

Office Hours

Monday-Thursday 8:30am - 4:30pm

Friday 8:30am - 1:00pm

Staff Birthdays

Chentelle-Nov 12 Brenda-Nov 13 Judith-Nov 23

OFFICE CLOSED for Thanksgiving Holiday

Half day Wed. 11/23 Full day Thurs. 11/24 Full day Fri. 11/25







Office Notes

A Note About COVID-19:

Masks are highly recommended in common areas. Please continue to social distance & use good hygiene practices, including but not limited to: washing your hands often.

These guidelines could change at any time according to changes in our local area, CDC guidance, or Pennsylvania Health department.

Check channel 99 regularly for updates!

2022 Worship Services

Pastor Clark would like your suggestions for scheduling clergy for next year!

Contact Pastor Clark with your suggestions.



WONDERFUL NEWS!!

Social Security will increase 5.9% in January, 2022. Please remember to bring your new award letter to the Main Office to be copied for your file.

Resident's Association Social

SUNDAY, NOVEMBER 28 (LOUNGE)

Doors open: 4:00pm (Sign up required-see last page)
Food: 5:00pm Macaroni with Hamburger Meat
Entertainment: 6:00pm Bill & Melanie Reese

DAYLIGHT SAVINGS

Ends Sunday November 7 @ 2am



Remember to turn your clocks back 1 hour

Lutheran Manor tradition is to light a candle in every window during the Holiday season. A CLEAR candle in each window looks lovely and is a warm welcome to all who are traveling on the highway. This is our way of saying

Welcome to Bethlehem, the Christmas City!

Please light your candles on the first Sunday of Advent

Sunday, November 28

Movie Days

Movie 1: Dream Horse



MONDAY, NOVEMBER 1ST @ 1:00PM

The true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope for their struggling community.

Movie 3: The Starling



MONDAY, NOVEMBER 15TH 1:00PM

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

Movie 2: This Little Love of Mine



MONDAY, NOVEMBER 8TH @ 1:00PM

Business lawyer Laura returns to the small tropical island where she grew up to convince her childhood friend Chip to accept an inheritance and replace his wealthy grandfather at the head of a company.

Movie 4: The Upside



MONDAY, NOVEMBER 29TH 1:00 PM

Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest

~All movies live-streamed on channel 98~

Thanksgiving Meal

Monday, November 22nd

Lutheran Manor will be providing a pre-portioned Thanksgiving meal to those who would like one.



Those who DO NOT want a thanksgiving meal, please complete the slip below.

~Those who <u>DO</u> want a meal, Do nothing~



Thanksgiving Meal Opt-Out



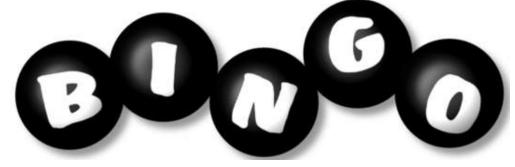
*Only return this slip if you **DO NOT** want a meal.*

Full Name:	
Phone:	Apt#:

*Please return this slip to the MAIN OFFICE no later than FRIDAY, NOVEMBER 5, 2021

Lutheran Manor BINGO

LUTHERAN MANOR WILL BE HOSTING



DATE: Wednesday, November 17th



TIME: **1:45 PM** LOCATION: **Lounge**



<u>Please note:</u> Space is limited to 30 residents

Lutheran Manor BINGO

Wednesday, November 17, 2021 1:45 pm (Lounge)

Full Name:		Par
Phone:	APT#:	

*Please return slip to MAIN OFFICE no later than **Friday, November 12, 2021**

From the Chaplain

TV MINI SERIES: THE CHOSEN- SEASON TWO

The Life of Jesus Through the Eyes of Those Who Knew Him



Wednesday, November 3rd at 2 pm- "Thunder" (missed this one last month...oops)

Tension builds among the disciples as they wrestle with the increasing fame of Jesus in Samaria. Jesus rebukes Big James and John for their prejudice and, after a near-violent encounter, gives them a new nickname.

