p> <p>11:00 ENTERTAINMENT: Lorri & James Duet - 60's (Brenda)</p> <p>1:00 Movie: The Judge</p> <p>2:00 Walker's Club</p>	
9 Mother's Day	10	11	12	13	14	15 Armed Forces Day
	<p>8:00 GEAR SWITCH PROJECT</p> <p>2:00 Walker's Club</p>	<p>9:30 Shopping at WEIS</p> <p>10:00 Exercise: Joyful Joints</p> <p>11:00 Exercise: Everybody's Yoga with Dana</p> <p>2:00 GENERAL MEETING</p>	<p>9:00 Shopping at DOLLAR TREE 378</p> <p>10:00 Exercise: Fit for Life</p> <p>11:00 Speaker: Ease Your Arthritis Pain (Kierra)</p> <p>12:30 Bible Study</p> <p>1:00 Shopping at WALMART 278</p> <p>2:00 Pastor Movie: Hymn Sing</p> <p>2:00 Walker's Club</p>	<p>10:00 Exercise: Joyful Joints</p> <p>11:00 Exercise: Basic Balance (in-person only)</p> <p>1:00 Humana Webinar: Better Bladder Control</p> <p>2:00 Church</p>	<p>9:00 Great News!</p> <p>9:30 Shopping at SHOPRITE</p> <p>10:00 Exercise: Qi Gong</p> <p>Tai Chi with Joanne</p> <p>11:00 Exercise DVD: Yoga</p> <p>2:00 Pastor Movie: Overcomer</p> <p>2:00 Walker's Club</p>	

MAY 2021

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 All Worship, Exercise, Movies, speakers, and other activities are Live-Streamed on Ch. 98 unless otherwise noted*	17 9:30 Shopping at PRICERITE 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: News of the World 2:00 Walker's Club	18 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 Humana Webinar: Habits of Happy People	19 9:00 Shopping at GIANT 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at GIANT 1:45 BINGO	20 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 1:00 Specialty Exercise: Guided Meditation 2:00 Church	21 9:30 Shopping at ALDI 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 Exercise DVD: Yoga 1:00 SPEAKER: Meals on Wheels (Brenda) 2:00 Pastor Movie: Yankee Doodle Dandy 2:00 Walker's Club	22
23	24 9:30 Shopping at TARGET 10:00 Exercise: Fit for Life 11:00 Exercise: Stand Up for Strength 1:00 Movie: Eat, Pray, Love 2:00 Walker's Club	25 10:00 Exercise: Joyful Joints 11:00 Exercise: Everybody's Yoga with Dana 2:00 ENTERTAINMENT: Flute Performance-America Through the Ages (Brenda)	26 8:00 National Senior Health & Fitness Day! 9:00 Shopping at WEGMANS 9:00 Sonshine Worship DVD 10:00 Exercise: Fit for Life 12:30 Bible Study 1:00 Shopping at WEGMANS 2:00 Walker's Club	27 9:00 CLINIC: Mills Eye Associates (Contact Brenda) 10:00 Exercise: Joyful Joints 11:00 Exercise: Basic Balance (in-person only) 1:00 SPEAKER: Stroke Awareness with LVHN (Kierra) 2:00 Church	28 9:00 Great News! 9:30 Shopping at VALLEY FARMERS MARKET 10:00 Exercise: Qi Gong Tai Chi with Joanne 11:00 SPEAKER: Medicare Advantage Benefits (Brenda) 2:00 Walker's Club	29
30	31 Memorial Day					

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>
Fit For Life	Monday & Wednesday	10:00 AM	Exercise room, & Ch. 98
Joyful Joints	Tuesday & Thursday	10:00 AM	Ex. Room & Ch.98
Stand Up for Strength	Monday	11:00 AM	Exercise Room & Ch. 98
Qi Gong Tai Chi	Friday	10:00 AM	Live Ch. 98
Everybody's Yoga	Tuesdays & Fridays	11:00 AM	Ch. 98 (Live Tuesdays, DVD Fridays)
Walkers Club	Mon., Wed., Fridays	2:00 PM	Outside
Basic Balance	Thursdays	11:00 AM	Exercise Room

May Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Candy/Ice Cream	Every Wednesday	3:00 PM	Lounge
<u>Second Harvest Food Bank</u>	Thursday May 6th	12:30 PM	Brenda's Office
Van Drop Off	Monday May 3rd	8:30 AM	Brenda's Office
Clinic: Blood Pressure Checks	Tuesday, May 4th	2:00 PM	Lounge
EMERGENCY MEETING	Thursday, May 6th	1:00 PM	Live Streamed Channel 98
Entertainment: Lorri & James Duet Performances-60's	Friday, May 7th	11:00 AM	Live Streamed Channel 98
Pastor Clark Movies	Wednesdays or Fridays	2:00 PM	Live- Streamed Channel 98
GEAR SWITCH PROJECT- NO POWER TO APARTMENTS	Monday, May 10th	8:00 AM- 4:00 PM (approximately)	**Watch emergency meeting, keep an eye out for notices, and watch ch. 99 for updates**
General Meeting	Tuesday May 11th	2:00 PM	Live- Streamed Channel 98
Speaker: Ease your Arthritis Pain	Wednesday, May 12th	11:00 AM	Live-Streamed Channel 98
Speaker: Meals on Wheels	Friday, May 21st	1:00PM	Live-Streamed Channel 98
Flute Performance	Tuesday, May 25th	2:00 PM	Live-Streamed Channel 98
CLINIC:Millis Eye Associates	Thursday, May 27th	9:00AM-3:00AM	Lounge
Speaker: Stroke Awareness (LVHN)	Thursday, May 27th	1:00 PM	Live- Streamed Channel 98
Speaker: Medicare Advantage Benefits	Friday, May 28th	11:00 AM	Live- Streamed Channel 98

Clinics/Entertainment



CLINIC:
MILLIS EYE ASSOCIATES

May 27th | 9:00am-1:00pm

Contact Brenda for an appointment



Entertainment: **Lorri & James Duet Performance-60's**

May 7th at 11:00am - Channel 98



ENTERTAINMENT:
Flute Performance
by Meredith Twardowski
America Through the Ages
May 25th at 2:00pm - Channel 98

Speakers



SPEAKER:

Meals on Wheels

May 21st at 1:00pm
- Channel 98 -

Join us In-Person!

Sign up with Brenda if you'd like to attend one of the guest speakers' presentations so you can ask them any questions you might have.
SIGN-UP IS REQUIRED FOR ENTRY.



SPEAKER:



UnitedHealthcare® 2021 Medicare Advantage Benefits

May 28th at 11:00am - Channel 98

June Van Trips

DATE	DAY	DESTINATION	TIME
June 1	Tuesday	Shopping at WEIS	9:30am_____
June 2	Wednesday	Shopping at DOLLAR TREE 378	9:00am_____
June 2	Wednesday	Shopping at TARGET	1:00pm_____
June 3	Thursday	Shopping at CVS Pharmacy	9:30am_____
June 4	Friday	Shopping at WALGREENS Pharmacy	9:30am_____
June 7	Monday	Shopping at RITEAID Pharmacy	9:30am_____
June 9	Wednesday	Shopping at VALLEY FARMS	9:00am_____
June 9	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
June 11	Friday	Shopping at SHOPRITE	9:30am_____
June 14	Monday	Shopping at PRICERITE	9:30am_____
June 16	Wednesday	Shopping at WALMART 248	9:00am_____
June 16	Wednesday	Shopping at WALMART 248	1:00pm_____
June 18	Friday	Shopping at ALDI	9:30am_____
June 21	Monday	Shopping at TARGET	9:30am_____
June 23	Wednesday	Shopping at GIANT	9:00am_____
June 23	Wednesday	Shopping at GIANT	1:00pm_____
June 25	Friday	Shopping at VALLEY FARMS	9:30am_____
June 28	Monday	Shopping at DOLLAR TREE 378	9:30am_____
June 30	Wednesday	Shopping at WEGMANS	9:00am_____
June 30	Wednesday	Shopping at WEGMANS	1:00pm_____

Full Name:_____

Phone#:_____APT#:_____

Forms will be collected starting at 8:30am on Monday May 3rd, 2021.