

Office Hours

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

Friday 8:30am - 1:00pm

Fitness Center

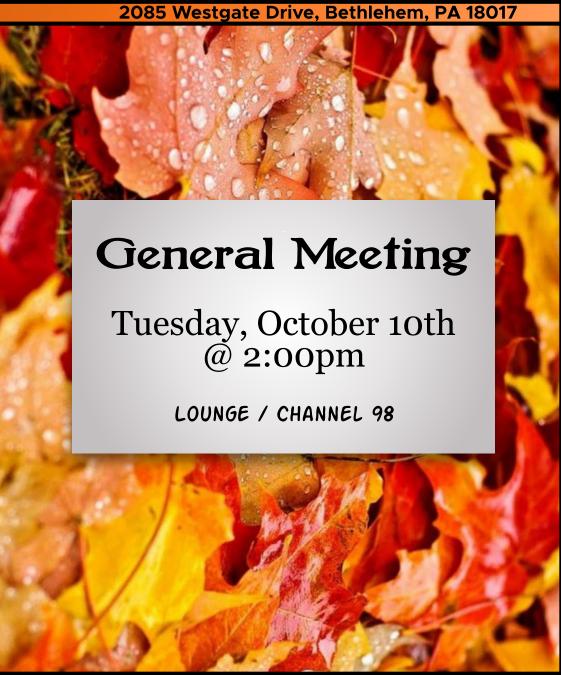
Every Day 6:00am - 9:00pm

Staff Birthdays

Ken C. - 10/30

WELCOME New Residents

Debra K. - Floor 11



Office Notes



SMOKE ALARM TESTING:

The smoke alarm company will be here to check them in each apartment.

- ~ OCT. 17th ~
- · you do not have to be home
- you do not have to do anything for the test

please be aware that you may periodically hear the alarms go off throughout the testing



JOIN IN ON THE FUN!

STAFF HALLOWEEN DRESS UP DAY!

OCTOBER 31, 2023



Columbus

Day Monday, OCT. 9TH



PASTOR MOVIES

Wednesdays at 2:00pm



OCTOBER 4TH - 'GREASE'

OCTOBER 11TH - 'SONSHINE MINISTRY'

OCTOBER 18TH - 'THE CHOSEN-SEASON3: EPISODE 8 - SUSTENANCE: THE FEEDING OF FIVE THOUSAND'

OCTOBER 25TH - 'THE DEAD POET'S SOCIETY

LM IN-HOUSE MOVIE

Monday, Oct. 16th @ 1:00pm



JOIN US IN THE COMMUNITY
ROOM FOR AN AT HOME
MOVIE THEATER
EXPERIENCE. ONCE A
MONTH WE WILL DISPLAY A
MOVIE ON OUR BIG SCREEN.

MAESTRO



Movie Days

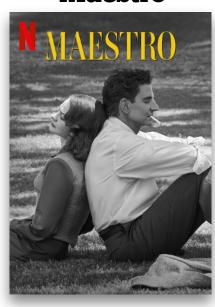
Sophie's Choice (1982)



Stingo becomes friendly with Sophie and her lover Nathan, he learns that Sophie is a Holocaust survivor. In the present, Sophie and Nathan's relationship increasingly unravels as Stingo grows closer to Sophie and Nathan's fragile mental state becomes ever more apparent.

OCTOBER 2ND

Maestro



A biographical film about American conductor Leonard Bernstein falling in love with Costa Rican actress Felicia Montealegre.

OCTOBER 16TH - COMMUNITY ROOM

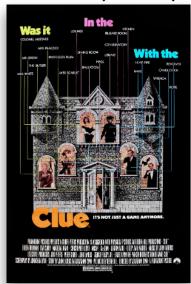
Love at First Sight



On their flight from NY to London, Hadley and Oliver fall in love with each other. However, they lose each other at customs and the possibility of ever meeting each other again, seems improbable...but destiny may have a way of changing the odds.

