

**Lutheran Manor  
of the Lehigh Valley**

# October 2021

2085 Westgate Drive, Bethlehem, PA, 18017

## Office Hours

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

Friday  
8:30am - 1:00pm

## Staff Birthdays

Ken Clifford October 30th



**Office Closed**  
For Columbus Day  
Monday, October 11th

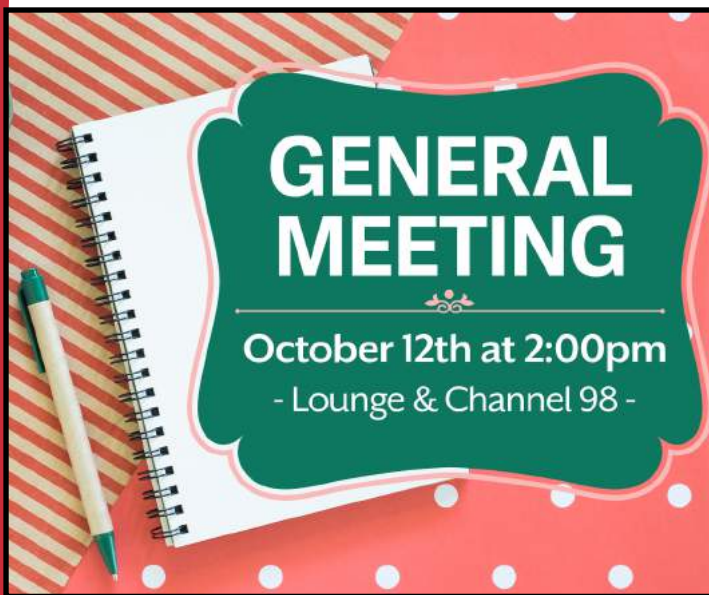
## Office Notes

# Welcome Yesenia L. Diaz!



Yesenia is our new part-time housekeeping staff member. Be sure to give her a warm welcome when you see her!

*Yesenia is bilingual, she has three children (one girl and two boys) and her hobbies include reading & drawing.*



## 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 and sanitizing your hands often.

These guidelines could change at any time according to changes in the current climate, CDC or Pennsylvania Health department.

**\*Check channel 99 regularly for updates!\***

# Movie Days

## *Movie 1: Worth*



**Friday, October 15th 1:00 PM**

In Washington, D.C., lawyer Kenneth Feinberg battles cynicism, bureaucracy and politics to help the victims of 9/11.

## *Movie 2: Best Sellers*



**Monday, October 18th 1:00 PM**

Lucy Stanbridge has inherited her father's publishing house, but the ambitious would-be editor has nearly sunk it with failing titles. She discovers she is owed a book by Harris Shaw, a reclusive, cantankerous, booze-addled author who originally put the company on the map decades earlier. In a last-ditch effort to save it, Lucy and Harris release his new book and embark on a tour from hell that changes them both in ways they didn't expect

## *Movie 3: 12 Mighty Orphans*



**Friday, October 22nd 1:00 PM**

During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas. Whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation.

## *Movie 4: Jungle Cruise*



**Monday, October 25th 1:00 PM**

Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together, they search for an ancient tree that holds the power to heal -- a discovery that will change the future of medicine.

**All movies will be live-streamed on channel 98**

Resident's Association  
Halloween Social

*Join in on the fun...come say  
Hello and have a bite!*

Sunday, October 31st

LOUNGE



Doors open 4:00pm

Food: Meatball subs 5:00pm

Entertainment: Lorri & Jim Duet 6:00-7:30pm



\*COSTUMES OPTIONAL

\*\*DONATIONS APPRECIATED



Resident's Association  
Halloween Social



Sunday, October 31st

LOUNGE



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

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

~LIMITED SEATING 35 MAX~

\*Please return slip to MAIN OFFICE no later than Thursday, October 21, 2021

# Lutheran Manor BINGO

## LUTHERAN MANOR WILL BE HOSTING **BINGO**

DATE: *Wednesday, October 20th*

TIME: **1:45 PM**

LOCATION: **Lounge**



Please note:

Space is limited to 30 residents



# LUTHERAN MANOR BINGO

***Wednesday, October 20th, 2021***

***1:45 pm (Lounge)***

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

APT#: \_\_\_\_\_

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



\*Please return slip to Main office no later than

**Friday, October 15th, 2021**

# From the Chaplain

## TV MINI-SERIES: THE CHOSEN SEASON 2

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



**Wednesday, October 6th at 2:00 PM- Thunder**

*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, October 13th at 2:00 PM- I saw You**

