

**Lutheran Manor**  
of the Lehigh Valley

# October 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

Ken C. - October 30th

## WELCOME New Residents

Edward R.- Floor 6  
Mary Ann R.- Floor 6  
Roberta M.- Floor 8  
Cathy M. - Floor 11

## General Meeting

Tuesday, October 11th  
at 2:00pm

~LOUNGE / CHANNEL 98

# Office Notes

## **SMOKE ALARM INSPECTIONS**

Simplex/Grinnell Alarm Company will be here to check the smoke alarms in each apartment.

~You do not have to do anything for this test.

~You do not need to be home for this test.

**October 24th & 25th starting at 8:00am**

*\*Please be aware that you may periodically hear the alarms go off throughout the testing period.*

## **Voting by Mail or Absentee Ballot**

Mail-In and Absentee Ballot applications for the Tuesday, November 8th Election

**MUST be received** by Lehigh County Elections Office by **5:00pm on Tuesday, November 1st.**

**Contact Brenda to complete your ballot application today.**

\*\*Van Trips will be scheduled for 10:00am and 2:00pm for In-Person Voting

CLINIC:

## **COVID Booster**

Complete required form with Brenda to reserve your spot today.  
(Bring along ID, Insurance and Medicare Card)

**Tuesday, October 25th  
10:00am - 1:00pm**

Lounge



## **Lutheran Manor MOVIES**

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

10/3 - "Love in the Villa"  
10/10 - "Our Friend"  
10/17 - "Worth"  
10/24 - "Redeeming Love"  
10/31 - "The Lost City"



## **Pastor Clark MOVIES**

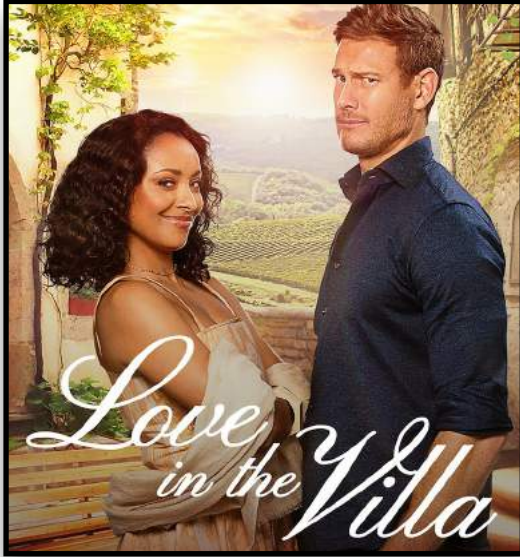
Wednesdays at 2:00pm  
Live-streamed on Channel 98

10/5 - "Esther"  
10/12 - "The Sting"  
10/19 - "Sonshine Ministry"  
10/26 - "Tooth Fairy"



# Movie Days

## Love in the Villa



A young woman takes a trip to romantic Verona, Italy, after a breakup, only to find that the villa she reserved was double-booked, and she'll have to share her vacation with a cynical British man.

**OCTOBER 3**

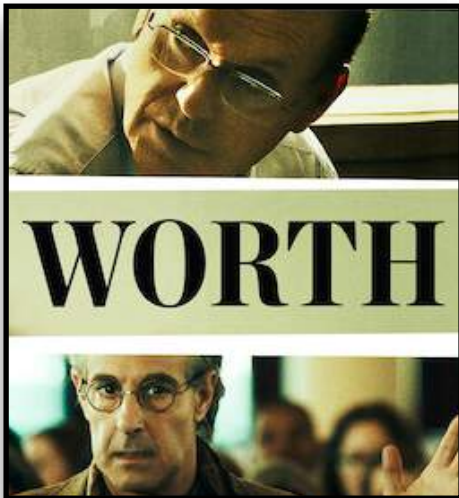
## Our Friend



A family whose lives are upended by terminal cancer, the couple's best friend Dane puts his life on hold to stay with his friends, the impact of this life altering decision proves greater and more profound than anyone could have imagined.

**OCTOBER 11**

## Worth



The film depicts Kenneth Feinberg's handling of the September 11th Victim Compensation Fund.