OCTOBER 23RD

Clue (1985)



Six blackmail victims are invited to an isolated mansion by a man who knows a dark secret from each of their pasts. Each is handed a weapon, at which point the lights are switched off and the blackmailer is killed. Can the guests uncover the murderer before they all become victims?

OCTOBER 30TH

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

Jacinda's Jumpstart to Wellness



Join Jacinda for a new, exciting, and upbeat cardio class! Get your exercise on with Drum Fitness. This is a fully seated class that will only be 2x a month.

Tuesday, October 10th &

Tuesday, October 24th
11:00am in the Community Rm



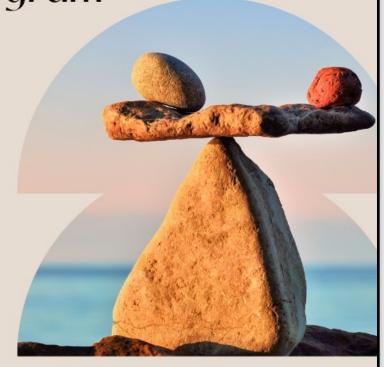
We will discuss: How to play Dates/ Times AND MORE! Wednesday, Oct. 11th at 2:00pm Community Room Please sign up on the Events Sign Up Sheet!

Matter of Balance Program

BETHLEHEM HEALTH BUREAU

Join the BHB in this 8 week program designed to change your life for the better!

This is the last chance to sign up! please contact Jacinda because there are limited spots available.



Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

Jacinda's Jumpstart to Wellness

JEOPARDY

Join your host, Jacinda for an awesome game of JEOPARDY. Learn lots of new trivia and win prizes by scoring BIG!

Wednesday, October 25th 2:00pm Community Room Sign Up on the Events Form!



SPEAKER: Lyndi Mies from Weis



Join Lyndi in a presentation about nutrition when dealing with Breast Cancer.

Enjoy food samples and information regarding breast cancer.

Monday, October 30th at 11:00am Community Room

Wii Sports Sessions

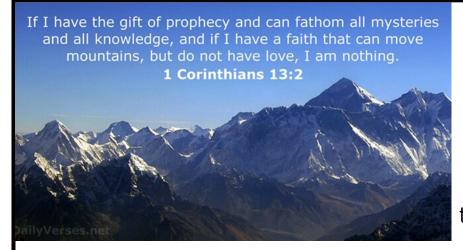
The Fitness Center is now offering
Wii Sports games for exercise
sessions. Sign Up for a one on one
session with Jacinda and
participate in electronic sports like
tennis, bowling, boxing, golf, and
more!

By appointment only! Please contact Jacinda to schedule your session!

Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

From the Chaplain



Love Means Serving

In Paul's message (1 Corinthians 13:2) he is speaking to a church that does not know the gift of love in God BUT is filled with the talent with which God blesses us.

We can be the most talented people that God has made, filled with gifts of "apostles, prophets, teachers" -- but if we do not use those gifts to serve those who are hungry, dying, cold, thirsty, orphaned, or in need in other ways -- in short, if we do not have -- all those gifts are for nothing.

LOVE MEANS SERVING!

Blessings, Pastor Clark

Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW ~LIVE-STREAMED ON CH 98~				
Thur,10/5	Pastor Jonny Villamar: Cornerstone Church, Easton - Spanish/English			
Thur, 10/12	Pastor Lisa Borrell: Frieden's Lutheran, Center Valley - *Holy Communion*			
Thur, 10/19	Pastor Larry Burd: Calvary Baptist, Easton			
Tues, 10/24	Father Venantius Karobo: Notre Dame RC Church, Bethlehem			
Thur, 10/26	Pastor Rick Sergi: Emmanuel's EC Church, Bethlehem			

**Note: Holy Communion Worship

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, OCTOBER 4TH ~ "Grease"

After an unfortunate summer, Sandy and Danny part ways only to reunite that fall when Sandy unknowingly enrolls in Danny's school. *Cue "Summer Lovin"*