Wednesday, November 10th at 2 pm- "Matthew 4:24"

A long exhausting day turns into night as the disciples help Jesus deal with a large crowd, hoping to be healed. Around the campfire, over dinner, the group tries to get to know each other better. But emotions erupt.



WORSHIP DVD: SONSHINE MINISTRY

Wednesday, November 17th @ 2:00pm ~Recorded at Calvary Baptist Church, Easton~



THE THANKSGIVING TREASURE

Wednesday, November 24th at 2 PM

This DVD is part of a CBS 'Addie Mills' series of films from the early 1970's. They are simple and heartfelt films set in the 1940s.
Addie Mills, (Lisa Lucas) is a spirited and intelligent 10-year-old girl who loves school and dreams of becoming an artist in NYC. Her widowed father, James 'Jamie' Mills (Jason Robards) and his mother and Addie's

Grandmother Mills (Mildred Natwick) raise her.

"The Thanksgiving Treasure" is the tale of Addie meeting a miserly curmudgeon, 'Old Man' Rehnquist (Barnard Hughes). One November, Addies spies a horse on the Rehnquist land and makes a deal with him that allows her to ride the horse. After bringing him thanksgiving dinner, the two form an unwieldly friendship.

From the Chaplain



November is the month of Thanksgiving, a favorite Holiday for many people. There are opportunities for getting together with family and friends & of course the start of the Christmas Holiday season.

Another reason Thanksgiving is so special is that it is the only Holiday that is about expressing gratitude for the many blessings and gifts from God, which we tend to take for granted. Thanksgiving is a yearly reminder to reassess our values and to consider what truly matters in life. It encourages us to live with grateful and generous hearts and to share God's abundance with those who are less fortunate than us.

Thanksgiving is really **Thanks-living**. May you be blessed with a grateful heart!

~Pastor Clark

Worship in the Community Room

Worship will be at 2:00 PM on the dates listed below, and you may attend in-person or continue to watch on channel 98.

COVID guidelines will be followed, so space is limited.

Thursday, November 4	Pastor Jonny Villamar, Cornerstone Church, Easton- ~Spanish/English
Thursday, November 11	Pastor Lisa Borrell, Frieden's Lutheran, Center Valley ~Communion
Thursday, November 18	Pastor Larry Burd, Calvary Baptist, Easton
<u>Tuesday,</u> November 23	Father Bernard Ezaki, Notre Dame RC Church, Bethlehem
Thanksgiving Day 10am	Pastor Clark, Chaplain ~Communion

*Please note: Catholic Worship is on the fourth Tuesday of the month.
Thanksgiving worship on Thursday, November 25th at 10 am.

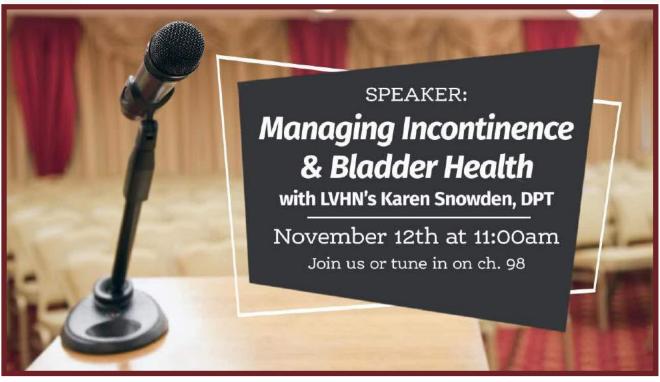
Kierra's Words of Wellness



Fitness Center Hours Update

6 AM- 7 PM Daily (yes, even weekends!)





No In-Person Classes the First Week of November (11/1-11/5)

Check the calendar and channel 99 each day for DVD or live-stream options



MASKS ARE REQUIRED FOR EVERYONE WHEN SOCIAL DISTANCING IS NOT POSSIBLE

KIERRA VARCOS FITNESS SPECIALIST 610-866-6010 X208

FITNESS CENTER HOURS: EVERY DAY 6:00 AM- 7:00 PM

Bellezza Salon and Spa

Bellezza Salon & Spa Announcement

Help your hearing, and even sinus issues by trying our Ear Candling Service. If you wear hearing aids, you may benefit from this!

