

**Lutheran Manor**  
of the Lehigh Valley

# September 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

Jacinda - September 8th

Lori - September 11th

Ken L. - September 27th

## WELCOME New Residents

No new move-ins

## ANNOUNCEMENT:

**Office Staff will be on-site during the month of September, but closing daily as we prepare for our HUD inspection.**

**\*We will ONLY be attending to emergencies during this time.**

## General Meeting

Tuesday, Sept 13th  
at 2:00pm

~LOUNGE / CHANNEL 98

# Office Notes

## **RECYCLING FACTS**

- ~ 1 ton of recycled cardboard saves 9 cubic yards of landfill space
- ~ It takes 88% more energy to make new plastic than to recycle it
- ~ Americans throw out 25 billion styrofoam cups each year, which never decompose
- ~ Aluminum and glass can be recycled endlessly without loss of quality
- ~ Recycling 1 ton of paper saves 7,000 gallons of water

## **What can be recycled at Lutheran Manor?**

- ~Plastics that are smaller than 5 gallons (remove caps)
- ~Clear & Colored glass containers
- ~Aluminum, steel, tin and aerosol cans
- ~Corrugated cardboard & brown paper bags
- ~Mixed office paper, phone books, magazines and newspapers



Lutheran Manor  
**BINGO**

**CANCELED**  
*\*Resumes in October*

Lutheran Manor  
**MOVIES**  
Mondays at 1:00pm

"Purple Hearts" - 9/6  
"PROM" - 9/12  
"Crazy Rich Asians" - 9/19  
"Radio" - 9/26

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

"Abraham" - 9/7  
"Peace By Chocolate" - 9/14  
"Sonshine Ministry" - 9/21  
"As Good As It Gets" - 9/28

# Movie Days

## Purple Hearts



Despite their differences and against all odds, an aspiring singer-songwriter and a soldier fall hopelessly in love.

SEPTEMBER 6

## PROM



Down-on-their-luck Broadway stars shake up a small Indiana town as they rally behind a teen who wants to go to the prom with her girlfriend.

SEPTEMBER 12

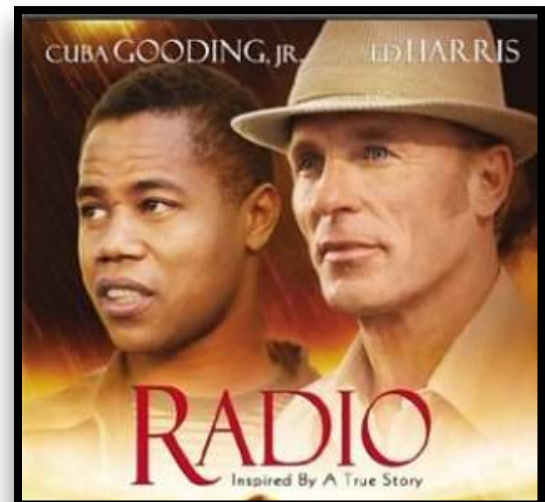
## Look Both Ways



Natalie's life diverges into parallel realities: one in which she stays in her hometown to raise her child and the other where she moves to LA to pursue her dream career. Which is best?!

SEPTEMBER 19

## RADIO



In a racially divided town, coach Jones spots a mentally disabled African-American student named Radio near his practice field and is inspired to befriend him.

SEPTEMBER 26

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

# Jacinda's Jumpstart to Wellness

## Meet & Greet with Jacinda

Come join us in the Fitness Center and say Hi to Jacinda!  
Enjoy snacks, drinks, games and much more!  
Any questions regarding wellness will be answered.  
We hope to see you there.

September 1st at 12:00pm  
~FITNESS CENTER



## Walker's Club Promotion

Information regarding walking and its benefits will be given. Sign up for Walker's Club to join Jacinda and the gang every Monday, Wednesday and Friday at 9:00am. Punch cards will be distributed for achievement tracking and anyone who attends our club three or more times after initial sign-up will receive a **free gift**.

We can't wait to see you!