**OCTOBER 17**

## Redeeming Love



Sold into prostitution as a child, Angel knows nothing but betrayal. Can her heart ever be mended?

**OCTOBER 24**

## The Lost City



A romance novelist and her cover model, respectively, must escape a billionaire and find the lost ancient city described in one of her books.

**OCTOBER 31**

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



# Jacinda's Jumpstart to Wellness

## WALKER'S CLUB

Anyone who participates in Walker's Club is invited for a celebration of your achievements. Snacks, Games, Prizes and Achievement Certificates will be given

**Monday, October 3rd at 2:00pm**  
Community Room



## GAME DAY

Join the fun with Jacinda! Come One, Come All & Win!  
Wii Bowling, Cornhole, Checkers, Dominoes, Brain Puzzles, Memory Games, and Much Much More!

**Thursday, October 13th at 12:00pm**  
Exercise Room



**SPEAKER:**

**Dr. Murillo, St. Luke's**

## ***Hospital Hazards***

Learn how to prevent and deal with hospital hazards properly. Get answers to all of your questions.

Sign up with Jacinda today!

Light Refreshments Served

**Thursday, October 20th**  
**at 1:00pm**

Community Room & Channel 98





# Jacinda's Jumpstart to Wellness

## One Time Zumba Session

with Ed Nickles

Come Enjoy Latino and Pop Oldies!

Friday, October 7th at 1:00pm  
- Exercise Room -

**\* ALL STANDING CLASS  
\* Must be able to move & walk freely**



### REMINDER

Come down to the Fitness Center Monday-Friday, 8:00am-4:00pm to meet your new Fitness Specialist, Jacinda.

She is setting up consultations to adjust programs, setting up one on one sessions, taking any suggestions and providing additional assistance regarding health and fitness.

### Exercise Promotions

Starting this month...

Come to the Wellness Center and take one of our many exercise classes and you will receive a free healthy recipe for each class completed. 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.**

### WELLNESS TIPS

## October is Breast Cancer Awareness Month

- Complete monthly breast self-exams
- Complete yearly Mammograms and Screenings
  - Stay active
- Woman: wear support like bras or sport bras
  - Limit alcohol consumption



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

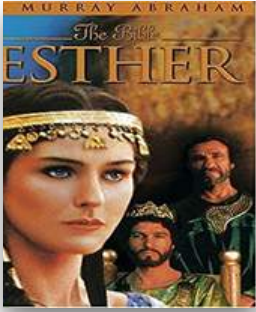
Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208



# From the Chaplain

**WEDNESDAY, October 5th @ 2pm**

## **The Bible Stories Collection 'ESTHER'**



The King of Persia gives a banquet for his people at which he requests the presence of his wife, Vashti. She refuses and the king disowns her. As he is searching for a replacement, he meets the young girl, Esther, and falls in love and marries her unaware of her Jewish heritage. Later Esther reveals to the King that she is Jewish and appeals to him to show her people mercy.

**WEDNESDAY, October 12th- 2pm**  
**'THE STING'**

Winner of seven Academy Awards. The Sting is a, intricate comedy caper about a small-time crook (Robert Redford) and a veteran con-man (Paul Neuman) whose seek revenge on a crime lord.



Wednesday, October 19th @ 2pm

## **WORSHIP DVD: SONSHINE MINISTRY**

*\*Recorded at Calvary Baptist Church, Easton*



**WEDNESDAY, October 26th @ 2pm**  
**'TOOTH FAIRY'**

A professional hockey player who is full of himself and feels he must tell kids the truth, only problem is that in telling them the truth he is destroying their dreams. He is summoned to fairy land where he must serve as an apprentice tooth fairy to learn the error of his ways.



Sunday Believers  
**WORSHIP**  
with Paul Belfort

**Sundays at 1:00pm**

\*Light Refreshments Served  
Community Room | Channel 98

**SUNDAY  
PRAISE**  
Led by David Garcia  
Prayer, Praise  
& Proclamation Worship

**Sunday, October 9th  
at 11:00am**

Community Room & Channel 98

# From the Chaplain

## THE BEAUTY OF OCTOBER



I am glad I live in a world where there is an October. You know what I mean...the cooler temperatures, trees with a dazzling array of brilliant colors, crisp leaves crunching underfoot, the brightly colored mums, a clear starry sky, cozy sweaters, pumpkins, crunchy apples and many more wonderful things.