*A mysterious visitor seeks to meet Jesus, but the disciples are hesitant. Tension builds between Simon and Matthew. As the group heads to a new city, word arrives that Jesus' fame is growing.*



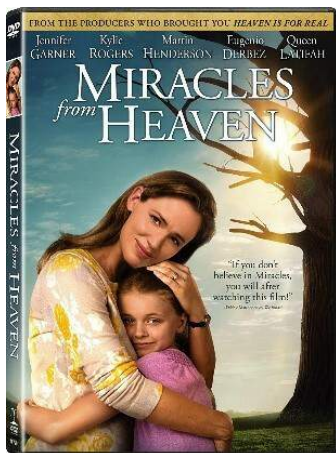
**Worship DVD: Sonshine Ministry**

**Wednesday, October 20th at 2 pm**

Recorded at the Calvary Baptist Church, Easton.

## Miracles from Heaven

**Wednesday, October 27th at 2 pm**



Based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10-year-old daughter Anna (Kylie Rogers) has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. An extraordinary miracle unfolds that leaves medical specialists mystified, her family restored and their community inspired.

## From the Chaplain



Jesus had spent a tiring day teaching besides the sea. Followed by the ever-growing crowds with little time for rest, his disciples welcomed him in their boat **“just as he was.”**(Mark 4:36). That day Jesus calmed the storm. Jesus, fully human (and fully divine), brought grace and peace through his teachings and miracles to those he encountered...**“just as he was.”** Psalm 139 reminds us that we are “fearfully and wonderfully made” (vs. 14). Yet, we struggle to let people see us “just as we are”. Maybe that’s because we feel we are not good enough, smart enough or worthy of the attention and love. What if “just as we are” is where we are most able to bring grace and peace to families, friends, co-workers and neighbors? Jesus meets you and calls you to serve him **“just as you are.”** *Thank you, Lord, 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, October 7th	Pastor Vicente Brazoban, ,House of God, Allentown (Spanish/English worship)
Thursday, October 14th	Pastor George Eckstein, UCC, retired
Thursday, October 21st	Pastor Beth Goudy, Metropolitan Community Church, Bethlehem (Holy Communion)
Tuesday, October 26th	Father Bernard Ezaki, Notre Dame RC Church, Bethlehem
Thursday, October 28th	Pastor Rick Sergi, Emmanuel’s EC Church, Bethlehem

***\*Please note: Catholic worship has been moved to the fourth Tuesday of the month at Father Ezaki’s request.\****

# Kierra's Words of Wellness



SPEAKER:  
**Active Aging Week**

*Community*  
**October 4th at 1:00pm**

Watch Channel 98 to learn about all of the fun activities available to you this week!

Speaker and Demonstration:  
**How to Get Up from a Fall**

oo  
**October 5th at 2:00pm**

Come to the community room or watch on channel 98 to learn life-saving tips.



**Game Time!**  
Contact Kierra to sign-up for an hour filled with fun, active games.  
**October 8th at 11:00am**  
Some can be played outside - weather permitting -



## *Specialty Exercise Class- Back Pain*

Friday, October 8th 2:00 PM

Learn some general tips to help your back pain! You can come to the exercise room in person, or watch on channel 98.

\*MASKS ARE REQUIRED FOR EVERYONE WHEN SOCIAL DISTANCING IS NOT POSSIBLE\*

KIERRA VARCOS                                      FITNESS SPECIALIST                                      610-866-6010 X208

\*TIME SLOTS ARE REQUIRED TO ACCESS THE FITNESS CENTER\*



# Bellezza Salon and Spa

## **Bellezza Salon & Spa October Specials**

It's Trick-or-Treat Month! When you receive any hair service this month, please take a treat bag home with you.

- Let your stylist put your name in for the Halloween Basket Drawing
- 50% off all wax services during the month of October
- If you come to the salon for a perm or color service wearing a Halloween mask, you will save \$5
- Don't forget to collect your reward when referring a new resident or family member to the salon!

### Massage Therapy

*You must contact Karen directly to book appointments. \*DO NOT Call the Salon\*  
**610-360-2427***



**30 min \$25  
60 min \$40**

Pay with cash, check, or credit card.

At any time, please feel free to make suggestions on how we can better serve you. You can either share your thoughts and ideas with the stylist in the salon, or simply leave a note under our door. We will be putting suggestion boxes outside our door in the near future!