September 2nd at 1:00pm  
~FITNESS CENTER



*Happily we bask in this warm September sun, which illuminates all creatures...*

# Jacinda's Jumpstart to Wellness

## WELLNESS TIPS

### September is PAIN AWARENESS MONTH

#### SOME DAILY HABITS TO REDUCE PAIN ARE:

- QUIT SMOKING - Take a walk instead of lighting a cigarette.
- HEALTHY DIETS - Incorporate 7 servings of fruits and veggies per day.
- EXERCISE - Add extra 10 minutes to your daily workout schedule.
- SOOTHE MUSCLE SPASMS - Lay on heating pad or take a warm shower when needed.
  - PAIN & SWELLING - Ice muscles or joints for 10 minutes.
  - DEEP BREATHING - Inhale through nose, exhale through mouth 5 minutes a day.
- MEDITATION & YOGA - Come join our yoga classes and/or meditate at home
- MASSAGES - Great for tension release and pain reduction.  
\*Contact Karen for a massage.
- TENS MACHINE (Electrical stimulation machine stimulates the nerves to make sure proper signals are being sent throughout your body)  
Invest in one or ask your doctor.

#### ASK JACINDA!

#### SPEAKER:

## Healthy Aging Specialist

Learn ways to increase or decrease healthy aging and make healthy habit changes. Come get answers to any questions you have. RSVP to Jacinda at ext. 208 no later than Wednesday, Sept 14th

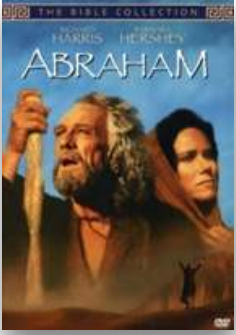
**Tuesday, September 20th at 1:00pm**

Community Room & Channel 98

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, September 7th - 'ABRAHAM' The Bible Stories Collection

In the Old Testament, God tells Abraham to lead his family to the promised land of Canaan where his descendants will become a great and numerous tribe. Abraham, his children and grandchildren must prove their faith to God.



## Wednesday, September 14th - 'PEACE BY CHOCOLATE'

After the bombing of their chocolate factory in Syria, Tareq and his family relocate to Nova Scotia hoping to start their lives anew.

Under familial pressure, Tareq becomes manager of the new chocolate business, which becomes a booming success. Tareq must decide if he can forge his own path while honoring family duty.



## Wednesday, September 21st @ 2:00pm

### WORSHIP DVD: SONSHINE MINISTRY

*\*Recorded at Calvary Baptist Church, Easton*

## Wednesday, September 28th - 'AS GOOD AS IT GETS'

Best Actor and Actress Academy Awards went to Jack Nicholson, who portrays curmudgeonly, psychologically obsessed New York author Melvin Udall, and Helen Hunt, who co-stars as Carol Connelly, the caring waitress and single mother who helps draw him out of his successful but isolated existence. (PG-13)



## SUNDAY PRAISE

Led by David Garcia  
Prayer, Praise  
& Proclamation Worship  
Sunday, September 11th  
at 11:00am

Community Room & Channel 98

## Sunday Believers WORSHIP

with Paul Belfort  
Light Refreshments Served  
Sundays at 1:00pm

Community Room & Channel 98

# From the Chaplain



## **RUN THE RACE...HEAR THE CHEERING CROWD! --Hebrews 11:29-12:2**

I really love this passage as the writer of Hebrews uses a wonderful metaphor of a race, a marathon that lasts the duration of our lives. Sometimes we find steep hills and other days it is so much easier. That's life! Most importantly, the writer of Hebrews wants us to know that we are never alone. There are people (*a great cloud of witnesses*"12:1) from the past and from our present cheering us on. They cheer us on as we "run the race" of our lives with their prayers, hugs, encouragement to keep our eyes on Jesus. They give us inspiration from their faith on days when our faith is simply not enough.

Please stop trying to do life by yourself. Stay close to the friends who helped point you to Jesus! Surround yourself with people who will have faith for you!

