

# September 2023

Lutheran Manor of the Lehigh Valley

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 - 9:00pm

## Staff Birthdays

Jacinda A. - 9/8  
Lori H. - 9/11  
Ken L. - 9/27

## WELCOME New Residents

Debra K. - Floor 11

## General Meeting

Tuesday, September 12th  
at 2:00pm

LOUNGE / CHANNEL 98

# Office Notes

## HOUSEKEEPER APPRECIATION DAY

- Sunday, September 17th -

A huge thank you to Yesenia and Chentelle for keeping your apartments tidy and clean. They take an hour of their time to make your home feel amazing!



## ANNOUNCEMENT: WINDOW WASHING

LM



Window Washing:  
September 26th to 28th



*Sunday*  
BELIEVERS'  
worship  
With Paul Belfort  
Sundays at 1:00pm

*Sunday*  
PRAISE  
With David Garcia  
Sunday, September 10th  
at 11:00am



Community Room

OFFICE CLOSED

LABOR DAY

MONDAY, SEPT. 4TH

## LM IN-HOUSE MOVIE

Monday, September 11th @ 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.

LOVE AGAIN





# Movie Days

SEPTEMBER 4TH

**There will be NO MOVIE,  
because we are closed for  
Labor Day**

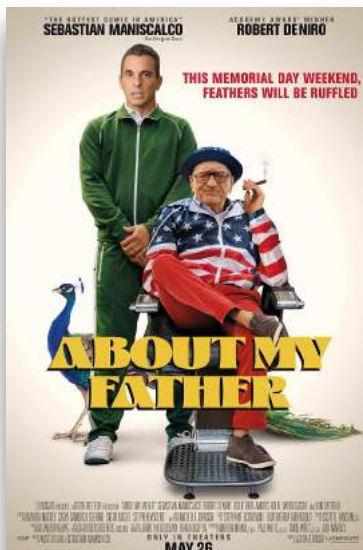
## Love Again



Coping with the loss of her fiancé, Mira Ray sends a series of romantic texts to his old cell phone number, not realizing it was reassigned to Rob Burns. Rob falls for her words. With a twist of fate these two become connected and must find each other.

SEPTEMBER 11 - COMMUNITY ROOM

## About My Father



Encouraged by his fiancé, a man and his father spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a culture clash, allowing father and son to discover the true meaning of family.

SEPTEMBER 18TH

## The Son



Peter's hectic life gets further upended when his ex-wife tells him their teenage son, Nicholas, is deeply troubled. He soon tries to take care of Nicholas the same way he would have wanted his father to have taken care of him!

SEPTEMBER 25TH

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

# Jacinda's Jumpstart to Wellness

## ANNOUNCEMENT



We are in the process of bringing back Lutheran Manor's Wii Bowling League, but first we would like to get an idea of who would be interested in joining.

Please contact Jacinda if this is something you would like to participate in!  
More information to come!

## 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!



## JEOPARDY

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

Wednesday, September 20th 2:00pm  
Community Room  
Sign Up on the Events Form!



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

## Matter of Balance Program

BETHLEHEM HEALTH BUREAU

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

Expect:

Discussion meetings

Exercise Booklets

Luncheons

Once a week sessions for 8 weeks

There are limited spots so please sign up now! To stay in the program, attendance is mandatory. Contact Jacinda with any questions or concerns.



## Wellness Tip

September is Suicide Prevention Month. Mental Health is extremely important especially as we enter gloomy seasons. Whether it's you or someone you know who needs help, there are always resources and ways to alleviate your pain.

Below are some ways to help better your Mental Health.

1. Engage in Social Activities
2. Start a New Hobby
3. Speak to a professional or a friend in times of need
4. Be more present in daily tasks
5. Start being physically active



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

When asked "How often shall I forgive?"

**JESUS SAID...**

I do not say to you, up to seven times,  
**but up to seventy times seven.**

Matthew 18:21-22

## **FORGIVENESS IS LIFE GIVING**

Psalm 103:12, "As far as the east is from the west, so far has he removed our transgressions from us." God's forgiveness is never ending! As his followers, he loves us and forgives us. He calls us to forgive others.