**Happy Halloween, we hope you enjoy all the treats this month!**



*Your friends & stylists: Diane, Lorri, and Marcie*



**\*MASKS ARE REQUIRED AT ALL TIMES\***

**APPOINTMENTS / 610 - 866 - 6010 x209**

**TUESDAYS 9:30AM - 3:00PM**

**THURSDAYS 9:00AM - 3:00PM**

# OCTOBER 2021

## LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3</b></p> <p>Active Aging Week! See Kierra for Activities this Week</p>	<p><b>4</b></p> <p>9:30 Shopping at CVS Pharmacy 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 <b>SPEAKER:</b> Active Aging Week Activities 2:00 Basic Balance 3:30 Meditation 6:00 Residents Association Bingo</p>	<p><b>5</b></p> <p>9:30 Shopping at WALGREENS Pharmacy 10:00 Joyful Joints 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 <b>SPEAKER:</b> How to Get Up From a Fall 3:30 Meditation 6:30 Heavenly Bible</p>	<p><b>6</b></p> <p>9:00 CLINIC: Blood Pressure Check from LifeSpring 9:30 Shopping at WEIS 10:00 <b>SPEAKER:</b> COVID Booster 10:00 Fit for Life 11:00 Basic Balance 2:00 Pastor Clark Chosen Series: Season 2 Ep. 1 (98) 3:30 Meditation</p>	<p><b>7</b></p> <p>10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 12:30 Mobile Market 12:30 Second Harvest 1:00 Balance at the Barre 2:00 Church (Spanish) 3:30 Meditation</p>	<p><b>8</b></p> <p>9:30 Morning Meditation 9:30 Shopping at RITEAID Pharmacy 10:00 Qi Gong Tai Chi with Joanne 11:00 Game Time! 12:30 CLINIC: OAA Podiatry 2:00 Specialty Exercise: Tips for Back Pain</p>	<p><b>9</b></p> <p>9:00 Coffee and Donuts (Takeout ONLY)</p>
<p><b>10</b></p> <p>CLOSED in observance of Columbus Day 6:00 Residents Association Bingo</p>	<p><b>11</b></p> <p><b>Columbus Day</b> CLOSED in observance of Columbus Day 6:00 Residents Association Bingo</p>	<p><b>12</b></p> <p>10:00 Joyful Joints 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 <b>GENERAL MEETING</b> Series: Season 2 Ep. 2 (98) 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood</p>	<p><b>13</b></p> <p>9:30 Shopping at VALLEY FARMS 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 2:00 Pastor Chosen Series: Season 2 Ep. 2 (98) 3:30 Meditation</p>	<p><b>14</b></p> <p>9:30 Shopping at DOLLAR TREE 10:00 Chat Room 10:00 Joyful Joints 11:00 POUND 11:00 <b>SPEAKER:</b> Cantelmi Funeral Home 'End of Life Planning' 12:30 Mobile Market 1:00 Balance at the Barre</p>	<p><b>15</b></p> <p>9:30 Morning Meditation 9:30 Shopping at GIANT 10:00 Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: Lorri &amp; Jim Duet 1:00 Movie: Worth (98)</p>	<p><b>16</b></p> <p>9:30 Morning Meditation 9:30 Shopping at GIANT 10:00 Qi Gong Tai Chi with Joanne 11:00 ENTERTAINMENT: Lorri &amp; Jim Duet 1:00 Movie: Worth (98)</p>
					<p><b>1</b></p> <p>9:30 Brunch at Bethlehem Diner 9:30 Morning Meditation 10:00 Qi Gong Tai Chi with Joanne</p>	<p><b>2</b></p> <p>9:00 Coffee and Donuts (Takeout ONLY)</p>

# OCTOBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	<p>9:30 Shopping at TARGET</p> <p>10:00 Fit for Life</p> <p>11:00 SPEAKER: Bayada Hospice 101'</p> <p>11:00 Stand Up for Strength</p> <p>1:00 Movie: Best Sellers (98)</p> <p>2:00 Basic Balance</p> <p>3:30 Meditation</p>	<p>10:00 Joyful Joins</p> <p>11:00 Yoga DVD</p> <p>1:00 Balance at the Barre</p> <p>2:00 ENTERTAINMENT: Meredith Twardowski, Flautist</p> <p>3:30 Meditation</p> <p>6:30 Heavenly Bible Study with Beverly Westwood</p>	<p>9:30 Shopping at ALDI</p> <p>10:00 Fit for Life</p> <p>11:00 Basic Balance</p> <p>12:30 Bible Study</p> <p>1:45 Lutheran Manor BINGO</p> <p>2:00 Sonshine Ministry Worship DVD (98)</p> <p>3:30 Meditation</p>	<p>10:00 Chat Room</p> <p>10:00 Joyful Joins</p> <p>11:00 POUND</p> <p>12:30 Mobile Market</p> <p>1:00 Balance at the Barre</p> <p>2:00 Church</p> <p>3:30 Meditation</p>	<p>9:30 Morning Meditation</p> <p>9:30 Shopping at WALMART</p> <p>10:00 Qi Gong Tai Chi with Joanne</p> <p>1:00 Movie: 12 Mighty Orphans (98)</p>	
24	25	26	27	28	29	30
	<p>10:00 Fit for Life</p> <p>11:00 Stand Up for Strength</p> <p>1:00 Movie: Jungle Cruise (98)</p> <p>2:00 Basic Balance</p> <p>3:30 Meditation</p> <p>6:00 Residents Association Bingo</p>	<p>9:30 Autumn Stroll in the Park with Kierra</p> <p>10:00 Joyful Joins</p> <p>11:00 Everybody's Yoga with Dana</p> <p>1:00 Balance at the Barre</p> <p>2:00 Church</p> <p>3:30 Meditation</p> <p>6:30 Heavenly Bible Study with Beverly Westwood</p>	<p>10:00 Fit for Life</p> <p>11:00 Basic Balance</p> <p>12:30 Bible Study</p> <p>2:00 Pastor Movie: Miracles from Heaven (98)</p> <p>3:30 Meditation</p>	<p>9:00 CLINIC: Health Drive Eye</p> <p>9:03 Shopping at WEGMANS</p> <p>10:00 Chat Room</p> <p>10:00 Joyful Joins</p> <p>11:00 POUND</p> <p>12:30 Mobile Market</p> <p>1:00 Balance at the Barre</p> <p>2:00 Church</p> <p>3:30 Meditation</p>	<p>9:30 Morning Meditation</p> <p>10:00 Qi Gong Tai Chi with Joanne</p> <p>5:00 Dinner at FIAMMA ITALIAN RESTAURANT</p>	
31	<p><b>Halloween</b></p> <p>4:00 RA Halloween Social</p>					

## Religious Activities

<u>Activities</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
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 & Ch. 98



## Exercise Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
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 Friday	3:30 PM 9:30 AM	Community Room (98)
Balance at the Barre	Tuesdays and Thursdays	1:00 PM	Exercise Room
POUND	Thursdays	11:00 AM	Exercise Room
Qi Gong Tai Chi	Friday	10:00 AM	Exercise Room (98)

# October Activities

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
<b>Snacks/Ice Cream Sale</b>	Every Wednesday	3:00pm	Lounge
<b>RA Bingo</b>	Every Monday	6:00pm	Lounge
<b>Mobile Market</b>	Thursdays	12:30- 2:00pm	South Pavilion
<b>Van Trip Drop Off</b>	Friday, October 1st	9:00am	Brenda's Office
<b>Active Aging Week- See Kierra's Page</b>	October 4th-10th	See class times & special activities	Fitness Center/ Community Room
<b>SPEAKER: How to Get Up from a Fall</b>	Tuesday, October 5th	2:00pm	Community Room/ Channel 98
<b>CLINIC: BP Checks</b>	Wednesday, Oct 6th	9:00am	Lounge
<b>SPEAKER: Covid Booster</b>	Wednesday, Oct 6th	10:00am	Community Rm/Ch98
<b>Second Harvest</b>	Thursday, October 7th	12:30pm	Lounge
<b>CLINIC: OAA Podiatry</b>	Friday, October 8th	12:30pm	Resident Apartments
<b>General Meeting</b>	<b>Tuesday, Oct 12th</b>	<b>2:00pm</b>	<b>Lounge/ Channel 98</b>
<b>SPEAKER: End of Life Planning</b>	Thursday, October 14th	11:00am	Community Room/ Channel 98
<b>ENTERTAINMENT: Painting with Judy</b>	Thursday, October 14th	1:00pm	Lounge- Sign-ups Required
<b>ENTERTAINMENT: Lorri &amp; Jim Duet</b>	Friday, October 15th	11:00am	Community Room/ Channel 98
<b>SPEAKER: Hospice</b>	Monday, October 18th	11:00am	Community Rm/Ch98
<b>ENTERTAINMENT: Flautist</b>	Tuesday, October 19th	2:00pm	Community Room/ Channel 98
<b>Lutheran Manor BINGO</b>	Wednesday, October 20th	1:45pm	Lounge- Sign-ups Required
<b>CLINIC: Eye</b>	Thursday, October 28th	9:00am	Game Room
<b>RA Halloween Social</b>	Sunday, October 31st	4:00pm	Lounge- Sign-ups Required