*People of God, when my faith just isn't enough, I hear the "great cloud of witnesses" from time eternal to right here at Lutheran Manor, right now. Cheering me on! Thanks be to God for all of you.*

*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, Sept 1	Pastor Jonny Villamar - Cornerstone Church, Easton ~ <i>Spanish</i>
Thursday, Sept 8	Pastor Dan Bretell - St. Luke's Lutheran, Easton ~ <i>Holy Communion</i>
Thursday, Sept 15	Pastor Larry Humberd - LV Grace Brethren, Bethlehem
Thursday, Sept 22	Pastor Brandon Heavener - St. Mark's Lutheran, Bethlehem ~ <i>Holy Communion</i>
Tuesday, Sept 27	Father Venantius Karobo - Notre Dame RC Church, Bethlehem
Thursday, Sept 29	Pastor Marian Johnson - Church of the Manger, Bethlehem

**\*Note: Holy Communion Worship (September 8th and 22nd)**

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

Resident's Association BREAKFAST



Resident's Association:  
**BREAKFAST**  
Complete this form & deliver along with cash payment of \$3.00 and slide it under Marge B's door, Apt. 705 no later than Friday, September 2nd.  
**Saturday, September 17th at 8:30am**  
Lounge



Resident's Association BREAKFAST

**Saturday, September 17th**  
**at 8:30am**

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

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

**\*Return this completed form along with \$3 cash under Marge B's door, Apt. 705 no later than Friday, September 2nd**

*\*Sign-up Required | Limited Capacity*





## 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.**

*\*DO NOT contact the salon for massage appointments.*



## BELLEZZA SALON

- September Specials -

### WAXING

50% off any wax service of your choice:

Eyebrows - to shape your face

Upper Lip - so it looks clean and smooth

Chin - smooth that shadow of a beard

Any other area...just ask!

### PERMS

Now is your time to shine

and save \$6 off any perm service!

### PUNCH CARDS

Receive a \$30 bonus each and every time you fill your punch card!

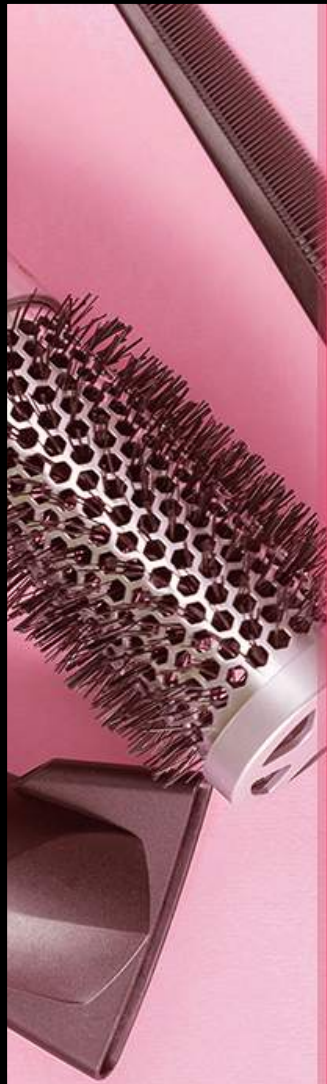
### REFERRALS

Refer a friend or family member and receive a FREE gift.

### BASKET DRAWING

Whenever you come in for a salon service,

**do not forget** to enter your name into our monthly basket drawing. Sign up to Win!!



Contact 610-866-6010 x209 to schedule an appointment

# SEPTEMBER 2022

'AUTUMN IS AWAKENED'

