

Lutheran Manor of the Lehigh Valley

SEPTEMBER 2026



2085 Westgate Drive, Bethlehem, PA 18017

Office Hours

Monday – Thursday

8:30a – 4:30p

Friday

8:30a – 1:00p

Fitness Center

Every Day

5:30a – 9:00p

Staff Birthdays

Lori H. – 9/11

Ken L. – 9/27

WELCOME New Residents

Bonita Y. – Floor 2

Janice S. – Floor 3

Christian C. – Floor 8

General Meeting

Tuesday, Sept. 15th

@ 2:00p

Join Courtney & Staff
to get the current
happenings at LM.

Office Notes

In observance of
LABOR DAY

Offices will be CLOSED!

Monday, Sept 7th

Tune in daily to Channel 100
to see what's happening
at Lutheran Manor.

Speakers & Events Live-
Streamed on Channel 99

Lutheran Manor

BINGO

Tuesday, 9/22
@ 1:30pm

**~Sign-up on
the Events Form**

Lutheran Manor's Annual Clam Bake

Staff Parking Lot (Weather Permitting)

Doors Open at 12:00p

Food Served at 12:30p

Entertainment from 12:30p - 3:00p

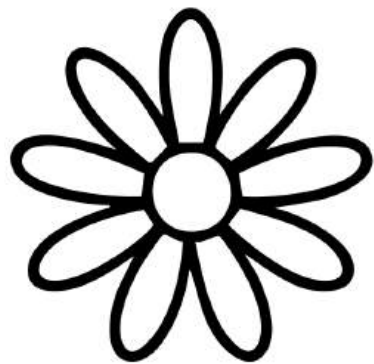


~Clams with Brown Butter
~Beef Brisket ~BBQ Chicken Medallions
~Mac & Cheese ~Pasta Salad
~Pineapple Slaw ~Potato Salad
~Deviled Eggs

Friday, Sept 4th @ 12:00p

If you signed-up & realize you cannot attend, please remember to cancel with the Main Office.

Movie Days



English movie
will be shown
at 1:00p in
the Community
Room (CR).

In-Person Movie



Andy Sachs returns
to Runway magazine
as the new features
editor where she
finds her former
boss Miranda
facing threats to
her glossy
print empire.

SEPT14 | PG13

Película En Persona

Andy Sachs regresa
a la revista Runway
como nueva editora
de reportajes,
donde encuentra
a su antigua
jefa, Miranda,
enfrentándose a
amenazas contra
su imperio
editorial de lujo.

25 DE SEPT | PG13



La película
Española se
proyectará en
persona a las
1:00p en la Sala
Comunitaria (SC).

Duet Training

Join us for a shared session where you and a friend will train together, side by side, with personalized coaching for both of you.

Great way to stay accountable, have fun, & make fitness a little more social.

Fit Foundation

Cardio, strength, balance, flexibility- seated or standing. You'll build the kind of strength and steadiness that makes everyday life easier- getting up, staying steady, and moving with confidence.

Mondays @ 11:00a

Just show up... Your couch will survive without you!

~Ask Mike for details~

Healthy Aging

Age is just a number— How you move, eat, and connect is what keeps you thriving.

This month, let's celebrate the small wins: a walk, a stretch, a new class... your body has carried you this far— let's keep giving it reasons to keep going strong.

Ready to get moving?

- Join one of our classes
- Grab a friend for a Duet class
- Reach out to schedule a 1-on-1

Let's do this!

Fall Prevention Awareness

Falls are one of the biggest risks to independence as we age- strength, balance, & mobility can be built at any stage.

- Tai Chi / Qi Gong— improves balance, calm, & coordination
- Midday Balance & Fitness— strengthens muscle to keep you steady on your feet
- Chair Fitness— builds strength and mobility safely
- Zumba— fun movement that boosts coordination and cardiovascular health
- Circuit Strength— dynamic stations that build strength, endurance, and stability
- Fit Foundations— builds core strength and stability, the foundation of fall prevention and physical fitness
- Weekend Flow— a low-impact class to ease into movement and mobility that lets you progress at your own pace

Join us to improve your balance and confidence

Housekeeper Appreciation Week

Chentelle, Yesenia, Jessica, & Alexa,
A huge thank you for
keeping our building
immaculate & pristine
and resident homes so
clean and polished. We
recognize & appreciate
your hard work.

