

November 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

Chentelle - Nov. 12
Brenda - Nov. 13

WELCOME
New Residents

No Move-Ins

General Meeting

Tuesday, November 8th
at 2:00pm

~LOUNGE / CHANNEL 98

Office Notes

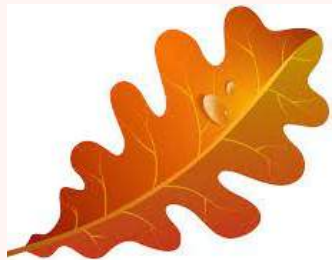
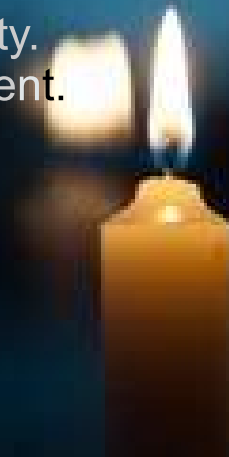
WINDOW CANDLES

It is custom at Lutheran Manor to light a candle in every window during the Holiday season. A single clear candle in each window looks lovely and is a warm welcome to all traveling into our beautiful city. Traditionally, candles are lit the first Sunday in Advent.

So, please light your candles on
Sunday, November 27th.

Enjoy the Holidays!

*"Welcome to Bethlehem,
The Christmas City!"*



DAYLIGHT SAVINGS

Sunday, Nov 6th at 2:00am

Don't forget to turn your clocks back!



Lutheran Manor
MOVIES
Mondays at 1:00pm

"Blonde"-11/7
"p.s. I Love You"-11/14
"ELVIS"-11/21
"Radium Girls"-11/28



**Pastor Clark's
MOVIES**
Wednesdays
at 2:00pm

"Jacob"-11/2
"Frank Sinatra"-11/9
"Sonshine Ministries"-11/16
"Rhapsody in Blue"-11/23
"Heaven's Jubilee"-11/30

SOCIAL SECURITY

An 8.7% benefit increase will take effect January 2023.

**MEDICARE PREMIUMS WILL BE GOING DOWN,
WHILE SS BENEFITS WILL BE GOING UP.**

***Remember to bring your new award letter to the Main Office to be copied for your file.**

Movie Days

Blonde



A look at the rise to fame and the epic demise of actress Marilyn Monroe, one of the biggest stars in the world.

NOVEMBER 7

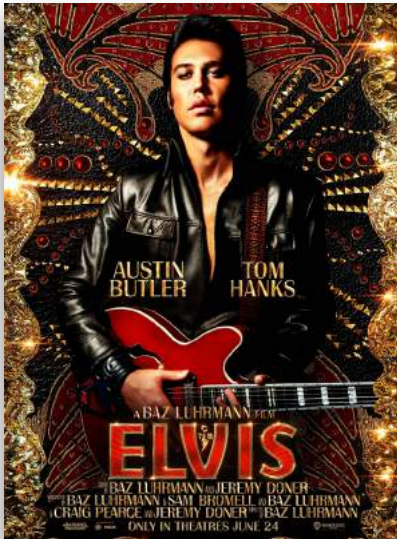
p.s. I Love You



When Holly's husband, Gerry, dies from an illness, she loses the love of her life. Knowing how hard Holly will take his death, Gerry plans ahead. Beginning on her 30th birthday, she receives the first in a series of letters written by him, designed to ease her grief and encourage her to move forward to a new life.

NOVEMBER 14

Elvis



Return to the year 1997, where Elvis Presley's former manager, Colonel Tom Parker recalls how he first met the future King of Rock and Roll and their journey together.

NOVEMBER 21

Radium Girls



Early in the 20th century, women work at the U.S. Radium Factory, painting glow in the dark watches, unaware of the dangers of working with radium.

NOVEMBER 28

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

Jacinda's Jumpstart to Wellness

Calendar Challenge

Utilizing the calendar on the next page, cross off each day that you complete. To receive credit, all challenges need to be completed in the presence of Jacinda. Whomever has the most days crossed off will receive a raffle basket prize for their achievement!

Good Luck and get your exercise on!!