**LUTHERAN MANOR**  
OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>4</b></p> <p>Staff Birthdays Jacinda - 9/8 Lori - 9/11 Ken L. - 9/27</p>	<p><b>5</b></p> <p><b>Labor Day</b> CLOSED</p>	<p><b>6</b></p> <p>9:00 BANKS 11:00 Everybody's Yoga with Dana 11:00 SPEAKER: Doctor Prep 12:00 TaiChi with Joanne 1:00 MOVIE 1:00 RITEAID/CVS 2:15 CLINIC: BP Checks</p>	<p><b>7</b></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/Ice Cream Sales 5:00 BECK'S LAND/SEA</p>	<p><b>8</b></p> <p>10:00 Chat Room 11:00 TaiChi with Joanne 1:00 Mobile Market 2:00 Church</p>	<p><b>9</b></p> <p>9:00 Walker's Club 10:00 SCHOLL ORCHARDS 11:00 Core&amp;More with Deana 12:00 ENTERTAINMENT: Lori&amp;Jim 2:00 Stitching with Nena</p>	<p><b>10</b></p> <p>5:00 Resident's Association SOUP/HOTDOGS</p>
<p><b>11</b></p> <p><b>Grandparent's Day</b> 11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort</p>	<p><b>12</b></p> <p>9:00 Walker's Club 9:30 PARKLAND DINER 10:00 Energetic Exercise with Jacinda 11:00 Core&amp;More with Deana 1:00 MOVIE 3:00 Meditation with Jacinda 6:00 RA Bingo</p>	<p><b>13</b></p> <p>9:30 WEIS 11:00 ENTERTAINMENT: Painting 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 1:30 CLINIC: MD 2:00 <b>GENERAL MEETING</b> 3:00 Meditation with Jacinda</p>	<p><b>14</b></p> <p>9:00 Walker's Club 10:00 Energetic Exercise with Jacinda 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 with Jacinda</p>	<p><b>15</b></p> <p>9:00 CLINIC: EYE 10:00 Chat Room 11:00 TaiChi with Joanne 1:00 BOAT TOUR 1:00 Mobile Market 2:00 Church 3:00 Meditation with Jacinda</p>	<p><b>16</b></p> <p>9:00 Walker's Club 9:30 BANKS 10:00 Meditation with Jacinda 11:00 Core&amp;More with Deana 12:30 CLINIC: OAA 2:00 Stitching with Nena</p>	<p><b>17</b></p> <p><b>Citizenship Day</b> 8:30 Resident's Association BREAKFAST</p>
<p><b>3</b></p> <p>8:30 RA COFFEE &amp; DONUTS 12:30 RA Phiochie</p>	<p><b>1</b></p> <p>9:30 GIANT 10:00 Chat Room 11:00 TaiChi with Joanne 12:00 Meet &amp; Greet with Jacinda 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish)</p>	<p><b>2</b></p> <p>9:00 Walker's Club 10:00 DOLLAR TREE 11:00 CLINIC: Dermatology 11:00 Core&amp;More with Deana 1:00 Walker's Club Meeting 2:00 Stitching with Nena</p>	<p><b>1</b></p> <p>9:00 Walker's Club 10:00 DOLLAR TREE 11:00 CLINIC: Dermatology 11:00 Core&amp;More with Deana 1:00 Walker's Club Meeting 2:00 Stitching with Nena</p>	<p><b>2</b></p> <p>9:00 Walker's Club 10:00 DOLLAR TREE 11:00 CLINIC: Dermatology 11:00 Core&amp;More with Deana 1:00 Walker's Club Meeting 2:00 Stitching with Nena</p>	<p><b>3</b></p> <p>8:30 RA COFFEE &amp; DONUTS 12:30 RA Phiochie</p>	<p><b>3</b></p> <p>8:30 RA COFFEE &amp; DONUTS 12:30 RA Phiochie</p>

Tune into Channel 99 regularly for updates.

# SEPTEMBER 2022

'AUTUMN IS AWAKENED.'