A gorgeous month! All of it invites us to look around to enjoy God's majesty that surrounds us. Charlotte B. Williams writes ***"Oh! The wonder of how seasons change, yet year after year they still remain the same. I'm thankful to God many, many times over, for the times of the year, and the month of October!"*** Be still in the moment and enjoy the beauty of God's wonderful creation.

*-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, Oct 6	Pastor Luis Ortiz-Iglesia Casa de Dios, Allentown ~ <i>Spanish</i>
Thursday, Oct 13	Pastor Maggie Wellert-Central Moravian, Bethlehem
Thursday, Oct 20	<b>**Holy Communion</b>
Tuesday, Oct 25	Father Venantius Karobo - Notre Dame RC Church, Bethlehem
Thursday, Oct 27	Pastor Rick Sergi - Emmanuel EC, Bethlehem

**\*\*Note: Holy Communion Worship (October 20)**

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

# Miscellaneous Information



.HAPPY.  
**BOSS'S  
Day**



**Sunday, October 16th**



**AN AWESOME BOSS IS HARD TO FIND,  
DIFFICULT TO PART WITH  
AND IMPOSSIBLE TO FORGET!  
WE ARE SO LUCKY TO HAVE  
THREE...MICHELLE, KEN & COURTNEY!!**

*Thank you!! ~ Lutheran Manor Staff*



# Bellezza Salon and Spa



## 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, body and soul in balance.

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

# Bellezza Salon & Spa

## COLOR

\$5.00 off all colors for returning customers!

If it is your first time having color, then you can enjoy a \$10 off service.

## RETAIL

25% off all items for sale. Your 3rd item is 50% off. Now is the time to stock up or buy products for gift giving.

## PEDICURES

You will receive a gift with your service.

## REFERRALS

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

## DRAWING

**Guess how much \$\$\$ in the jar?**

The closest without going over the amount WINS! And for the next few months, you will have the chance to win lottery tickets from the drawing. Good luck!

Contact 610-866-6010 x209 to schedule an appointment

# October

There is magic in the night when the pumpkins glow by moonlight

LUTHERAN MANOR  
OF THE LEHIGH VALLEY, INC.



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff Birthdays: Ken Clifford – Oct. 30th						<b>1</b> 8:30 – RA: Coffee and Donuts 12:30 - Pinochle
<b>2</b> 1:00 – Sunday Believers' with Paul Belfort	<b>3</b> 9:00 – Walker's Club 9:30 - BANKS 11:00 – Energetic Exercise 11:00 – ENTERTAINMENT: OneMan Band 1:00 - Movie 2:00 – Walker's Club Celebration 3:00 – Meditation 6:00 – RA BINGO	<b>4</b> 10:00 - WEIS 11:00 – Yoga 2:15 – CLINIC: BP 3:00 - Meditation	<b>Yom Kippur - 5</b> 9:00 – Walker's Club 10:00 – Energetic Exercise 11:00 – Fit 4 Life 12:30 – Bible Study 2:00 – Pastor Movie 2:00 – Snacks/ Ice Cream 2:00 – RA shredding 3:00 - Meditation	<b>6</b> 9:00 – Cracker Barrel 10:00 – Chat Room 11:00 – Tai Chi 12:30 – Second Harvest 2:00 - Church 3:00 - Meditation	<b>7</b> 9:00 – Walker's Club 10:00 - WALMART 10:00 – Meditation 11:00 – Energetic Exercise 11:30 – CLINIC: Derma 1:00 – Zumba First Class 2:00 – Stitching with Nena	<b>8</b> 11:00 – Harvest Wine Festival 5:00 – Resident's Association Soup & Hot Dogs
<b>9</b> 11:00 – Sunday Praise with David Garcia 1:00 – Sunday Believers' with Paul Belfort	<b>COLUMBUS DAY - 10</b> 9:00 – Walker's Club 9:30 – Valley Farm Market 6:00 – RA BINGO OFFICE CLOSED!	<b>11</b> 11:00 – Yoga 1:00 - Movie 1:30 – CLINIC: Internal Med. 2:00 – General Meeting 3:00 - Meditation	<b>12</b> 9:00 – Walker's Club 9:30 – Saturday Night Fever 10:00 – Energetic Exercise 11:00 – Fit 4 Life 12:30 – Bible Study 2:00 – Snacks/ Ice Cream 2:00 – RA shredding 2:00 – Pastor Movie 3:00 - Meditation	<b>13</b> 10:00 – Chat Room 10:00 – American on Wheels 11:00 – Tai Chi 12:00 – Game Day w/ Jacinda 2:00 - Church 3:00 - Meditation	<b>14</b> 9:00 – Walker's Club 10:00 – Meditation 11:00 – Energetic Exercise 12:30 – CLINIC: OAA Ortho. 2:00 – Stitching with Nena	<b>15</b> 8:30 – Resident's Association Breakfast 10:00 – Craft Fair