Exercise Promotions

Come to the Wellness Center and take one of our many exercise classes. Your attendance will be documented and at the end of each month, the resident with the most classes completed will receive THREE (3) FREE HOUSEKEEPING appointments.

ZUMBA

Every Thursday at 11:00am
in Exercise Room

- ~ALL STANDING CLASS
- ~MUST BE ABLE TO WALK FREELY
- ~BRING WATER & SWEAT TOWEL

Wellness Tips

November is DIABETES AWARENESS Month
Signs/Symptoms that mean you may need to get your blood sugar tested:

- Constant urination
- Heavy thirst
- Very hungry often
- Fatigue
- Weight loss
- Numb/Tingling in hands and feet

Office Hours: Monday-Friday 8:00am-4:00pm
Gym Hours: 6:00am-7:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

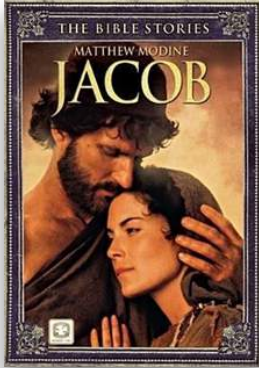
November

Exercise Calendar Challenge!

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 March in place for 15 seconds – 3 times in a row	2 Attend a Walker's Club morning walk for 4 laps around the building	3 Do 10 wall pushups	4 Do 15 Calf/heel raises	5 Check into the wellness center and exercise for more than 15 minutes. You must check out too.
6 Check into the wellness center and exercise for more than 15 minutes. You must check out too.	7 Attend Meditation class @ 3:00pm for 10 minutes	8 Complete 8-10 Bicep curls – 3 times in a row	9 Attend an Exercise Class during the day for 20 minutes or more @ 10:00am or 11:00am.	10 Use four exercise machines for 10 Reps each.	11 Complete 4 stretches with Jacinda throughout the day	12 Check into the wellness center and exercise for more than 15 minutes. You must check out too.
13 Check into the wellness center and exercise for more than 15 minutes. You must check out too.	14 Complete 10 squats or sit to stand exercises	15 Use a cardio machine for 10 minutes or more. Check in and check out your time.	16 Balance on one leg for 20 seconds each – 3 times in a row	17 Complete 10 side to side steps in the exercise room – 3 times in a row	18 March in place for 15 seconds – 3 times in a row	19 Check into the wellness center and exercise for more than 15 minutes. You must check out too.
20 Check into the wellness center and exercise for more than 15 minutes. You must check out too.	21 Do 10 wall pushups	22 Attend yoga class at 11:00 am or meditation at 3:00pm	23 Complete 10 squats or sit to stand exercises	24 Use a cardio machine for 10 minutes or more. Check in and check out your time.	25 Attend a Walker's Club morning walk for 4 laps around the building	26 Check into the wellness center and exercise for more than 15 minutes. You must check out too.
27 Check into the wellness center and exercise for more than 15 minutes. You must check out too.	28 Use four exercise machines for 10 Reps each.	29 Balance on one leg for 20 seconds each – 3 times in a row	30 Attend a Walker's Club morning walk for 4 laps around the building			

From the Chaplain



WEDNESDAY, November 2nd 'JACOB' The Bible Stories Collection

Jacob is a story of love, betrayal, and perseverance. After usurping his brother's inheritance, Jacob spends seven long years of labor in order to marry the woman he loves, only to be tricked on his wedding night. With the help of his faith in God, Jacob rises above the adversity in his life and fulfills his destiny to become the father of the twelve tribes of Israel.

WEDNESDAY, November 9th 'FRANK SINATRA : LIVE'

With an introduction by Howard Cosell and an audience filled with celebrities, "Live from Madison Square Garden" is a real standout show. Sinatra sings his signature songs while adding stories and anecdotes that are poignant as ever. (1974)



Wednesday, November 16th @ 2pm WORSHIP DVD: SONSHINE MINISTRY

**Recorded at Calvary Baptist Church, Easton*



WEDNESDAY, November 23rd 'RHAPSODY IN BLUE'

A moving tribute to one of America's premier musical artists, George Gershwin (played by Robert Alda) (PG 13, 1945)

WEDNESDAY, November 30th 'HEAVEN'S JUBILEE'

LIVE AT FIRST BAPTIST INDIAN TRAIL (DVD)

2 hours of the music you love to sing... 24 of your all-time favorite Hymns and Classic Gospel songs. You're not just watching a concert...you can actually get involved in the experience!