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> 1:00 Sunday Believers' with Paul Bellort	<b>19</b> 9:00 Walker's Club 10:00 Energetic Exercise with Jacinda 10:00 WALMART 11:00 Core&More with Deana 1:00 MOVIE 3:00 Meditation with Jacinda 6:00 RA Bingo	<b>20</b> 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 1:00 SPEAKER: Aging 2:00 Snacks/IceCream Sales 3:00 Meditation with Jacinda	<b>21</b> 9:00 HOMETOWN MKT 9:00 Walker's Club 10:00 Energetic Exercise with Jacinda 11:00 Fit For Life with Dana 11:30 Cooking Class 12:30 Bible Study 1:45 LM BINGO 2:00 Pastor Movie 2:00 RA Strredding 2:00 Snacks/IceCream Sales 3:00 Meditation with Jacinda	<b>22</b> <b>Fall Begins</b> 10:00 Chat Room 10:00 WEGMANS 11:00 TaiChi with Joanne 1:00 Mobile Market 2:00 Church 3:00 Meditation with Jacinda	<b>23</b> <b>Native American Day</b> 9:00 Walker's Club 10:00 Meditation with Jacinda 10:30 CELTIC PARADE 11:00 Core&More with Deana 1:00 SPEAKER:Rep.McNeill 2:00 Stitching with Nena	<b>24</b> 4:00 Resident's Association SOCIAL
<b>25</b> <b>Rosh Hashanah Begins</b> 1:00 Sunday Believers' with Paul Bellort	<b>26</b> 9:00 Walker's Club 9:30 VALLEY FARM MKT 10:00 Energetic Exercise with Jacinda 11:00 Core&More with Deana 1:00 MOVIE 3:00 Meditation with Jacinda 6:00 RA Bingo	<b>27</b> 10:00 TARGET 11:00 Everybody's Yoga with Dana 12:00 TaiChi with Joanne 2:00 Church 3:00 Meditation with Jacinda	<b>28</b> 9:00 Walker's Club 10:00 Energetic Exercise with Jacinda 11:00 Fit For Life with Dana 11:00 SAM OWENS 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Strredding 2:00 Snacks/IceCream Sales 3:00 Meditation with Jacinda	<b>29</b> 10:00 Chat Room 11:00 TaiChi with Joanne 1:00 Mobile Market 2:00 Church 3:00 Meditation with Jacinda	<b>30</b> 9:00 Walker's Club 9:30 REDNERS 10:00 Meditation with Jacinda 11:00 Core&More with Deana 1:00 SPEAKER:Incontinence 2:00 Stitching with Nena	

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	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
Core & More with Deana	Mondays Fridays	11:00am	Exercise Room (98)
Morning Meditation with Jacinda <i>(starting Sept 12)</i>	Monday-Thursday Fridays	3:00pm 10:00am	Community Room (98)
Everybody's Yoga with Dana	Tuesdays	11:00am	Exercise Room (98)
Fit For Life with Dana	Wednesdays	11:00am	Exercise Room (98)
Energetic Exercise with Jacinda <i>(Sept 12-Sept 30)</i>	Mondays Wednesdays	10:00am	Exercise Room (98)
Tai Chi with Joanne	Tuesdays Thursdays	12:00pm 11:00am	Exercise Room (98)

# September 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>	Thursday, Sept 1	9:00am	Brenda's Office
<b>Meet &amp; Greet with Jacinda</b>	Thursday, Sept 1	12:00pm	Fitness Center
<b>Second Harvest Food Bank</b>	Thursday, Sept 1	12:30pm	Lounge
<b>CLINIC: OnSite Dermatology</b>	Friday, Sept 2	11:00am	Resident Apartments
<b>Walker's Club Promotion</b>	Friday, Sept 2	1:00pm	Fitness Center
<b>SPEAKER: Appointment Prep</b>	Tuesday, Sept 6	11:00am	Community Room/Ch98
<b>CLINIC: Blood Pressure Checks</b>	Tuesday, Sept 6	2:15pm	Lounge
<b>ENTERTAINMENT: Lorri &amp; Jim</b>	Friday, Sept 9	12:00pm	Lounge/Ch98
<b>ENTERTAINMENT: Painting</b>	Tuesday, Sept 13	11:00am	Lounge
<b>GENERAL MEETING</b>	<b>Tuesday, Sept 13</b>	<b>2:00pm</b>	<b>Lounge/Ch98</b>
<b>CLINIC: Internal Medicine</b>	Tuesday, Sept 13	1:30pm	Game Room
<b>CLINIC: Health Drive Eye</b>	Thursday, Sept 15	9:00am	Game Room
<b>CLINIC: OAA</b>	Friday, Sept 16	12:30pm	Resident Apartments
<b>SPEAKER: Healthy Aging</b>	Tuesday, Sept 20	1:00pm	Community Room/Ch98
<b>Cooking Class</b>	Wednesday, Sept 21	11:30am	Lounge/Ch98
<b>SPEAKER: State Rep. McNeill</b>	Friday, Sept 23	1:00pm	Community Rm/Ch98
<b>RA Social</b>	Saturday, Sept 24	4:00pm	Lounge
<b>SPEAKER: Incontinence</b>	Friday, Sept 30	1:00pm	Community Rm/Ch98