~ WEDNESDAY, OCTOBER 11TH ~ WORSHIP DVD - SONSHINE MINISTRY

Calvary Baptist Church, Easton







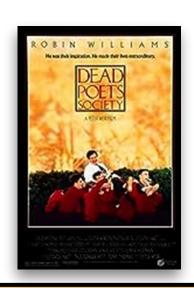
~ WEDNESDAY, OCTOBER 18TH ~

"The Chosen - Season 3 DVD"
Episode 8 : Sustenance: The Feeding of the Five
Thousand

The Chosen is a historical drama series about the life and ministry of Jesus of Nazareth.

~ WEDNESDAY, OCTOBER 25TH ~ "Dead Poet's Society"

Academy Aware winner Robin Williams stars as English professor, John Keating, who changes his students' lives forever when he challenges them to live life to the fullest and "Carpe Diem" -- seize the day! Keating's emboldens his students to new heights of self expression.



Lutheran Manor BINGO



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 with innovative options to keep mind, body & soul in balance.



Contact Karen directly to book appointments at (610)-360-2427



Bellezza Salon and Spa

Ear candling: \$5 off with Marcie on Tuesdays. Call ahead to schedule appointment. Punch Cards: \$30 bonus every time you fill your card. One punch per service. Referrals: Refer friends/family to receive \$5 towards future visits.

Drawing:

Don't forget to add your name. Good Luck!

~OPEN TUESDAYS, WEDNESDAYS, & THURSDAYS ~GIFT CERTIFICATES AVAILABLE

thank you for your visits!!



OCTOBER 2023

October is my favorite color!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Sunday Believers' with Paul Belfort	9:30 Walker's Club 11:00 Energetic Exercise 12:00 Entertainment: Singer John Bauer 1:00 MOVIE 6:00 RA Bingo	10:00 BANKS 11:00 SPEAKER: Bayada 1:15 CLINIC: BP Checks 2:00 PHARMACIES	9:30 Walker's Club 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks / loe Cream Sales 3:30 FAIRGROUNDS HOTEL	10:00 ALDI 10:00 Chat Room 11:00 Yoga with Dana 12:30 Second Harvest 2:00 Church (Spanish)	9:30 Walker's Club 10:00 Matter of Balance - Class 3 11:00 Energetic Exercise - CANCELED 2:00 Stitching with Nena	8:30 RA COFFEE & DONUTS 12:30 RA Pinochle
11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort	OFFICE CLOSED - Happy Columbus Day! 9:30 Walker's Club 6:00 RA Bingo	10:00 WEIS 11:00 Drum Fitness Class 2:00 General Meeting!	9:30 Walker's Club 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 LM Wil Bowling League Meeting 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/ Ice Cream Sales 3:00 RED ROBIN/ CONCERT	10:00 Chat Room 11:00 Yoga with Dana 11:30 PINES: Clue 2:00 Church	9:30 Walker's Club 10:00 Matter of Balance - Class 4 11:00 Energetic Exercise - CANCELED 12:30 CLINIC: OAA Podiatry 2:00 Stitching with Nena	5:00 RA Soup & Hot Dogs
1:00 Sunday Believers' with Paul Belfort	9:30 Walker's Club 10:00 BANKS 11:00 Energetic Exercise 1:00 MOVIE - In Person 2:00 TARGET 6:00 RA Bingo	9:00 FARM&TABLE 9:30 CLINIC: Flu Vaccine	9:30 Walker's Club 11:30 ZUMBA with Anna 12:00 GIANT 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks / loe Cream Sales	9:00 BUTTERFLY ATRIUM 9:00 CLINIC: Eye 10:00 Chat Room 11:00 Yoga with Dana 2:00 Church	9:30 Walker's Club 11:00 Energetic Exercise 2:00 Stitching with Nena	8:30 Resident's Association BREAKFAST

Tune into Channel 99 regularly for updates.