\$25 for two candles

\$35 for four candles and a head & neck massage

Bellezza Salon & SpaNovember Specials

Try any service you have not used before and receive 20% off!

Don't forget to continue to use our referral program and enter to win November's gift basket drawing.

Ask us about our Ear Candling
Service

<u>Massage</u> <u>Therapy</u>

You must contact Karen directly to book appointments. *DO NOT Call the Salon*

610-360-2427



We would like to tell you how grateful we are for your friendship! It's a joy for the stylists to be able to bring out your true beauty inside and out. Thank you for being in our lives and sharing your wonderful stories about your lives and families.

Your friends & stylists: Diane, Lorri, and Marcie

NOVEMBER 2021



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Walker's Club 10:00 Exercise DVD (98) 11:00 Exercise DVD- Advanced (98) 1:00 Movie: Dream Horse (98) 6:00 Resident's Association Bingo	9:30 VOTE at Nitschmann Middle School 10:00 Exercise DVD (98) 11:00 Yoga DVD (98) 2:00 Documentary: Diet Fiction (98) 6:30 Heavenly Bible Study with Beverly Westwood	9:00 Walker's Club 9:30 BANKS 10:00 ENTERTAINMENT: Card Making Class 10:00 Exercise DVD (98) 12:30 Bible Study 1:00 CLINIC: Blood Pressure Check 2:00 Pastor Series: The Chosen Sn2, Ep1 (98)	9:30 Brunch at BORDERLINE RESTAURANT 10:00 Chat Room 10:00 Exercise DVD (98) 11:00 State Rep Meet&Greet 12:30 Mobile Market 12:30 Second Harvest 2:00 Church (Spanish)	9:00 Walker's Club 9:30 Shopping at WEIS 10:00 Tai Chi DVD (98) 11:00 SPEAKER: Devi AdultDay Services 1:00 SPEAKER:AttyGenera 'Senior Scams'	9:00 Coffee and Donuts (Takeout ONLY)
7 Daylight Saving Ends Daylight Savings	9:00 Walker's Club 9:30 Shopping at RITEAID & CVS 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: This Little Love of Mine (98) 2:00 Basic Balance 3:30 Meditation 6:00 Resident's Association Bingo	9:30 Shopping at WALGREENS 10:00 Joyful Joints 11:00 Everybody's Yoga 1:00 Balance at the Barne 2:00 GENERAL METING 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood	10 9:00 Walker's Club 10:00 Exercise DVD (98) 12:30 Bible Study 2:00 Pastor Series: The Chosen Sn2 Ep3 (98)	9:30 Shopping at ALDI 10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation 4:00 SPEAKER: Cantelmi 'Body Donation'	9:00 Walker's Club 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne 11:00 SPEAKER: Managing Incontinence and Bladder Health 12:30 CLINIC: OAA Podiatry	<u>8</u>
11:00 Sunday Praise with David Garcia	9:00 Walker's Club 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 Movie: The Starling (98) 2:00 Basic Balance 3:30 Meditation 6:00 Resident's Association Bingo	10:00 Joyful Joints 11:00 Everybody's Yoga 1:00 Balance at the Barre 2:00 ENTERTAINMENT: Meredith Twardowski, Flautist 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood	9:00 Walker's Club 9:00 Walker's Club 9:30 Shopping at VALLEY FARM MARKET 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 145 LM BINGO 2:00 Sonshine Ministry Worship DVD (98) 3:30 Meditation	9:00 CLINIC: HealthDrive Eye 9:30 Shopping at DOLLAR TREE 10:00 Chat Room 10:00 Joyful Joints 11:00 Balance at the Barre 2:00 Church 3:30 Meditation	9:00 Walker's Club 9:30 Morning Meditation 9:30 Shopping at TARGET 10:00 Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: Lorri&Jim Duet 1:00 SPEAKER: Diabetes 101 (play Jeopardy in the Community Rm!)	50