**Week of
September 14th**



National Service Coordinator Day



Brenda,
Your endless hard
work, dedication, &
heart you put into
taking care of and
entertaining our
residents is greatly
appreciated.



September 19th

Worship in the Community Room

Thur, 9/3	Pastor Johnny Villamar - Cornerstone Church, Easton <i>(SPANISH)</i>
Thur, 9/10	*Pastor Dan Brettell - St. Paul's Third Lutheran, Easton *Holy Communion
Thur, 9/17	Pastor Rick Sergi - LV Field Director, E.C. Church
Tue, 9/22	Father Venatius Korobo - Notre Dame RC Church, Bethlehem
Thur, 9/24	*Pastor Jenny Heavner - Weisenberg Lutheran Church, Weisenberg *Holy Communion

Worship Services at 2:00pm - Live-Streamed on Channel 99

Bellezza Salon

Introducing JENN...

Jenn has been with Bellezza Salon for many years servicing our other locations. She is a happy individual who loves doing hair and sharing life experiences with her clientele.

We are extremely fortunate to have her step in and assist us while we are in our transition of hairstylists. Jenn will be working here at Lutheran Manor every Wednesday, starting on 9/2.



Call 484-602-6669 to book an appointment!

Remember to use sunscreen with Zinc Oxide or Titanium Dioxide (the only sunscreens approved by the FDA) at all times, even if the sun is not out. For the best protection against skin cancer, make sure to apply evenly every couple hours. Since it is the end of summer and it is extremely important to take care of your facial skin, let's schedule a Hydrating Facial & receive a FREE Eyebrow Wax!



Enjoy the rest of the summer!!

GIFT BOX DRAWING: Compliments of Diane Rizzetto, Salon Owner!

GIFT CERTIFICATES: Always available for purchase!

NO SHOW APPOINTMENTS: \$15.00 fee

PERSONAL APARTMENT VISIT: Ask Salon Tech for details.

PUNCH CARDS: Compliments of Lutheran Manor!

REFERRALS: Always Welcome and Sincerely Appreciated!



September Tidbits

Flower- Aster & Morning Glory.
Symbolic for love, faith, courage, patience, undivided love and affection.

Birthstone- Sapphire

9/7- Labor Day

9/10- Suicide Awareness & Prevention Day

9/11- Please say a prayer for those who lost love ones.

9/13- Grandparents Day

9/21- International Day of Peace



Theresa:

- Works every Tuesday starting at 9:00a
- Specializes in Hair, Ear Candling, Facials, Paraffin Dips, and Waxing
- To make, change, cancel, or private visits, call 610-504-7401

Jenn:

- Works every Wednesday
- Specializes in Hair, Facials, & Waxing
- To make, change or cancel, call 484-602-6669

Massage Therapy

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

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15a Circuit Strength 11:00a Balance/Fitness 1:00p Chair Fitness	2 9:30a Walker's Club 11:30a ZUMBA 12:00p Gerritty's Farm Mkt 1:00p Bible Study	3 10:00a Banks/Pharm 11:00a Qigong/Tai Chi 12:30p Second Harvest 2:00p Church (Spanish)	4 9:30a Walker's Club 10:00a Stitching w/ Nena 12:00p LM Clam Bake 2:00p Snacks/IceCream	5 9:30a RA Donuts/Coffee
6	Labor Day OFFICES CLOSED 9:30a Walker's Club 6:00p RA BINGO	8 9:00a CLINIC: Dental 10:00a Morgan's 10:15a Circuit Strength 11:00a Balance/Fitness 1:00p Chair Fitness	9 9:30a Walker's Club 10a/2p Giant 11:30a ZUMBA 1:00p Bible Study	10 10:00a Atown Farm Mkt & The Ritz 11:00a Qigong/Tai Chi 11:00a SPEAKER: 'Pain Management' 12:00p Mobile Market 2:00p Church	11 9:30a Walker's Club 10:00a Cracker Barrel 10:00a Stitching w/ Nena 11:45a CLINIC: OAA 2:00p Dominó Español 2:00p Snacks/IceCream	12 10:00a Weekend Flow 4:00p Soup & Hotdogs
13	Housekeeper Week 14 8:30a Zumba 9:30a Walker's Club 10a/2p Dollar Tree 11:00a Fit Foundation 1:00p In-Person Movie 2:30p Qigong/Tai Chi 6:00p RA BINGO	15 10:15a Circuit Strength 11:00a Balance/Fitness 1:00p Chair Fitness 2:00p General Meeting	16 9:30a Walker's Club 11:30a ZUMBA 12:00p Get Joy IceCream 1:00p Bible Study	17 11:00a Qigong/Tai Chi 2:00p Church 3:30p Buckeye Tavern	18 9:30a Walker's Club 10:00a Stitching w/ Nena 11:00a Windcreek Outlets 12:00p ACTIVITY: Ennoble Care BINGO 2:00p Snacks/IceCream	Service 19 Coordinator Day 9:30a Breakfast 10:00a Weekend Flow