# October

There is magic in the night when the pumpkins glow by moonlight



## 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Boss's Day -16</b> 1:00 – Sunday Believers' with Paul Belfort	<b>17</b> 9:00 – Walker's Club 9:30 - BANKS 11:00 – Energetic Exercise 1:00 - Movie 3:00 – Meditation 6:00 – RA BINGO	<b>18</b> 10:00 - WEGMANS 11:00 – Yoga 2:00 – ENTERTAINMENT: Flautist 3:00 - Meditation	<b>19</b> 9:00 – Walker's Club 10:00 – Energetic Exercise 11:00 – Fit 4 Life 11:00 - DoughBoys 12:30 – Bible Study 2:00 – Pastor Movie 2:00 – Snacks/ Ice Cream 2:00 – RA shredding 3:00 - Meditation	<b>20</b> 9:00 – CLINIC: HealthDrive Eye 10:00 – Chat Room 11:00 – Tai Chi 11:30 – I Left My Heart Hazards 1:00- SPEAKER: Hospital 2:00 - Church 3:00 - Meditation	<b>21</b> 9:00 – Walker's Club 10:00 – Meditation 11:00 – Energetic Exercise 2:00 – Stitching with Nena	<b>22</b>
<b>23</b> 1:00 – Sunday Believers' with Paul Belfort	<b>24</b> 9:00 – Walker's Club 10:00 - Target 11:00 – Energetic Exercise 1:00 - Movie 3:00 – Meditation 6:00 – RA BINGO	<b>25</b> 10:00 – CLINIC: Covid Booster 11:00 – Yoga 3:00 - Meditation	<b>26</b> 9:00 – Walker's Club 10:00 – Energetic Exercise 11:00 – Fit 4 Life 12:30 – Bible Study 2:00 – Pastor Movie 2:00 – Snacks/ Ice Cream 2:00 – RA shredding 3:00 – Meditation 5:00 – Outback Steakhouse	<b>27</b> 9:30 - GIANT 10:00 – Chat Room 11:00 – Tai Chi 11:30 – Cooking Class 2:00 - Church 3:00 - Meditation	<b>28</b> 9:00 – Walker's Club 10:00 – Meditation 11:00 – Energetic Exercise 12:00 – ENTERTAINMENT: Pianist 2:00 – Stitching with Nena	<b>29</b>
<b>30</b> 1:00 – Sunday Believers' with Paul Belfort 4:00 – Resident's Association Halloween Social	<b>HALLOWEEN - 31</b> 9:00 – Walker's Club 10:00 - REDNERS 11:00 – Energetic Exercise 1:00 – Movie 3:00 – Meditation 6:00 – RA BINGO					

# 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 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 Game Room Community Room
Tai Chi with Joanne	Thursdays	11:00am	Exercise Room (98)