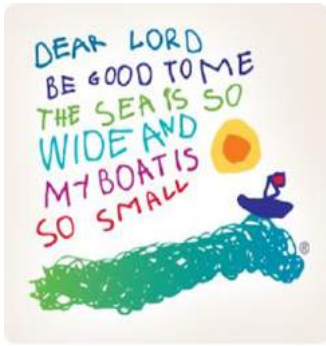
Crank up the volume and sing along!



PASTOR CLARK'S MOVIES PLAYING EVERY WEDNESDAY AT 2:00PM

From the Chaplain

THE FISHERMAN'S PRAYER



I have a plaque on my bedroom dresser with this prayer. I love the great image. We often feel that our “boat in the wide sea” is just too small for safety. We need God’s help, God’s arms holding us up because on our own, some aspects of life are just too scary.

Maybe you remember the pop gospel song of the ‘70’s. “Put your hand in the hand of the man who stilled the water, Put your hand in the hand of the man who calmed the sea, Take a look at yourself and you can look at others differently. Put your hand in the hand of the man from Galilee.”

(Matt.8:23-27)

PRAISE AND THANKS TO GOD WHOSE LOVING PRESENCE REACHES OUT TO US IN ALL OUR CIRCUMSTANCES, REMINDING US THAT “HE’S GOT THIS!”

~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, Nov 3	Pastor Jonny Villamar-Cornerstone Church, Easton *Spanish
Wednesday, Nov 9	Father Venantius Karobo - Notre Dame RC Church, Bethlehem
Thursday, Nov 10	Pastor Marion Johnson-Jerusalem UCC, Trachsville
Thursday, Nov 17	Pastor Larry Burd-Calvary Baptist, Easton
Thursday, Nov 24	THANKSGIVING at 10am *Holy Communion, Chaplain Clark

****Note: Holy Communion Worship (November 24)**

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

Thanksgiving Meal

FOOD MINISTRY will be providing a **DINE-IN ONLY** Thanksgiving meal to those who would like one.

Tuesday, Nov22 at 4:00pm

~SERVED IN
THE LOUNGE

Come give thanks with your fellow neighbors & enjoy a delicious meal and entertainment!

Thanksgiving Meal

**Tuesday, November 22nd
at 4:00pm**

Name: _____ Apt #: _____

Phone #: _____

All are welcome! COME & ENJOY!!

***Return this completed form to the Main Office
no later than Monday, November 7th**

**Sign-up Required | Limited Capacity*

Bellezza Salon and Spa

Bellezza Salon & Spa

November Specials

• EAR CANDLING

Try this safe way to remove wax build up...
Take \$5 off first session, \$10 off your second session.

• PERM

\$7 off Holiday Special

• PUNCH CARD

Receive a punch for each visit; once card is filled, you will receive \$30 off your next visit.

• REFERRALS

Refer a friend, neighbor or family member and receive a reward.

• RETAIL

Buy two items, get your third item FREE.

• SUGGESTIONS

All are welcome!

• DRAWING

Let's try LOTTERY tickets! Win a free ticket, \$100 cash, and much more!
Ask salon staff for details. Good Luck!

• CANCELATIONS

The Salon works by appointments only in order to make it easier on both residents and staff (no wait times). Please be so kind as to give us a 24hr cancelation notice.
We will be implementing a \$5 fee for any No Call/No Shows. Thank you for your understanding.

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 & soul in balance.

Contact Karen directly to book appointments at 610-360-2427.