That can be difficult especially when we have been hurt, lied to, betrayed, or worse.

The ache of these injuries can linger for years, even a lifetime.

By nature, we would rather hold a grudge, hate and seek retaliation. Therefore, we cannot really forgive on our own strength. We need help from above. People who do not learn how to forgive do not enjoy life. In our heads we know that forgiveness is healthy. Medical science has linked a failure to forgive with all kinds of ailments.

For our Lord's sake and for our own sake, we need to stop fuming and start forgiving.

*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, 9/7	Pastor Luis and Betty Ortiz: Iglesia Casa de Dios, Allentown - SPANISH/ENGLISH
Thur, 9/14	Pastor Jenny Heavener: Star of Bethlehem Lutheran - *HOLY COMMUNION*
Thur, 9/21	Pastor Richard Nahodil: Evangelical Congregational (Retired)
Tues, 9/26	Father Venantius Karobo: Notre Dame RC Church of Bethlehem
Thur, 9/28	Pastor Dan Brettell: St. Paul's Lutheran, Easton - *HOLY COMMUNION*

### **\*\*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.

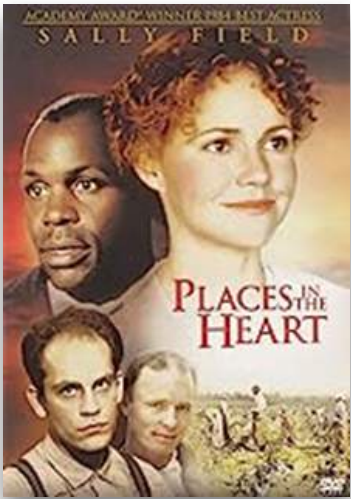


# From the Chaplain

~SEPTEMBER 6TH~

## "Places In The Heart"

The movie's emotionally gripping story centers around Edna Spalding (Sally Field) and her unending struggle against extraordinary hardships. It is set in the 1930's in Waxahachie, Texas. Against this depression-torn background, unforgettable characters meet and collide. Together they leave an indelible impression of faith, courage, love and most of all endurance.



~SEPTEMBER 13TH~

## WORSHIP DVD - SONSHINE MINISTRY

Calvary Baptist Church, Easton



~SEPTEMBER 20TH~

## "The Chosen - Season 3 DVD"

Episode 7 : Ears to Hear

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



~SEPTEMBER 27TH~

## "The Art of Racing the Rain"

Based on the best-selling novel by Garth Stein, a heartwarming tale narrated by a witty and philosophical dog named Enzo.

Through his unique insight into the human condition, Enzo helps his owners navigate life with a refreshing perspective of friendship, family and unconditional love.



**PASTOR CLARK'S MOVIES PLAYING EVERY WEDNESDAY AT 2:00PM**



# Lutheran Manor BINGO

## Lutheran Manor BINGO

Wednesday, September 13th  
at 1:45 pm in the Lounge

**SIGN UP REQUIRED!**

**PLEASE SIGN UP ON THE EVENTS SIGN UP SHEET**



# 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

## Bellezza Salon & Spa

### - September Specials -

Mini Facials Only \$25 • \$5 Off Any Hair Color Service  
Sign up for the drawing. Enter to win the Fall Gift Basket  
in the salon after your service. Good Luck!

#### 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 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 a 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!!

## Bellezza Salon & Spa

### - Reminder -

Don't forget to ask your stylist about our Referral System!  
Our punch cards seem to be very popular! Make sure to use them each  
visit, and your stylist will even help keep track of it for you.  
We hope you stay safe and healthy as summer comes to an end!