OCTOBER 2023

October is my favorite color!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Sunday Believers' with Paul Belfort	9:00 JIM THORPE Train Ride 9:30 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 6:00 RA Bingo	10:00 GERRITY'S FARM MKT 11:00 Drum Fitness Class 11:00 Painting with a Twist 2:00 Church	9:30 Walker's Club 11:30 ZUMBA with Anna 12:00 AMERICAN LOBSTER 12:30 Bible Study 2:00 Jeopardy Trivia w/ Jacinda 2:00 Pastor Movie 2:00 RA Shredding 2:00 RA Shredding 3:00 Shacks / Ice Cream Sales	10:00 Chat Room 11:00 VEGAN TREATS 11:00 Yoga with Dana 2:00 Church	9:30 Walker's Club 10:00 Matter of Balance - Class 5 11:00 Energetic Exercise - CANCELED 2:00 Stitching with Nena	28
1:00 Sunday Believers' with Paul Belfort 4:00 RA Halloween Social	9:30 Walker's Club 11:50 Energetic Exercise 11:50 SPEAKER: Nutrition with Breast Cancer 12:50 WEGMANS 1:50 MCVIE 6:50 RA Bingo	11:00 YOUELL'S 1:00 SPEAKER: United Healthcare				Staff Birthdays: Ken C October 30th
Tune into Channel 99 regularly for updates.	for updates.					

une 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	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	Every 2nd Sunday	11:00am	Community Room Channel 98

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Drum Fitness with Jacinda	Tuesday, Oct. 10th Tuesday, Oct. 24th	11:00am	Community Room
Energetic Exercise with Jacinda	Mondays, Fridays	11:00am	Exercise Room
Everybody's Yoga with Dana	Thursdays	11:00am	Exercise Room
Walker's Club with Jacinda	Monday, Wednesday, Friday	9:30am	Outside Lutheran Manor
ZUMBA with Anna	Wednesdays	11:30am	Exercise Room

October Activities

Lutheran Manor MOVIES	Every Monday	1:00pm	Community Pm/Ch00
	Every Monday		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	Community Room
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	Lounge
Van Trip Drop Off	Monday, October 2nd	9:00am	Brenda's Office
ENTERTAINMENT: John Bauer	Monday, October 2nd	12:00pm	Lounge
SPEAKER: Bayada	Tuesday, October 3rd	11:00am	Lounge
Blood Pressure Clinic	Tuesday, October 3rd	1:15pm	Lounge
Second Harvest Food Bank	Thursday, October 5th	12:30pm	Lounge
OFFICE CLOSED	Monday, October 9th	ALL DAY	Lutheran Manor
General Meeting	Tuesday, October 10th	2:00pm	Lounge
Drum Fitness Class!	Tues, Oct. 10th & Oct. 24th	11:00am	Community Room
LM Wii Bowling Meeting	Wednesday, October 11th	2:00pm	Community Room
CLINIC: OAA Podiatry	Thursday, October 13th	12:30pm	Resident Apartments
LM In-Person Movie	Monday, October 16th	1:00pm	Community Room
CLINIC: Flu Vaccine	Tuesday, October 17th	9:00-1p	Lounge
Lutheran Manor BINGO	Wednesday, October 18th	1:45pm	Lounge
CLINIC: Health Drive Eye	Thursday, October 19th	9am-12pm	Game Room
Painting with a Twist	Tuesday, October 24th	11:00am	Lounge
Jeopardy Trivia Day	Wednesday, October 25th	2:00pm	Community Room
RA Halloween SOCIAL	Sunday, October 29th	4:00pm	Lounge
Nutrition & Breast Cancer	Monday, October 30th	11:00am	Community Room
SPEAKER: United Health	Tuesday, October 31	1:00pm	Community Room