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	8:30a Zumba 9:30a Walker's Club 11:00a Fit Foundation 2:30p Qigong/Tai Chi 6:00p RA BINCO	10a/2p Weis 10:15a Circuit Strength 11:00a Balance/Fitness 11:00a VOCCERO: 'El Manejo del Dolor' 1:00p Chair Fitness 1:30p LM BINCO 2:00p Church	9:30a Walker's Club 11:30a ZUMBA 1:00p Bible Study 3:30p The Shelby 4:00p On-Site Dermatology	8:30a Hershey Choco World & Funcks 11:00a Qigong/Tai Chi 2:00p Church	9:30a Walker's Club 10:00a Stitching w/ Nena 1:00p Pelicula en Español 2:00p Snacks/IceCream 2:00p Shredding / Clothing Drive	10:00a Weekend Flow
27	28	29	30		STAFF BIRTHDAYS Lori H. - Sept 11 Ken L. - Sept 27	
4:00p Social	8:30a Zumba 9:30a Walker's Club 10a/2p Walmart 11:00a Fit Foundation 1:00p ACTIVITY: Card Making w/ Eileen 2:30p Qigong/Tai Chi 6:00p RA BINCO	10:15a Circuit Strength 11:00a Balance/Fitness 12:00p Yocco's 1:00p Chair Fitness	9:30a Walker's Club 11:00a SPEAKER: 'POLST & 5 Wishes' 11:30a ZUMBA 11:30a Jim Thorpe Trolley Tour & Mollie Maguire's 1:00p Bible Study			

Brenda's Bulletin

SECOND HARVEST FOOD BANK

Boxes are delivered directly to your apartment. Please plan accordingly & to be home at this time. Contact Brenda to sign-up.

Thursday, 9/3 @ 12:30p

DOMINÓ Español

Únase a nosotros para disfrutar de algunos juegos, excelente comida española y una compañía increíble.

**viernes, 11 de sept
@ 2:00p**

~Sala Comunitaria
Regístrate en el Formulario de Eventos

EAT.REAL.FOOD. Mobile Market



A 'Farm to Neighborhood' initiative that is participating with local farms, schools, municipalities, non-profits and community leaders, bringing local farm grown food to a table near you.

JOIN US in the Lounge on:
September 10th
from 12:00 - 1:30p

Payments Accepted:
Cash, Credit Card, SNAP/EBT, Vouchers

CLINICS

Enable DENTAL

Thursday, 9/8 starting 9:00a
~Resident Apartments

OAA Podiatry

Friday, 9/11 starting 11:45a
~Resident Apartments

Ennoble Care PCP
NO CLINIC THIS MONTH

HealthDrive EYE
NO CLINIC THIS MONTH

On-Site DERMATOLOGY
Wednesday, 9/23 @ 4:00p
~Resident Apartments

**ALL Clinics are By Appt. ONLY
~Ask Lori to add you to any list*

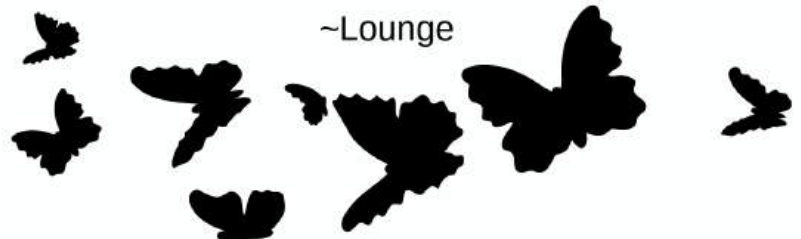
ACTIVITIES

Ennoble Care BINGO
Friday, 9/18 @ 12:00p

~Community Room

Card Making with Eileen
Monday, 9/28 @ 1:00p

~Lounge



Sign-up on the Events Form

Rent Rebate Checks

Should you have any questions regarding your rebate status, please contact Senator Boscola's office at **610-868-8667**.