# Brenda's Bulletin



## Second Harvest Food Bank

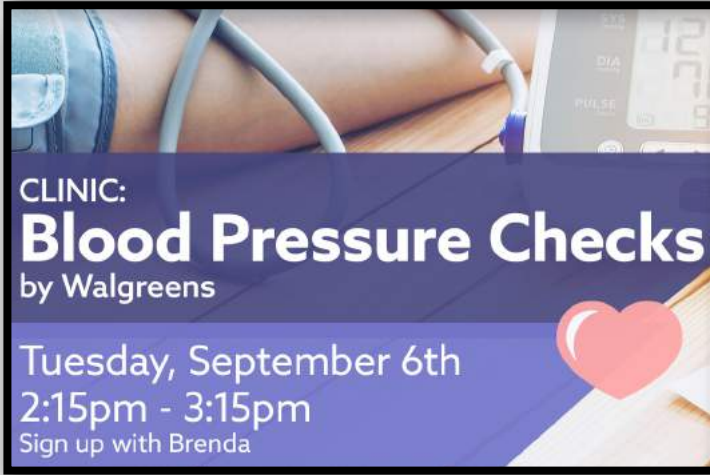
Please come down to the Lounge at 12:30pm to collect your box  
Contact Brenda to see if you're eligible to receive a box.

Thursday, September 1st at 12:30pm

## CLINIC: Onsite Dermatology

Friday, September 2nd  
at 11:00am

By appointment only - Sign up with Brenda  
In the comfort of your own home



## CLINIC: Blood Pressure Checks by Walgreens

Tuesday, September 6th  
2:15pm - 3:15pm  
Sign up with Brenda



## CLINIC: Internal Medicine

Come meet your new Doctor!

Dr. Bilal Manna, Board Certified in Internal Medicine

Focuses on lifestyle and nutrition therapy for  
De-Prescription, prevention, treatment and reversal  
of chronic illnesses.

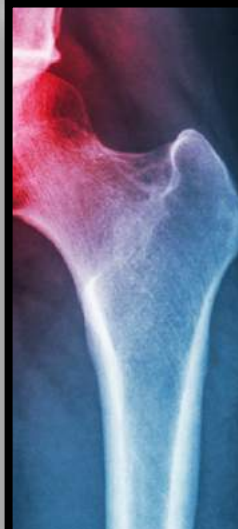
By appointment only - Sign up with Brenda.  
Most Insurances Accepted.

Tuesday, September 13th at 1:30pm  
Game Room

## CLINIC: Health Drive Eye

By appointment only - Sign up with Brenda

Thursday, September 15th  
9:00am - 1:00pm  
Game Room



## CLINIC: OAA Orthopedic Specialists

By appointment only,  
Sign up with Brenda

Friday, September 16th  
at 12:30pm  
In the comfort of your own home

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

# Brenda's Bulletin

SPEAKER:

Bayada Home Health Care  
***How to Prepare  
for a Doctor  
Appointment***

Tuesday, Sept 6th @ 11:00am

~COMMUNITY ROOM/CH98

*\*Light Refreshments Served*

SPEAKER:  
**Easton Home Health  
'INCONTINENCE'**

Come learn how to gain control & independence with continence control & join our home based non-invasive pelvic floor therapy program.

September 30th  
at 1:00pm

Community Room & Channel 98

*\*Light Refreshments Served*

State Rep. McNeill

**Does PA Treasury  
owe you money?  
Come find out!**



Friday, September 23rd  
at 1:00pm

~COMMUNITY ROOM

Entertainment:  
**Lorri & Jim**

Come One, Come All  
to enjoy the Best of the Best!