# October Activities

<b>Lutheran Manor MOVIES</b>	Every Monday	1:00pm	Community Rm/Ch98
<b>Pastor Clark MOVIES</b>	Every Wednesday	2:00pm	Community Rm/Ch98
<b>Snacks/Ice Cream Sale</b>	Every Wednesday	2:00pm	Lounge
<b>RA BINGO</b>	Every Monday	6:00pm	Lounge
<b>RA Breakfast</b>	Every 3rd Saturday	8:30am	Lounge
<b>RA Coffee &amp; Donuts</b>	Every 1st Saturday	8:30am	Lounge
<b>RA Pinochle</b>	Every 1st Saturday	12:30pm	Lounge
<b>RA Shredding</b>	Every Wednesday	2:00pm	Lounge
<b>RA Soup &amp; Hot Dogs</b>	Every 2nd Saturday	5:00pm	Lounge
<b>Stitching with Nena</b>	Every Friday	2:00pm	Game Room
<b>Van Trip Drop Off</b>	Monday, Oct 3	9:00am	Brenda's Office
<b>ENTERTAINMENT: OneMan Band</b>	Monday, Oct 3	11:00am	Lounge/Ch98
<b>Walker's Club Achievements</b>	Monday, Oct 3	2:00pm	Community Room
<b>CLINIC: Blood Pressure Check</b>	Tuesday, Oct 4	2:15pm	Lounge
<b>Second Harvest Food Bank</b>	Thursday, Oct 6	12:30pm	Lounge
<b>CLINIC: OnSite Dermatology</b>	Friday, Oct 7	11:30am	Resident Apartments
<b>ZUMBA Session</b>	Friday, Oct 7	1:00pm	Fitness Center
<b>CLINIC: Internal Medicine</b>	Tuesday, Oct 11	1:30pm	Game Room
<b>GENERAL MEETING</b>	Tuesday, Oct 11	2:00pm	Lounge/Ch98
<b>Game Day with Jacinda</b>	Thursday, Oct 13	12:00pm	Fitness Center
<b>CLINIC: Podiatry</b>	Friday, Oct 14	12:30pm	Resident Apartments
<b>ENTERTAINMENT: Flautist</b>	Tuesday, Oct 18	2:00pm	Lounge/Ch98
<b>CLINIC: Eye</b>	Thursday, Oct 20	9:00am	Game Room
<b>SPEAKER: Hospital Hazards</b>	Thursday, Oct 20	1:00pm	Community Rm/Ch98
<b>CLINIC: COVID Booster</b>	<b>Tuesday, Oct 25</b>	<b>10:00am</b>	<b>Lounge/Ch98</b>
<b>Cooking Class</b>	Thursday, Oct 27	11:30am	Lounge/Ch98
<b>ENTERTAINMENT: Pianist</b>	Friday, Oct 28	12:00pm	Community Rm/Ch98
<b>RA Halloween Social</b>	Sunday, Oct 30	4:00pm	Lounge

# Brenda's Bulletin

CLINIC:  
**Blood Pressure  
Check**  
by Walgreens

Tuesday, October 4th  
2:15pm - 3:15pm

Sign up with Brenda



## Second Harvest Food Bank

Please come down to the Lounge to collect your box.  
Contact Brenda to see if you're eligible to receive a box.

Thursday, October 6th at 12:30pm

CLINIC:  
**OnSite  
Dermatology**

Friday, October 7th  
at 11:30am

\*By appointment only | Sign up with Brenda  
In the comfort of your own home

CLINIC:  
**Internal Medicine**

Come meet your new Doctor!

**Dr. Bilal Mannan, Board Certified in Internal Medicine**  
Focuses on lifestyle and nutrition therapy for De-Prescription,  
prevention, treatment and reversal of chronic illnesses.

Tuesday, October 11th at 1:30pm

Game Room

By appointment only - Sign up with Brenda.  
Most Insurances Accepted.

CLINIC:  
**OAA Orthopedic  
Specialists**

In the comfort of your own home.

\*By appointment only,  
Sign up with Brenda.

Friday, October 14th  
at 12:30pm

CLINIC:  
**HealthDrive  
EYE**

By appointment only - Sign up with Brenda

Thursday, October 20th

9:00am - 1:00pm

Game Room



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



# Brenda's Bulletin

Entertainment:

## Glenn Miller 'One Man Band'

**October 3rd at 11:00am**

~LOUNGE/CH98

The sound is equivalent to a 14-piece band (custom accordions, trumpets, harmonicas, trombone, flugelhorn, baritone, ukulele, button accordion, keyboard,). All styles featured are from Big Bands, Jazz, Rock, Country, Hawaiian, Italian, German, Polka as well as custom composed music for special themes.