***Please
Be Patient**

SPEAKER:

Oak St. Health 'Pain Management'

Learn how to better understand your chronic pain and manage conditions and symptoms.



Thursday, 9/10 @ 11a

~Community Room
Sign-up on the Events Form

VOCERO:

Oak St. Health 'Manejo del Dolor'

Aprenda a comprender mejor su dolor crónico y a gestionar sus afecciones y síntomas.



martes, 22/9 @ 11a

~Sala Comunitaria
Regístrate en el Formulario de Eventos

SPEAKER:

HOLISTICARE HOSPICE '5 WISHES & POLST'

Join us to learn the importance of combining a Living Will & Health Care Power of Attorney in addition to addressing matters of comfort care and spirituality for the End-of-Life planning.

WEDNESDAY, 9/30 @ 11a

~Community Room
Sign up on the Events Form | 16 ppl max

September Activities

RA BINGO	Every Monday	6:00p	Community Room
Stitching with Friends	Every Friday	10a-12p	Game Room
RA Snacks & Ice Cream	Every Friday	2p-3p	Lounge
RA Shredding & Clothing Drive	Last Friday	2p-3p	Lounge
LM Clam Bake	Friday, Sept 4	12:00p	Lounge
RA Coffee & Donuts	Saturday, Sept 5	9:30a	Lounge
Labor Day	Offices CLOSED	-	-
CLINIC: Enable DENTAL	Tuesday, Sept 8	9:00a	Resident Apts
SPEAKER: 'Pain Management'	Thursday, Sept 10	11:00a	Community Room
EAT.REAL.FOOD. Mobile Market	Thursday, Sept 10	12:00p	Lounge
CLINIC: OAA Podiatry	Friday, Sept 11	11:45a	Resident Apts
DOMINÓ ESPAÑOL	viernes, 11 de sept	2:00p	Sala Comunitaria
RA Soup & Hotdogs	Saturday, Sept 12	4:00p	Lounge
IN-PERSON MOVIE: 'The Devil Wears Prada'	Monday, Sept 14	1:00p	Community Room
GENERAL MEETING	Tuesday, Sept 15	2:00p	Lounge
CLINIC: Ennoble Care PCP	Canceled in Sept	-	Resumes in Oct
CLINIC: HealthDrive EYE	Canceled in Sept	-	Resumes in Oct
ACTIVITY: Ennoble Care BINGO	Friday, Sept 18	12:00p	Community Room
RA Breakfast	Saturday, Sept 19	9:30a	Lounge
VOCERO: 'Manejo del Dolor'	martes, 22 de sept	11:00a	Sala Comunitaria
LM BINGO	Tuesday, Sept 22	1:30p	Lounge
CLINIC: On-Site Dermatology	Wednesday, Sept 23	4:00p	Resident Apts
PELÍCULA EN PERSONA: 'El Diablo se Viste de Prada'	viernes, 25 de sept	1:00p	Sala Comunitaria
RA SOCIAL	Sunday, Sept 27	4:00p	Lounge
ACTIVITY: Card Making with Eileen	Monday, Sept 28	1:00p	Lounge
SPEAKER: '5 Wishes & POLST'	Wednesday, Sept 30	11:00a	Community Room

Autumn is my favorite color!



Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	1:00p	Community Room
Chat Room	Canceled until further notice	-	Tune in to Channel 100 for updates
 Church	4th Tues & Every Thurs (1st Thurs - Spanish)	2:00p	Community Room Channel 99

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
FIT FOUNDATION with Mike	Monday	11:00a	Exercise Room
WALKER'S CLUB with Mike	Monday Wednesday Friday	9:30a	Gym Doors
ZUMBA with Anna	Monday Wednesday	8:30a 11:30a	Exercise Room
CIRCUIT STRENGTH with Rob	Tuesday	10:15a	Exercise Room
MIDDAY BALANCE & FITNESS with Rob	Tuesday	11:00a	Exercise Room
CHAIR FITNESS with Anna	Tuesday	1:00p	Exercise Room
QIGONG / TAI CHI with Rob	Monday Thursday	2:30p 11:00a	Exercise Room
WEEKEND FLOW with Anna	Saturday (starts 9/12)	10:00a	Exercise Room

Personal Training with Mike

**Call 610-866-6010 Ext. 8
or Schedule in Person**

Personal Training with Rob

**Call or Text
484-894-1746**

Resident's Association

BINGO

Come one, Come all!
Enjoy the Fun!!