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

Contact 610-866-6010 x209 to schedule an appointment

# SEPTEMBER 2023



Make it a September to Remember!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Staff Birthdays: Jacinda A. - 9/8 Lori H. - 9/11 Ken L. - 9/27</p>	<p><b>4 Labor Day</b> OFFICE CLOSED - Happy Labor Day 6:00 RA Bingo</p>	<p>10:00 Banks &amp; Convenience Stores 1:15 Blood Pressure Clinic 3:00 Meditation 3:00 RA Shredding 3:00 Snacks/Ice Cream Sales</p>	<p>9:30 Walker's Club 10:00 WEIS 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 3:00 Meditation</p>	<p>9:00 Cracker Barrel 10:00 Chat Room 11:00 Yoga with Dana 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish/ English) 3:00 Meditation- Exercise Room - CANCELED</p>	<p>1 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 12:00 SPEAKER: Senior Scams 2:00 Stitching with Nena</p>	<p>2 8:30 RA COFFEE &amp; DONUTS 12:30 RA Pinochle</p>
<p>3 1:00 Sunday Believers' with Paul Belfort</p>	<p><b>5</b> OFFICE CLOSED - Happy Labor Day 6:00 RA Bingo</p>	<p>12:00 Gerrity's Farm Market 2:00 General Meeting 3:00 Meditation - Canceled 3:30 RA Shredding 3:30 Snacks/Ice Cream Sales</p>	<p>6 9:30 Walker's Club 10:00 Hoover Mason Trestle 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 3:00 Meditation</p>	<p>7 9:00 Cracker Barrel 10:00 Chat Room 11:00 Yoga with Dana 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish/ English) 3:00 Meditation- Exercise Room - CANCELED</p>	<p>8 Happy Birthday Jacinda 9:30 Walker's Club 10:00 Meditation - CANCELED 11:00 Energetic Exercise - CANCELED 12:30 OAA Podiatry 2:00 Stitching with Nena - CANCELED 2:30 Ice Cream at Crazy Cones</p>	<p>9 5:00 RA Soup &amp; Hot Dogs</p>
<p>10 <b>Grandparents' Day</b> 11:00 Sunday Praise with David Garcia 1:00 Sunday Believers' with Paul Belfort</p>	<p><b>11 Patriot Day</b> Happy Birthday Lori! 9:30 Walker's Club 11:00 Energetic Exercise 1:00 LM MOVIE - in Person 3:00 Meditation 3:45 Flying Pig Tavern and Tap 6:00 RA Bingo</p>	<p>12 12:00 Gerrity's Farm Market 2:00 General Meeting 3:00 Meditation - Canceled 3:30 RA Shredding 3:30 Snacks/Ice Cream Sales</p>	<p>13 9:30 Walker's Club 10:00 Hoover Mason Trestle 11:30 ZUMBA with Anna 12:30 Bible Study 1:45 Lutheran Manor BINGO 2:00 Pastor Movie 3:00 Meditation - Canceled</p>	<p>14 10:00 Chat Room 11:00 Allentown Art Museum 11:00 Yoga with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room</p>	<p>15 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 2:00 Stitching with Nena</p>	<p>16 <b>Rosh Hashanah Begins</b> 8:30 Resident's Association BREAKFAST</p>

Tune into Channel 99 regularly for updates.



# SEPTEMBER 2023



Make it a September to Remember!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> <b>Citizenship Day</b> Happy Housekeeper Appreciation Day! 1:00 Sunday Believers' with Paul Bellort	<b>18</b> 9:30 Walker's Club 10:00 Banks & Target 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	<b>19</b> Happy Service Coordinator Appreciation Day! 11:00 Senior Fair 3:00 Meditation - CANCELED 3:00 RA Shredding 3:00 Snacks/Ice Cream Sales	<b>20</b> 9:30 Walker's Club 11:00 Mountain View Drive-In & Mini Golf 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Jeopardy Game Day 2:00 Pastor Movie 3:00 Meditation	<b>21</b> 9:00 CLINIC: Eye 10:00 Chat Room 11:00 Yoga with Dana 12:00 Dollar Tree 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	<b>22</b> <b>Native American Day</b> 9:30 Walker's Club 10:00 Matter of Balance - Class 1 10:00 Meditation - CANCELED 11:00 Energetic Exercise - CANCELED 1:00 Bingo with Cherita 2:00 Stitching with Nena	<b>23</b> <b>Fall Begins</b>
<b>24</b> 1:00 Sunday Believers' with Paul Bellort	<b>25</b> <b>Yom Kippur Begins</b> 9:30 Walker's Club 11:00 Energetic Exercise 12:00 Walmart 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	<b>26</b> WINDOW WASHING 9:00 Silver Birches: Train Ride 2:00 Church 2:00 ENTERTAINMENT: Flautist 3:00 Meditation 3:00 RA Shredding 3:00 Snacks/Ice Cream Sales	<b>27</b> Happy Birthday Ken! WINDOW WASHING 9:30 Walker's Club 10:00 Mitzit's Table 11:30 Cooking with Lyndi 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 3:00 Meditation	<b>28</b> WINDOW WASHING 10:00 Chat Room 10:00 GIANT 11:00 Yoga with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	<b>29</b> 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 1:00 Stitching with Nena	<b>30</b> 4:00 RA SOCIAL