Contact 610-866-6010 x209 to schedule an appointment

NOVEMBER 2022

New Month, New Dreams, Fresh Start

LUTHERAN MANOR
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Staff Birthdays</p> <p>Chrentelle-Nov12 Brenda-Nov13</p>	<p>1</p> <p>11:00 ENTERTAINMENT: Florist Everybody's Yoga with Dana 2:15 CLINIC: BP Checks 3:00 Meditation</p>	<p>2</p> <p>9:00 Walker's Club 10:00 Energetic Exercise 11:00 Fit For Life with Dana 11:00 WERT'S CAFE 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation- CANCELED</p>	<p>3</p> <p>9:30 BANKS 10:00 Chat Room 11:00 ZUMBA with Ed 12:30 Second Harvest 2:00 Church (Spanish) 3:00 Meditation- Game Room</p>	<p>4</p> <p>9:00 GREEN DRAGON FARMERS' MARKET 9:00 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 11:30 CLINIC: Dermatology 2:00 Stitching with Neria</p>	<p>5</p> <p>8:30 RA COFFEE & DONUTS 12:30 RA Pinochle</p>	
<p>6 Daylight Saving Ends</p> <p>1:00 Sunday Believers' with Paul Belfort</p>	<p>7</p> <p>9:00 Walker's Club 10:00 RITEAID/CYS 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo</p>	<p>8 Election Day</p> <p>9:30 WEIS 11:00 Everybody's Yoga with Dana 2:00 GENERAL MEETING 3:00 Meditation</p>	<p>9</p> <p>9:00 Walker's Club 10:00 Energetic Exercise 11:00 ENTERTAINMENT: Oldies 11:00 Fit For Life with Dana 12:30 Bible Study 1:45 LM BINGO 2:00 Church 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation</p>	<p>10</p> <p>10:00 Chat Room 10:00 WALMART 248 11:00 ZUMBA with Ed 3:00 Meditation- Game Room</p>	<p>11 Veterans Day</p> <p>9:00 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 11:30 Cooking Class 2:00 Stitching with Neria</p>	<p>12</p> <p>5:00 RA Soups/HotDogs</p>
<p>13</p> <p>11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort</p>	<p>14</p> <p>9:00 Walker's Club 9:30 VALLEY FARM MARKET 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo</p>	<p>15</p> <p>9:30 BANKS 11:00 Everybody's Yoga with Dana 2:00 Snacks/IceCream Sales 3:00 Meditation</p>	<p>16</p> <p>9:00 Walker's Club 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:00 Meditation 3:00 RANDALL'S RESTAURANT</p>	<p>17</p> <p>9:00 CLINIC: Eye 10:00 Chat Room 11:00 DAN SCHANTZ GREENHOUSE 11:00 ZUMBA with Ed 2:00 Church 3:00 Meditation- Game Room</p>	<p>18</p> <p>9:00 Walker's Club 10:00 DOLLAR TREE 378 10:00 Meditation 11:00 Energetic Exercise 12:30 CLINIC: OAA 2:00 Stitching with Neria</p>	<p>19</p> <p>8:30 Resident's Association BREAKFAST</p>

Tune into Channel 99 regularly for updates.

NOVEMBER 2022

New Month, New Dreams, Fresh Start



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 1:00 Sunday Believers' with Paul Belfort	21 8:00 HERSHEY'S CHOCO WORLD / LUNCH 9:00 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	22 11:00 Everybody's Yoga with Dana 1:00 SPEAKER: Scams 2:00 Church 3:00 Meditation 4:00 Thanksgiving Social	23 OFFICE 1/2 Day 9:00 Walker's Club 9:30 WEGMANS 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 Snacks/Ice Cream Sales 5:00 HOPS AT THE PADDOCK	24 Thanksgiving OFFICE CLOSED 10:00 Chat Room 2:00 Church	25 OFFICE CLOSED 9:00 Walker's Club 2:00 Stitching with Nerra	26 4:00 RA Social
27 1:00 Sunday Believers' with Paul Belfort	28 9:00 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 5:00 BUCKEYE TAVERN 6:00 RA Bingo	29 11:00 Everybody's Yoga with Dana 1:00 PINES DINNER THEATRE: A Stroke At Midnight 3:00 Meditation	30 9:00 Walker's Club 11:00 Fit For Life with Dana 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/Ice Cream Sales 3:00 Meditation			

Tune into Channel 99 regularly for updates.

Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30pm	Community Room
Chat Room	Every Thursday	10:00am	Community Room
Church	2nd Wed & Every Thurs (1st Thurs-Spanish Service)	2:00pm	Community Room Channel 98
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room Channel 98
Sunday Praise with David Garcia	2nd Sunday of Every Month	11:00am	Community Room

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays Wednesdays	11:00am 10:00am	Exercise Room (98)
Everybody's Yoga with Dana	Tuesdays	11:00am	Exercise Room (98)
Fit For Life with Dana	Wednesdays	11:00am	Exercise Room (98)
Meditation with Jacinda	Monday-Wednesday Thursdays Fridays	3:00pm 3:00pm 10:00am	Community Room (98) Exercise Room (98) Community Room (98)
ZUMBA with Ed	Thursdays	11:00am	Exercise Room (98)

November 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 Breakfast	Every 3rd Saturday	8:30am	Lounge
RA Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Pinochle	Every 1st Saturday	12:30pm	Lounge
RA Shredding	Every Wednesday	2:00pm	Lounge
RA Soup & Hot Dogs	Every 2nd Saturday	5:00pm	Lounge
Stitching with Nena	Every Friday	2:00pm	Game Room
Van Trip Drop Off	Tuesday, Nov 1	9:00am	Brenda's Office
ENTERTAINMENT: Flower Arrangement Class	Tuesday, Nov 1	11:00am	Lounge
CLINIC: Blood Pressure Check	Tuesday, Nov 1	2:15pm	Lounge
Second Harvest Food Bank	Thursday, Nov 3	12:30pm	Lounge
CLINIC: OnSite Dermatology	Friday, Nov 4	11:30am	Resident Apartments
GENERAL MEETING	Tuesday, Nov 8	2:00pm	Lounge/Ch98
ENTERTAINMENT: Jeff Krick	Wednesday, Nov 9	11:00am	Lounge/Ch98
LM BINGO	Wednesday, Nov 9	1:45pm	Lounge
Cooking with Lyndi	Friday, Nov 11	11:30am	Lounge/Ch98
CLINIC: Eye	Thursday, Nov 17	9:00am	Game Room
CLINIC: Podiatry	Friday, Nov 18	12:30pm	Resident Apartments
SPEAKER: Senior Scams	Tuesday, Nov 22	1:00pm	Community Rm/Ch98
Thanksgiving Social	Tuesday, Nov 22	4:00pm	Lounge
RA Social	Saturday, Nov 26	4:00pm	Lounge

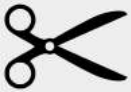
Lutheran Manor BINGO

Lutheran Manor: **BINGO**

**Wednesday, Nov 9th
at 1:45pm**

Lounge

*Sign up required. Complete the form
and deliver to the Main Office no later
than Friday, November 4th.*



Lutheran Manor BINGO

**Wednesday, November 9th
at 1:45pm**

Name: _____ Apt #: _____

Phone #: _____

***Return this completed form to the Main Office
no later than Friday, November 4th**

**Sign-up Required | Limited Capacity*

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

Brenda's Bulletin

CLINIC:
Blood Pressure Check
by Walgreens

November 1st
2:15pm - 3:15pm
Sign up with Brenda

Second Harvest
Food Bank

November 3rd at 12:30pm
~LOUNGE
Contact Brenda to see if you're
eligible to receive a box.

CLINIC: OnSite
Dermatology

In the comfort of your own home.
November 4th at 11:30am
By appointment only. Sign up with Brenda.



CLINIC: Health
Drive Eye
Thursday, Nov 17th
9:00am - 12:00pm

Game Room
By appointment only,
Sign up with Brenda

CLINIC: OAA
Orthopedic Specialists

In the comfort of your own home.
November 18th
at 12:30pm
By appointment only, Sign up with Brenda.