\*The show features clean humor, which is original and many times unrehearsed and spontaneous!

Come one, Come all to enjoy a Spectacular Show!!

Entertainment:

## Meredith Twardowski

*Flautist*

**Tuesday, October 18th  
at 2:00pm**

Community Room & Channel 98



Entertainment:

## *Jose Torres, Pianist*

**Friday, October 28th at 12:00pm**

~COMMUNITY ROOM & CHANNEL 98



Office Hours: Monday-Friday 9:00am-3:00pm

*Brenda Pagan-Fontanez, Service Coordinator*

610-866 -6010 x4

# November Van Trips

Nov 2	Wednesday	Lunch at Wert's Cafe	11:00a_____
Nov 3	Thursday	Banks _____ Write your bank name here	9:30a_____
Nov 4	Friday	Green Dragon Farmers' Market	9:00a_____
Nov 7	Monday	Shopping at RiteAid/CVS Pharmacies	10:00a_____
Nov 8	Tuesday	Shopping at Weis	9:30a_____
Nov10	Thursday	Shopping at Walmart 248	10:00a_____
Nov14	Monday	Shopping at Valley Farm Market	9:30a_____
Nov15	Tuesday	Banks _____ Write your bank name here	9:30a_____
Nov16	Wednesday	Happy Hour at Randall's Restaurant	3:00p_____
Nov17	Thursday	Dan Schantz Greenhouse	11:00a_____
Nov18	Friday	Shopping at Dollar Tree 378	10:00a_____
Nov21	Monday	Hershey's Chocolate World / Lunch (\$44.85 due to Brenda no later than 10/14)	8:00a_____
Nov22	Tuesday	Dinner at Hops at the Paddock	5:00p_____
Nov23	Wednesday	Shopping at Wegmans	9:30a_____
Nov28	Monday	Dinner at Buckeye Tavern	5:00p_____
Nov29	Tuesday	Pines Dinner Theatre presents: 'A Stroke At Midnight' (\$32 entry due by 10/21; Lunch separate)	10:00a_____ 12:30 Lunch 1:30p Show

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

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

\*Van Trip forms will be collected starting at 9:00 am on **Monday, October 3rd**\*



# 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: Donuts & Coffee

Saturday, October 1st at 8:30am

\$1.00 Each • Lounge



## Resident's Association PINOCHLE

Saturday, October 1st  
at 12:30pm

\$2.00 Per Play | Lounge  
Light Refreshments Served



## Resident's Association: Soup & Hot Dogs

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

\$3 Soups & \$1.50 hotdogs

Saturday, October 8th at 5:00pm



## Resident's Association: BREAKFAST in the Lounge

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

\$3.00 entry fee at the door

Saturday, October 15th at 8:30am





# Resident's Association SOCIAL

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

Come one, Come all to enjoy the festivities!

Dress in costume attire to impress.

4:00pm - Doors Open, 5:00pm Food: Lasagna

6:00pm Entertainment: Robin & Jim

Donations Appreciated

**Sunday, October 30th at 4:00pm**  
Lounge



# Resident's Association SOCIAL



## **Sunday, October 30th** **at 4:00pm**

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

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



**\*Return this completed form to the Main Office  
no later than Wednesday, October 26th**

*\*Sign-up Required | Limited Capacity*

WEAR A MASK WHEN SOCIAL DISTANCING IS NOT POSSIBLE



# Cooking Class

## COOKING CLASS

with Lyndi from Weis

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

*~Stovetop Chicken Pot Pie with a Garden Salad*

Thursday, October 27th  
at 11:30am

Lounge & Channel 98



\*Return this completed form to the Main Office no later than Friday, October 14th



# Cooking Class



## Thursday, October 27th at 11:30am

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

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

**\*Return this completed form to the Main Office no later than Friday, October 14th**

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

TUNE INTO CHANNEL 99 REGULARLY FOR UPDATES

*October is my  
favorite color*