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

NOVEMBER 2021







Sunday Monday Tuesday Wednesday Thursday Friday
21 22 23 24 25 Thanksgiving Meal 26 Black Friday Delivery- Today! 9:30 WALMART Office Closes 12:30 OFFICE CLOSED- OFFICE CLOSED- OFFICE CLOSED- OFFICE CLOSED- OFFICE CLOSED- OFFICE CLOSED- See you Monday! 9:30 Shopping at GIANT 10:00 Stearthe Holidays (play Bingo!) 12:30 Bible Study Thanksgiving Thanksgiving! See you Monday! 10:00 Stearthe Holidays 1:00 Balance at the Strength 2:00 Pastor Movie: The Thanksgiving 10:00 Thanksgiving Thanksgiving Worship 2:00 Basic Balance 3:30 Meditation 2:00 Church 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood Westwood
28 Hanukkah Begins 29 30 Holiday Window Candle Lighting 44:00 Resident's Association SOCIAL 9:00 Walker's Club 9:30 Shopping at 4:00 Everybody's Yoga 10:00 Fit for Life 10:00 Everybody's Yoga Association SOCIAL 10:00 Fit for Life 10:00 Strength 11:00 Strength 11:00 Strength (98) 1:00 Bairce 2:00 Specialty Exercise: Tips for Shoulder Pain (98) 2:00 Basic Balance 3:30 Meditation 6:00 Resident's Association Bingo 3:30 Meditation GRILLE

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	12:30 PM	Community Room
Chat Room	Every Thursday	10:00 AM	Community Room
Church	4th Tuesday & Every Thursday (1st Thurs. Spanish Service)	2:00 PM	Community Room/Ch98

Exercise Activities

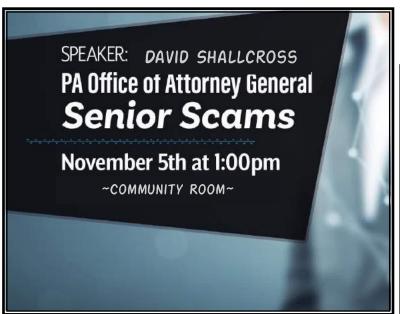
*** No IN-PERSON classes Nov 1st -5th, see daily calendar for details ***

ACTIVITY	DAY(s)	TIME	PLACE
Fit For Life	Mondays & Wednesdays	10:00 AM	Exercise Room (98)
Joyful Joints	Tuesdays and Thursdays	10:00 AM	Exercise Room (98)
Stand Up for Strength	Mondays	11:00 AM	Exercise Room (98)
Everybody's Yoga	Tuesdays	11:00 AM	Exercise Room (98)
Walkers Club	Mon., Wed., Fridays	9:00 AM	Outside
Basic Balance	Mondays Wednesdays	2:00 PM 11:00 AM	Exercise Room
Meditation	Mondays- Thursdays Fridays	3:30 PM 9:30 AM	Community Room (98)
Balance at the Barre	Tuesdays and Thursdays	1:00 PM	Exercise Room
Cardio Drumming	Thursdays	11:00 AM	Exercise Room (98)
Qi Gong Tai Chi	Friday	10:00 AM	Exercise Room (98)