Brenda's Bulletin

SECOND HARVEST FOOD BANK



OCTOBER 5 @ 12:30PM

*MUST COME TO LOUNGE TO COLLECT YOUR BOX



BLOOD PRESSURE

Tuesday, 10/3 @ 1:15pm ~Lounge

OAA PODIATRY

Friday, 10/13 @ 12:30pm

~Resident Apartment

HEALTHDRIVE EYE

Thursday, 10/19 @ 9am

~Game Room

*Sign up with Brenda



YOUR VOTE COUNTS

Mail-in & absentee ballot applications for the November 7th general election must be received by your county election office by 5:00pm on Monday, Oct 23rd

*Contact Brenda for assistance



<u>Clinics</u>-sign up directly with Brenda <u>Entertainment & Speakers</u>-sign up on 'Events Sign-Up Form'

Brenda's Bulletin

ENTERTAINMENT: JOHN BAUER, VOCALS Monday, 10/2 @ 12:00pm ~LOUNGE

SPEAKER: BAYADA 'SENIOR JEOPARDY'



PAINTING WITH A TWIST October 24th @ 11:00am ~Lounge



October 31st @ 1:00pm ~COMMUNITY ROOM



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

Event Sign-Up Sheet

Please CHECK OFF or CIRCLE which special event you would like to attend below:

	everit you would like to attend below.						
	Lutheran Manor Events CHECK HERE						
10/2	Monday	ENTERTAINMENT: John Bauer, Vocals	12:00p				
10/3	Tuesday	SPEAKER: 'Bayada Senior Jeopardy'	11:00a				
10/10	Tuesday	Drum Fitness w/ Jacinda	11:00a				
10/11	Wednesday	LM Wii Bowling Meeting	2:00p				
10/16	Monday	LM In-Person Movie: 'MAESTRO'	1:00p				
10/18	Wednesday	Lutheran Manor BINGO	1:45p	1 person 2 person			
10/24	Tuesday	Drum Fitness w/ Jacinda	11:00a				
10/24	Tuesday	Painting with a Twist	11:00a				
10/25	Wednesday	Jeopardy Trivia Day!	2:00p				
10/30	Monday	SPEAKER: Nutrition & Breast Cancer	11:00a				
10/31	Tuesday	SPEAKER: 'Medicare Enrollment 101'	1:00p				
Resident's Association Events							
10/21	Saturday	RA Breakfast	8:30a				
10/29	Sunday	RA Halloween Social	4:00p				

 Name(s): _______ Apt.#:_____

 Phone Number: ______

Resident's Association





Pinochle

\$2.50 PER PLAY

Light refreshments served

~Lounge~

Saturday, October 7th at 12:30pm

Soup & Hot Dogs

Come enjoy some drinks, delicious hot soup (\$3) and hot dogs (\$2.00) with all the fixings.

SATURDAY, OCTOBER 14TH AT 5:00PM



RESIDENTS' ASSOCIATION BREAKFAST

8:30AM - LOUNGE SATURDAY, OCT. 21ST

\$4.00 Entry
Enjoy a delicious
breakfast of 3 pancakes, 2
sausage, coffee and juice





Happy Boss's Day



An
awesome
boss is hard
to find,
difficult to
part with,
and
impossible
to forget!



We thank Courtney, Ken and Michelle for taking care of their staff like family. This place wouldn't be the same without you three!