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

# Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays	11:00am	Exercise Room
Everybody's Yoga with Dana	Thursdays	11:00am	Exercise Room
Meditation with Jacinda	Monday-Thursday Fridays	3:00pm 10:00am	Exercise Room
Walker's Club with Jacinda	Monday, Wednesday, Friday	9:30am	Outside Lutheran Manor
ZUMBA with Anna	Wednesdays	11:30am	Exercise Room



# 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 Tuesday	3:00pm	Lounge
<b>RA BINGO</b>	Every Monday	6:00pm	Community Room
<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 Tuesday	3:00pm	Lounge
<b>RA Soup &amp; Hot Dogs</b>	Every 2nd Saturday	5:00pm	Lounge
<b>Stitching with Nena</b>	Every Friday	2:00pm	Lounge
<b>MOBILE MARKET</b>	Every Thursday	1-2:30pm	Lounge
<b>Van Trip Drop Off</b>	Friday, September 1st	9:00am	Brenda's Office
<b>SPEAKER: Senior Scams</b>	Friday, September 1st	12:00pm	Community Room
<b>OFFICE CLOSED</b>	<b>Monday, September 4th</b>	<b>All Day</b>	<b>Lutheran Manor</b>
<b>Blood Pressure Clinic</b>	Tuesday, September 5th	1:15pm	Lounge
<b>Second Harvest Food Bank</b>	Thursday, September 7th	12:30pm	Lounge
<b>CLINIC: OAA Podiatry</b>	Friday, September 8th	12:30pm	Resident Apartments
<b>LM In-Person Movie</b>	Monday, September 11th	1:00pm	Community Room
<b>GENERAL MEETING</b>	<b>Tuesday, September 12th</b>	<b>2:00 PM</b>	<b>Lounge</b>
<b>Lutheran Manor BINGO</b>	Wednesday, September 13th	1:45pm	Lounge
<b>SENIOR FAIR</b>	Tuesday, September 19th	11:00am	Lounge
<b>Jeopardy Trivia Day</b>	Wednesday, September 20th	2:00pm	Community Room
<b>CLINIC: Health Drive Eye</b>	Thursday, September 21st	9:00am	Game Room
<b>Matter of Balance Class</b>	Friday, September 22nd	10am-12pm	Community Room
<b>BINGO with Cherie</b>	Friday, September 22nd	1:00pm	Community Room
<b>ENTERTAINMENT: Flautist</b>	Tuesday, September 26th	2:00p	Lounge
<b>Cooking with Lyndi</b>	Wednesday, September 27th	11:30am	Lounge
<b>RA SOCIAL</b>	Saturday, September 30th	4:00pm	Lounge

# Brenda's Bulletin

## SECOND HARVEST FOOD BANK

SEPTEMBER 7 @ 12:30PM

\*MUST COME TO LOUNGE  
TO COLLECT YOUR BOX



## CLINICS

### BLOOD PRESSURE

TUESDAY, 9/5 @ 1:15P  
~LOUNGE

### OAA PODIATRY

FRIDAY, 9/8 @ 12:30P  
~RESIDENT APARTMENT

### HEALTHDRIVE EYE

THURSDAY, 9/21 @ 9A  
~GAME ROOM

**\*SIGN UP WITH BRENDA**

## ***SPEAKERS:***

Attorney General  
**'SENIOR SCAMS'**

Stop a scammer before  
they scam you!