Speaker:
PA Office of Attorney General,
'SENIOR SCAMS'
with David Shallcross

November 22nd at 1:00pm
Community Room/ Ch98

Country Rose Florist

November 1st at 11:00am

~Lounge

***COME ENJOY MAKING AN
ARRANGEMENT AND
TAKE IT HOME**

Entertainment:
An Oldies Tribute
with Jeff Krick

November 9th
at 11:00am

Lounge

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

December Van Trips

Dec1	Thursday	Shopping at GIANT	9:00a_____
Dec2	Friday	Breakfast at CRACKER BARREL	9:30a_____
Dec5	Monday	Banks _____ Write your bank name here	9:30a_____
Dec5	Monday	Shopping at RITEAID/CVS	1:00p_____
Dec7	Wednesday	Shopping at CHRISKINDLMARKT (\$10 entry)	10:00a_____
Dec8	Thursday	Shopping at WALMART 248	10:00a_____
Dec8	Thursday	Shopping at WALMART 248	1:00p_____
Dec13	Tuesday	Shopping at VALLEY FARM MARKET	9:30a_____
Dec15	Thursday	Dutch Apple Theatre presents: 'ELF THE MUSICAL' (\$68 due by Friday, Nov18)	9:30a_____ 12:30 Lunch 1:30p Show
Dec16	Friday	Banks _____ Write your bank name here	9:30a_____
Dec16	Friday	Pennsylvania Playhouse presents: 'Holiday Inn' (\$24 due to Brenda by Friday, Nov11)	5:00p_____
Dec20	Tuesday	Shopping at WEIS	9:30a_____
Dec21	Wednesday	LIGHTS IN THE PARKWAY	5:00p_____
Dec28	Wednesday	Dinner at KINGFISH	5:00p_____
Dec29	Thursday	Shopping at ALDI	10:00a_____

Full Name: _____

Phone#: _____ Apt#: _____

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

Resident's Association



Resident's Association **BINGO**

Come one, Come all! Enjoy the fun!

Mondays at 6:00pm
Lounge

Resident's Association **SHREDDING**

*every Wednesday
2:00p-3:00p
in the Lounge*

*No magazines or newsprint
*Remove all clips and staples

Resident's Association: **Coffee & Donuts**

November 5th at 8:30am
Lounge • \$1.00/cup, \$1.00/donut



Resident's Association: **Pinochle**

November 5th at 12:30pm
Lounge • Light Refreshments Served • \$2.00 per play



Resident's Association: **SOUP & HOTDOGS**

Come enjoy some drinks, delicious hot soup, and hot dogs with all the fixings.

November 12th at 5:00pm
\$3 Soups, \$1.50 Hotdogs



Resident's Association: **Breakfast**

Come enjoy 3 pancakes, 2 sausage links, juice & coffee.

November 19th at 8:30am
\$3.00 entry fee at the door.



Resident's Association SOCIAL

Resident's Association:
SOCIAL

Come one, Come all to enjoy the festivities.

Saturday, November 26th

4:00pm Doors Open | 5:00pm Food
6:00pm Entertainment: Bill & Melanie Reese
~Lounge

**Donations Appreciated*



Resident's Association SOCIAL

**Saturday, November 26th
at 4:00pm**

Name: _____ Apt #: _____

Phone #: _____

***Return this completed form to the Main Office
no later than Friday, November 11th**

**Sign-up Required | Limited Capacity*

WEAR GRATITUDE LIKE A CLOAK,
AND IT WILL FEED EVERY CORNER OF YOUR LIFE

Cooking Class



Cooking with Lyndi

Come learn how to make these delicious recipes and then enjoy a plate!

- ~Pan Pork Tenderloin w/ Apples
- ~Pumpkin Soup

**Friday, November 11th
at 11:30am**



Cooking Class



**Friday, November 11th
at 11:30am**

Name: _____ Apt #: _____

Phone #: _____

***Return this completed form to the Main Office
no later than Friday, November 4th**

**Sign-up Required | Maximum of 20 slots available*

TUNE INTO CHANNEL 99 REGULARLY FOR UPDATES

Hello November

Not everyone gets you, but it's
Okay, because when you
Value your time, attention and
Energy, you attract
More people who see your
Beauty and worth. Own your
Enoughness, and the
Right ones will find you

OurMindfulLife.com