thank you -your staff

November	Van	Trips
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		, and the second se	CHECK HERE
11/3	Friday	BANKS (Write your bank name here)	10:00a
11/3	Friday	Shopping at CVS / RITEAID / WALGREENS	2:00p
11/5	Sunday	The Roxy: 'OLDIES CONCERT' featuring Bill Reese & Elvis <i>(\$15 due to Brenda by 11/3)</i>	12:30p
11/6	Monday	Shopping at WEIS	10:00a
11/7	Tuesday	YOUR VOTE COUNTS!	10:00a 2:00p
11/8	Wednesday	Lunch at CANCUN MEXICAN RESTAURANT	11:00a
11/9	Thursday	Dinner at POINT PHILLIPS HOTEL TAVERN & SMOKEHOUSE	3:45p
11/13	Monday	Breakfast at TURN-IN AMERICAN DINER	9:00a
11/14	Tuesday	Shopping at GERRITY'S FARM MARKET	10:00a 2:00p
11/15	Wednesday	BANKS (Write your bank name here)	10:00a
11/16	Thursday	Pines Dinner Theatre: 'HOLLYJOLLY CHRISTMAS' (\$35 due to Brenda by 11/6; dinner not included)	11:30a
11/20	Monday	Shopping at TRAINERS CORNER / Lunch at GIOVANNI'S PIZZA	11:00a
11/21	Tuesday	Shopping at GIANT	10:00a
11/22	Wednesday	Brunch at TURNING POINT SAUCON VALLEY RESTAURNAT	11:00a
11/27	Monday	Dinner at HANOVERVILLE ROADHOUSE	3:30p
11/28	Tuesday	Sight & Sound: 'MIRACLE OF CHRISTMAS' (\$70.30 due to Brenda by Friday, 11/10)	8:00a
11/29	Wednesday	Shopping at TARGET	9:30a
11/30	Thursday	LIGHTS IN THE PARKWAY (Entry covered by LM)	5:00p

Full Name:_____Apt#:_____Apt#:____

^{*}This form to be collected starting at 9:00 am on Monday, October 2nd

November Van Trips...

Below are descriptions of the unique trips scheduled & what you should expect if you attend...

OLDIES CONCERT AT THE ROXY:

Don't miss this Spectacular show with tunes from the 50's, 60's, 70's oldies and classic country with a little splash of Elvis! Like it, Feel it, Move to it!!

CANCUN MEXICAN RESTAURANT:

Come enjoy generous portions of sizzling fajitas & tacos to savory enchiladas. Experience a taste of tradition with a Margarita in hand!

Grab your Amigo and take off to Cancun!!

POINT PHILLIPS HOTEL TAVERN & SMOKEHOUSE:

Enjoy Smokehouse ribs, wings, chicken, brisket, burnt ends along with savory homemade sides and the best pierogies in town. BBQ...it's a smokin' good time!!

TURN-IN AMERICAN RESTUARANT:

From the best breakfast, to delicious Dutch Delights, to mouthwatering Mediterranean masterpieces and the most iconic Italian specialties...nothing is just ordinary here.

*Come experience this hidden gem!!

<u>PINES DINNER THEATRE -'HOLLY JOLLY CHRISTMAS':</u>

Featuring all your favorite Holiday classics and songs, even Santa Claus, this high energy revue will have even the most determined Scrooge believing in the magic of the season. *It's the most wonderful time of the year!!*

TRAINERS CORNER SHOPPING & GIOVANNI'S PIZZERIA:

Shop Famous Footwear, Five Below, Kohl's, Michael's, Petco, Starbuck's & more. Then choose from over 15 different pizza options to other Italian specialties from Giovanni's. Shop till you drop and BUON APPETITO!

TURNING POINT SAUCON VALLEY RESTAURANT:

Enjoy this exciting menu that includes Peppermint Hot Chocolate Pancakes, delicious omelets, Barbacoa Eggs Benedict, Turkey Apple Melts, and much more!

Come in with a hearty appetite & leave longing for a nap!!

HANOVERVILLE ROADHOUSE:

Enjoy this culinary excellence & fine American country inspired dishes from Butter Rum Chicken to Maple Glazed Ribeye and Shrimp Scampi to Crab Patties. You will not be disappointed by this scrumptious menu. *Come hungry, Leave happy!!*

SIGHT & SOUND-'MIRACLE OF CHRISTMAS':

Travel back in time to Bethlehem and journey alongside Mary & Joseph, a flock of shepherds, and three wisemen and their camels. There may be no room at the inn, but God has a stable prepared as the angels announce the coming of the Messiah! Experience the Miracle of Christmas!!