Friday, 9/1 @ 12pm

United Healthcare

**'BINGO W/ CHERIE'**

Join us for a few rounds,  
prizes, & refreshments

Friday, 9/22 @ 1pm

Community Room  
Sign up on Events Form

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



# Brenda's Bulletin

## **MEREDITH TWARDOWSKI, FLAUTIST**

Tuesday, 9/26 @ 2p

*Come enjoy this spectacular show!*

## **COOKING WITH LYNDI**

Wednesday, 9/27 @ 11:30a

*Enjoy Sausage & Pepper Tortellini Bake!*

**~Lounge | Sign up on Events Form**

## **Service Coordinator Appreciation Day**

Tuesday, September 19th

*It is an absolute pleasure being part of such an amazing team and being able to soak in all the wisdom and love from each and every resident here at Lutheran Manor!*

*Thank you for trusting me and giving me the opportunity to assist you with your everyday needs. I am truly grateful!*

*~Brenda*

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

## Lutheran Manor Events

<b>Lutheran Manor Events</b>				CHECK HERE
9/1	Friday	<b>SPEAKER: Attorney General 'Senior Scams'</b>	12:00p	_____
9/11	Monday	LM In Person Movie: <i>'Love Again'</i>	1:00p	_____
9/13	Wednesday	<b>Lutheran Manor BINGO</b>	1:45p	1 person 2 person
9/20	Wednesday	<b>Jeopardy Trivia Game!</b>	2:00p	_____
9/22	Friday	<b>Matter of Balance Program: <i>Class 1</i></b>	10:00a	_____
9/22	Friday	<b>SPEAKER: United Healthcare 'BINGO with Cherie'</b>	1:00p	_____
9/26	Tuesday	<b>ENTERTAINMENT: Flautist</b>	2:00p	_____
9/27	Wednesday	<b>Cooking with Lyndi</b>	11:30a	_____

## Resident's Association Events

9/16	Saturday	<b>RA Breakfast</b>	8:30a	_____
9/30	Saturday	<b>RA Social</b>	4:00p	_____

Name(s): \_\_\_\_\_ Apt.#: \_\_\_\_\_

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

**Please return to the Main Office by Friday, 9/1!**



# Resident's Association



**RESIDENT'S ASSOCIATION**  
**BINGO**

Every Monday at 6:00pm!  
 Now in the Community Room



Resident's Association:  
**Coffee & Donuts**

Come mingle with your fellow neighbors while enjoying a cup of joe with some delicious donuts to start your day! \$1.00 each.