Friday, September 9th  
at 12:00pm

Lounge & Channel 98

Entertainment:  
**Painting with  
a Twist**

Led by Judy Peters

Enjoy some wine with brushstrokes

Tuesday, September 13th  
at 11:00am

Lounge

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

*Brenda Pagan-Fontanez, Service Coordinator*

*610-866 -6010 x4*

# October Van Trips

Oct 1	Saturday	Fall Fest at Covered Bridge Park	10:00a_____
Oct 3	Monday	Banks _____ Write your bank name here	9:30a_____
Oct 3	Monday	Shopping at RITEAID/CVS	1:00p_____
Oct 4	Tuesday	Shopping at WEIS	9:30a_____
Oct 6	Thursday	Breakfast at CRACKER BARREL	9:00a_____
Oct 7	Friday	Shopping at WALMART 248	10:00a_____
Oct 8	Saturday	Harvest Wine Festival ( <b>\$20 entry</b> )	11:00a_____
Oct 10	Monday	Shopping at VALLEY FARMERS' MKT	9:30a_____
Oct 12	Wednesday	Dutch Apple Theatre presents: 'Saturday Night Fever' <b>(\$68 due by 9/9 includes ticket &amp; lunch)</b>	9:30a_____ <b>11:30 Lunch</b> <b>1:00p Show</b>
Oct 13	Thursday	America On Wheels Museum Tour	9:30a_____
Oct 15	Saturday	Craft Fair at Calvary Baptist Church	10:00a_____
Oct 17	Monday	Banks _____ Write your bank name here	10:00a_____
Oct 18	Tuesday	Shopping at WEGMANS	10:00a_____
Oct 19	Wednesday	Lunch at DOUGHBOYS	11:00a_____
Oct 20	Thursday	Pines Dinner Theatre presents: 'I Left My Heart, Tony Bennett Tribute' <b>(\$32 entry due by 9/13; Lunch separate)</b>	10:00a_____ <b>12:30 Lunch</b> <b>1:30p Show</b>
Oct 24	Monday	Shopping at TARGET	10:00a_____
Oct 26	Wednesday	Dinner at Outback Steakhouse	5:00p_____
Oct 27	Thursday	Shopping at GIANT	9:30a_____
Oct 31	Monday	Shopping at REDNER'S	10:00a_____

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

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

Van Trip forms will be collected starting at 9:00 am on **THURSDAY, SEPT 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-4:00p  
in the Lounge

\*No magazines or newsprint  
\*Remove all clips and staples

## Resident's Association: Donuts & Coffee

Saturday, September 3rd at 8:30am  
\$1.00 each ~ Lounge



## Resident's Association: SOUP & HOT DOGS

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

Saturday, September 10th  
at 5:00pm



## Resident's Association: PINOCHLE

Saturday, September 3rd at 12:30pm  
\$2.00 per play | Light Refreshments Served | Lounge



Resident's Association SOCIAL



Resident's Association:  
**SOCIAL**



**Saturday, September 24th**

4:00pm - Doors Open; 5:00pm - Food Served  
 6:30pm - Entertainment

Complete this form and deliver to the Main Office no later than Friday, September 16th.



Resident's Association SOCIAL

**Saturday, September 24th  
 at 4:00pm**

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

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

**\*Return this completed form to the Main Office  
 no later than Friday, September 16th**

*\*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!

*~Lemon Chicken, Rice, Roasted Cauliflower bites*

**Wednesday, September 21st**

**@ 11:30am**

Lounge & Channel 98



\*Return this completed form to the Main Office no later than Friday, Sept 9th



# Cooking Class

## Wednesday, September 21st at 11:30am

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

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

**\*Return this completed form to the Main Office no later than Friday, September 9th**

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

TUNE INTO CHANNEL 99 REGULARLY FOR UPDATES

And the sun took a step back,  
the leaves lulled themselves to sleep  
and autumn was awakened

*-Raquel Franco*