November Activities

ACTIVITY	DAY(s)	TIME	PLACE
Snacks/Ice Cream Sale	Every Wednesday	3:00pm	Lounge
Resident's Association BINGO	Every Monday	6:00pm	Lounge
Van Trip Drop Off	Monday, Nov 1	9:00am	Brenda's Office
VOTE-Nitschmann MS	Tuesday, Nov 2	9:30am	Van Trip
Card Making Class	Wednesday, Nov 3	10:00am	Lounge (Sign up Required)
CLINIC: BP Checks	Wednesday, Nov 3	1:00pm	Lounge
State Rep. Meet&Greet	Thursday, Nov 4	11:00am	Community Rm/Ch98
Second Harvest	Thursday, Nov 4	12:30pm	Lounge
SPEAKER: Devi Adult Day	Friday,, Nov 5	11:00am	Community Rm/Ch98
SPEAKER: Atty General	Friday, Nov 5	1:00pm	Community Rm/Ch98
General Meeting	Tuesday, Nov 9	2:00pm	Lounge/ Channel 98
SPEAKER: Cantelmi Funeral Home	Thursday, Nov 11	11:00am	Community Rm/Ch98
SPEAKER: Incontinence & Bladder Health	Friday, Nov 12	11:00am	Community Room/ Ch98
CLINIC: OAA Podiatry	Friday, Nov 12	12:30pm	Resident Homes
Sunday Praise w/ David	Sunday, Nov 14	11:00am	Community Rm/Ch98
ENTERTAINMENT: Flute	Tuesday, Nov 16	2:00pm	Community Rm/Ch98
Lutheran Manor BINGO	Wednesday, Nov 17	1:45pm	Lounge (Sign up Required)
CLINIC: HealthDrive Eye	Thursday, Nov 18	9:00am	Game Room
ENTERTAINMENT: Lorri & Jim Duet	Friday, Nov 19	11:00am	Community Rm/Ch98
SPEAKER: Diabetes 101 *come play Jeopardy!*	Friday, Nov 19	1:00pm	Community Rm/Ch98 (call Kierra for more info)
SPEAKER: Nutrition Over the Holidays *come play Bingo!*	Tuesday, Nov 23	10:00am	Community Rm/Ch98 (call Kierra for more info)
Resident's Association SOCIAL	Sunday, Nov 28	4:00pm	Lounge (Sign up Required)

Brenda's Bulletin









~WE ARE NOW LIVE, IN PERSON FOR ALL CLINICS, SPEAKERS & ENTERTAINMENT~

Sign up with Brenda

OAA Orthopaedic
Specialists

In the comfort of your own home, By appointment only.

November 12th at 12:30pm Sign up with Brenda



Rent Rebates

Most residents have received their checks. For those that have not, your patience is greatly appreciated.

Brenda's Bulletin





State Representative Meet & Greet

Come join us to mingle with State Rep. Jeanne McNeill

November 4th @ 11am

Her office can assist with the following and more:

- -Consumer Support (Atty General)
- -PennDOT -LIHEAP
- -Healthcare -SNAP -Revenue
- -Rent Rebates -Veterans Affairs
- -Voter Registration -PACE









OPEN OFFICE HOURS: MONDAY-FRIDAY 9:00 AM-3:00 PM BRENDA PAGAN-FONTANEZ, SERVICE COORDINATOR 610-866 -6010 X4

December Van Trips

LIMIT OF 13 PASSENGERS PER TRIP

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Dec 3	Friday	Banks(Write your bank name)	9:30a
Dec 6	Monday	Shopping at RITEAID/CVS Pharmacies	9:30a
Dec 7	Tuesday	Shopping at WEIS	9:30a
Dec 8	Wednesday	Brunch at BETHLEHEM DINER	9:30a
Dec 13	Monday	Shopping at VALLEY FARMERS MKT	9:30a
Dec 15	Wednesday	Shopping at DOLLAR TREE	9:30a
Dec 17	Friday	Dinner at MILLER'S ALE HOUSE	5:00p
Dec 20	Monday	Shopping at GIANT	9:30a
Dec 22	Wednesday	Shopping at WALMART	9:30a
Dec 23	Thursday	Shopping at ALDI	9:30a
Dec 27	Monday	Shopping at WEGMANS	9:30a
Dec 28	Tuesday	Shopping at DOLLAR TREE	9:30a
Dec 30	Thursday	Shopping at WEIS	9:30a

*\$5.00 FEE WILL BE CHARGED FOR ANY CANCELLATIONS <u>WITHOUT</u> 24HR NOTICE **VAN TRIPS WILL BE CANCELED IF LESS THAN FIVE RESIDENTS ARE SIGNED UP

Full Name:	
Phone#:	Apt#:

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

Resident's Association

Resident's Association Social

Sunday, November 28

Doors open: 4:00pm (Sign up required)
Food: 5:00pm Macaroni with Hamburger Meat
Entertainment: 6:00pm Bill & Melanie Reese

Limited Capacity



Resident's Association

Sunday, November 28





Apt#:

*Please return this slip to the MAIN OFFICE no later than FRIDAY, NOVEMBER 19, 2021