**Saturday, September 2nd**  
 at 8:30am  
 in the Lounge



*Pinochle*

**\$2.50 PER PLAY**

**Light refreshments served**

**~Lounge~**

Saturday, September 2nd  
 at 12:30pm



*Soup & Hot Dogs*

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

**SATURDAY, SEPTEMBER 9TH AT 5:00PM**



**RESIDENTS' ASSOCIATION BREAKFAST**

8:30AM - LOUNGE  
 SATURDAY, SEPT. 16TH

**\$4.00 Entry**

Enjoy a delicious breakfast of 3 pancakes, 2 sausage, coffee and juice

**ORDER NOW.**



**RESIDENTS' ASSOCIATION SOCIAL**

Saturday, September 30th  
 at 4:00pm

**DOORS OPEN: 4:00PM**  
**FOOD SERVED: 5:00PM**  
**ENTERTAINMENT: 6:00PM**

**~Lounge~**  
 \*Donations Appreciated\*



# SENIOR FAIR

*Tuesday 9/19*

*from 11:00am - 1:00pm*

*~ Lounge ~*

*Join Jacinda & Brenda for our Senior Fair.*

*Lehigh Valley Vendors:*

*Bayada*

*Dietitians*

*Meals on Wheels*

*Rehabilitation Services*

*Senior Life LV*

*AND MUCH MORE. . .*

**\* Door prizes will be raffled off!**

**\* Lunch will be provided!**

**Please feel free to invite your family members to join in on the fun!**

**Please complete and return this slip to Jacinda by September 1st!**

**Name: \_\_\_\_\_ Apt. \_\_\_\_\_**



# October Van Trips

			CHECK HERE
10/3	Tuesday	BANKS _____ (Write your bank name here)	10:00a_____
10/3	Tuesday	Shopping at CVS / RITEAID / WALGREENS	2:00p_____
10/4	Wednesday	Dinner at the FAIRGROUNDS HOTEL	3:30p_____
10/5	Thursday	Shopping at ALDI	10:00a_____
10/10	Tuesday	Shopping at WEIS	10:00a_____
10/11	Wednesday	Dinner at RED ROBIN (3:00p) & PARTY AT THE PATIO Concert (5:00p FREE)	3:00p_____
10/12	Thursday	PINES DINNER THEATRE presents: 'Clue' (\$32 due to Brenda by Friday, 10/6)	11:30a_____
10/16	Monday	BANKS _____ (Write your bank name here)	10:00p_____
10/16	Monday	Shopping at TARGET	2:00p_____
10/17	Tuesday	Breakfast at FARM & TABLE	9:30a_____
10/18	Wednesday	Shopping at GIANT	12:00p_____
10/19	Thursday	BUTTERFLY ATRIUM at Hershey Gardens (\$15.50 due to Brenda by Friday, 10/13) & Lunch (not included in atrium fare)	9:00a_____
10/23	Monday	Jim Thorpe AUTUMN LEAF TRAIN RIDE (\$24 due to Brenda by Friday, 10/13) & Lunch (not included in train fare)	9:00a_____
10/24	Tuesday	Shopping at GERRITY'S FARM MARKET	10:00a_____
10/25	Wednesday	Lunch at AMERICAN LOBSTER	12:00p_____
10/26	Thursday	Dessert at VEGAN TREATS	11:00a_____
10/30	Monday	Shopping at WEGMANS	12:00p_____
10/31	Tuesday	Lunch at YOUELL'S OYSTER HOUSE	11:00a_____

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

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

**\*This form to be collected starting at 9:00 am on Friday, September 1st**

# October Van Trips. . .

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

## **FAIRGROUNDS HOTEL:**

Family owned & operated, the family prides themselves in offering creative and fresh seafood dishes that you will savor and keep coming back for more. Finish off your meal with the Hess's inspired strawberry pie for dessert.

*Come experience the best seafood South of Maine !!*

## **PARTY AT THE PATIO:**

Come enjoy the sounds of 80's to today with father & son duo, 'Every Other Sunday'. Drums, Percussion, Keys, Vocals, Bass Guitar, Cowbell, and a little bit in between.

*Come support, appreciate, and enjoy real music!!*

## **THE FARM & TABLE:**

From the tastiest omelets to the most amazing pancakes, this will be the absolute BEST breakfast you've ever had! Also, enjoy the deliciousness of Chicken Gouda Sandwiches, fresh Baklava, & the Strawberry Smoothie that is second to none...

*Come experience this hidden gem!!*

## **BUTTERFLY ATRIUM:**

Come walk among hundreds of butterflies from around the world in a tropical setting that features colorful plants and a soothing water feature.

*Don't miss out on this truly spectacular experience with nature!!*

## **AUTUMN LEAF TRAIN RIDE:**

Witness the beauty of high-rising cliffs, mountain scenery, and wildlife while enjoying the narrated round-trip around the Lehigh River over bridges, through Glen Onoko, and into the Gorge State Park.

*Relax and Ride!!*

## **AMERICAN LOBSTER:**

Daily stocking of their shelves with the freshest market ingredients so the seafood & steaks you're served are flavorful, in-season, and distinct.

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

## **VEGAN TREATS:**

Following the cruelty-free path, yet satisfying both the palate and the conscience, you are one step closer to a more ethical and humane way of being.

*Compassion has never tasted so good!!*

## **YOUELL'S OYSTER HOUSE:**

Where seafood is not just a component; it is the main focus. Come enjoy the best crabcakes in town & the many sea and land options of the highest quality.

*From sea to table and beyond!!*