Mondays at 6:00p

~Community Room

Food Ministry

Food MUST be picked up
on Wednesdays at 11:00a
in the Lounge

SOUPS

Check out the message
board for information

COFFEE & DONUTS

Come mingle with
your neighbors while
enjoying a cup of joe
with some delicious
donuts to start your day!

\$1.50 each item

Sat, 9/5 @ 9:30a

SOUP & HOT DOGS

Soup \$3.00
Hot Dogs \$2.50



Sat, 9/12 @ 4:00p

Breakfast

Start your day off
on the right foot!

3 Pancakes, 2 sausage
links, coffee, & juice

Only \$6.00

Sat, 9/19 @ 9:30a

CLOTHING DRIVE

Bring your gently
used clothing/shoes
to the Lounge at
2:00p, so they can
be donated to the
Salvation Army.

Fri, 9/25 @ 2:00p

SHREDDING

Bring your documents
to the Lounge to be
shredded securely.

SOCIAL



Come enjoy the good company,
festivities, music, & great food.

- 4p Doors Open
- 5p Food Served - Pulled Pork, Coleslaw
- 6p Entertainment - Robin & Jim

**Donations are not required, but
are greatly appreciated!*

Sunday, 9/27 @ 4:00p

Event Sign-Up Form

Please **CHECK OFF** which event you would like to attend below



Lutheran Manor Events

9/10	Thursday	SPEAKER: Oak St. Health 'Pain Management'	11:00a	☐
11/9	viernes	Dominó Español	2:00p	☐
9/14	Monday	LM IN-PERSON MOVIE: 'The Devil Wears Prada'	1:00p	☐
9/18	Friday	ACTIVITY: Ennoble Care BINGO	12:00p	☐
22/9	martes	VOCERO: 'El Manejo del Dolor'	11:00a	☐
9/22	Tuesday	LM BINGO	1:30p	☐
25/9	viernes	PELÍCULA EN PERSONA: 'El Diablo se Viste de Prada'	1:00p	☐
9/28	Monday	ACTIVITY: Card Making	1:00p	☐
9/30	Wednesday	SPEAKER: Holisticare Hospice '5 Wishes & POLST'	11:00a	☐



"The harvest moon is a great time to reflect on the year and give thanks for the bounty of the earth."

Resident's Association Events

9/5	Saturday	Coffee & Donuts	9:30a	☐
9/12	Saturday	Soup / Hotdogs	4:00p	☐
9/19	Saturday	Breakfast	9:30a	☐
9/27	Sunday	Social	4:00p	☐
-	-	Birthday Party	-	☐

Name(s): _____

Phone#: _____ Apt.#: _____

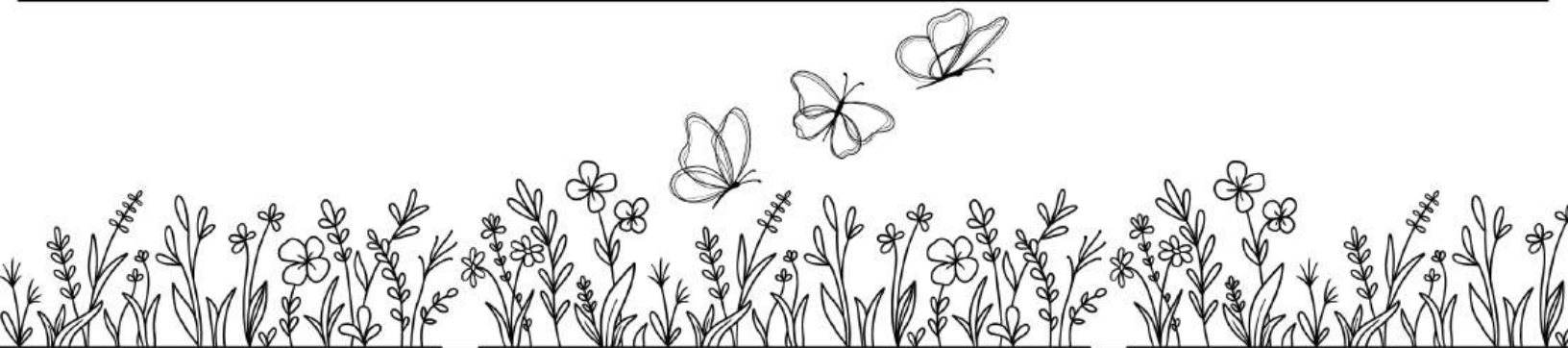
~ Please return this form to the **MAIN OFFICE** starting 9/1 ~