# Brenda's Bulletin



OAA Orthopaedic Specialists  
**Podiatry Clinic**

October 8th at 12:30pm

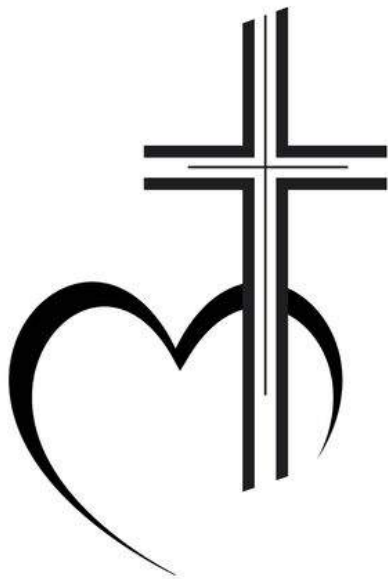
In the comfort of your own home,  
By appointment only, Contact  
Brenda today



CLINIC:  
**HEALTH  
DRIVE EYE**

October 28th at 9:00am

- Game Room -



SPEAKER:  
**Cantelmi Funeral Home**  
**'End of Life Planning'**

Join Aubrey O'Byrne, Funeral  
Director, to learn the basics.

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October 14th at 11:00am

- Community Room -

SPEAKER: Emmaus  
Drugstore

**'COVID Booster'**

*-Join us to learn more-*

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October 6th @ 10:00am  
COMMUNITY ROOM

\*Contact Brenda today

SPEAKER:  
**Bayada**  
**"Hospice 101"**

Hospice is not just for end-of-life care.  
Check out what other benefits the  
Hospice program can provide you.

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October 18th at 11:00am

- Sign-up with Brenda -



CLINIC:  
**Blood Pressure  
Checks**

Life Spring Home Care

October 6th @ 9:00am  
LOUNGE

## RENT REBATES CHECKS

Due to a staffing shortage in Harrisburg, the Revenue office is delayed in processing applications.  
Your patience is greatly appreciated.

# Brenda's Bulletin



Entertainment:  
**Lorri and James  
Duet**

October 15 at 11:00am  
COMMUNITY ROOM



## **PAINTING WITH JUDY**

Thursday, Oct 14 @ 1:00pm  
LOUNGE

**LIMIT OF 10 PER CLASS**  
*\*Sign up with Brenda today*




**Flute Performance:**  
Music Travels Around the World  
with Meredith Twardowski

October 19th at 2:00pm  
Community Room



We are now **LIVE**, in person for all Clinics, Speakers & Entertainment.



OPEN OFFICE HOURS: MONDAY-FRIDAY 9:00 AM-3:00 PM  
BRENDA PAGAN-FONTANEZ, SERVICE COORDINATOR  
610-866 -6010 x4

# November Van Trips

**LIMIT OF 13 PASSENGERS PER TRIP**

Nov 2	Tuesday	VOTE at Nitschmann Middle School	9:30a_____
Nov 3	Wednesday	Banks (Wells,Santander, PNC, BofA)	9:30a_____
Nov 4	Thursday	Brunch at Borderline Restaurant	9:30a_____
Nov 5	Friday	Shopping at WEIS	9:30a_____
Nov 8	Monday	Shopping at RITEAID & CVS Pharmacies	9:30a_____
Nov 9	Tuesday	Shopping at WALGREENS Pharmacy	9:30a_____
Nov 12	Friday	Shopping at ALDI	9:30a_____
Nov 17	Wednesday	Shopping at VALLEY FARMS	9:30a_____
Nov 18	Thursday	Shopping at DOLLAR TREE	9:30a_____
Nov 19	Friday	Shopping at TARGET	9:30a_____
Nov 22	Monday	Shopping at GIANT	9:30a_____
Nov 23	Wednesday	Shopping at WALMART	9:30a_____
Nov 29	Monday	Shopping at WEGMANS	9:30a_____
Nov 30	Tuesday	Dinner at COPPERHEAD GRILLE	5:00p_____

\*\$5.00 FEE WILL BE CHARGED FOR ANY CANCELLATIONS WITHOUT 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 Friday, October 1st.*