**RETURN THIS FORM
TO THE MAIN OFFICE**

October Bus Trips



10/5	Monday	BANKS & shopping at CVS / WALGREENS	2:00p__
10/6	Tuesday	Shopping at GERRITTY'S FARM MKT	12:00p__
10/7	Wednesday	Breakfast at MORGAN'S	9:30a__
10/8	Thursday	THE CLUB AT TWIN LAKES presents 'Dancing Through the Decades' (FREE)	12:00p__
10/9	Friday	Lunch at LORUSSO'S ITALIAN	11:00a__
10/13	Tuesday	Lunch at THE GROVE ST. PUB	12:00p__
10/14	Wednesday	Shopping at WALMART	12:00p__
10/15	Thursday	Shopping at GIANT	10:00a__
10/16	Friday	Brunch at HAMPTON WINDS @ NCC	10:30a__
10/20	Tuesday	Dinner at BUCKEYE TAVERN	3:30p__
10/21	Wednesday	Shopping at BOSCOV'S	10:00a__
10/22	Thursday	Shopping at WEIS	10:00a__
10/23	Friday	Wine & Dine at FOLINO ESTATE WINERY	12:00p__
10/27	Tuesday	Dinner at 1812 PIANO LOUNGE	3:30p__
10/28	Wednesday	Ice Cream & Lunch at BLUE MOO	11:00a__
10/29	Thursday	Shopping at DOLLAR TREE	10:00a__



Name: _____

Phone#: _____ **Apt#:** _____

*\$5.00 cancelation fee will be charged for any trips not canceled with a 24hr notice

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

MORGAN'S:

Set in an old country inn, enjoy decadent food such as homemade waffles, banana pancakes foster, burgers, filet mignon, swordfish, roast duck, veal & so much more!

\$\$

DANCING THROUGH THE DECADES:

Step back in time to relive the golden days of dance & music. Come enjoy an afternoon of fun, mingling, dancing, & getting your groove on!

Free

LORUSSO'S ITALIAN:

Indulge in a wide variety of amazing dishes made with only the finest ingredients - Lobster Alfredo, Rigatoni Portabello, CrabCake Piccata, Shrimp Scampi, Salmon Florentine, Cannolis, Limoncello Mascarpone, Tiramisu, Tratufo, and their famous pizza, and much more!

\$\$

GROVE STREET PUB:

Enjoy clams, shrimp po boys, wings, sandwiches, wraps, cheesesteaks, nachos, quesadillas, pierogies, soups, salads, burgers, housemade chili, jambalaya, and wash it down with their signature drinks!

\$

HAMPTON WINDS AT NCC:

Located on the Campus of Northampton Community College, this restaurant serves as the culinary training grounds for future chefs. Students are prepared to create a meal experience like no other. Come indulge!

\$

BUCKEYE TAVERN:

Enjoy Seafood - BoomBoom Shrimp, Calamari, Scallops, Salmon, Crab & amazing Nachos, Wings, Empanadas, Quesadillas, Fajitas, Burgers, Stir-Fry, Pasta, Wraps, Sandwiches, Steaks, Salads, Soups, & more!

\$

FOLINO ESTATE WINERY:

Imagine driving up to a gorgeous Italian style villa in anticipation of drinking a nice cool glass of wine paired with a mouth-watering, homemade pasta dish, watching the sun set over a gorgeous vineyard. Come enjoy the ambiance of Tuscany and the allure of Napa Valley.

\$\$

1812 PIANO LOUNGE:

Let's meet, eat, drink, & sing along to the best pianists out there. Enjoy steamed dumplings, meatballs, fried chicken, beef sliders, flatbread, and wash it all down with signature drinks and music!

\$\$

BLUE MOO ICE CREAM SHOP:

Indulge in the best American classics - Sandwiches, Burgers, Melts, Hotdogs, Pierogis, Hoagies, Wraps, Wings, Flatbreads, Soups, Salads, and finish it off with delicious Ice Cream scoops.

\$

"Oh my gourdness, it's Sweater Weather!"