

# SEPTEMBER 2021

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

## Staff Birthdays

Ken Long Sept. 27th

**OFFICE  
CLOSED**  
for Labor Day

Monday, September 6th

## General Meeting

Please tune in on channel 98  
or attend in person in the lounge  
to hear important updates!

September 14th at 2:00pm

**WELCOME**  
*New Residents*

\*\*\*\*\*

Jeffrey S.  
- Apartment 614 -

David & Gloria B.  
- Apartment 907 -

# Office Notes

## *Massage Therapy is Back!*

Join Karen Reifinger for a 'Meet&Greet' and  
**FREE** Chair Massage on  
**Tuesday, September 14th at 3:00 PM**  
(IN THE LOUNGE AFTER GENERAL MEETING)



*Karen Reifinger, licensed massage therapist, has over 20 years of experience in massage and wellness. She blends a wide range of approaches from around the world to create and support a unique healing environment customized for your needs.*

What to expect for your first appointment...

- Arrive 15 minutes early to fill out a short form
- You may be clothed or undress to your comfort and will be safely draped with a sheet.
- Drink lots of water before and after your appointment!

**\*SEE SALON PAGE FOR PRICING AND CONTACT INFORMATION\***

### **IMPORTANT ANNOUNCEMENTS**

Please check channel 99 on your personal TV, or any of the TV's in the common areas, Everyday in order to stay up-to-date on announcements and schedule changes. This method is our quickest way to relay information to you!



### **Snack Stand Sales**

**Wednesdays**

**3:00 PM in the Lounge**



## **A Note About COVID-19:**

***Masks highly recommended in common areas. Please continue to social distance and 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: Fatherhood*



**Friday, September 17th 1:00 PM**

A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth.

## *Movie 3: The Terminal*



**Friday, September 24<sup>th</sup> 1:00 PM**

When Viktor Navorski (Tom Hanks), an Eastern European tourist, arrives at JFK in New York, war breaks out in his country and he finds himself caught up in international politics. Because of the war, the Department of Homeland Security won't let him enter or exit the United States. He's trapped at JFK -- indefinitely. While living at the airport, Viktor falls for a flight attendant (Catherine Zeta-Jones). She may have feelings for him too. But what good is love if Viktor can't leave the terminal?

## *Movie 2: Respect*



**Monday, September 20th 1:00 PM**

Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice

## *Movie 4: Eddie the Eagle*



**Monday, September 27th 1:00 PM**

Cut from the Olympic ski team, British athlete Michael "Eddie" Edwards travels to Germany to test his skills at ski jumping. Fate leads him to Bronson Peary, a former ski jumper who now works as a snowplow driver. Impressed by Edwards' spirit and determination, Peary agrees to train the young underdog. Despite an entire nation counting him out, Eddie's never-say-die attitude takes him all the way to a historic and improbable showing at the 1988 Winter Olympics in Calgary, Alberta.

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

# Recycling Tips

Grocery bags,  
aka 'tangles,'  
in the bin



## RULE #1: NO BAGS

Please empty your recyclables into the recycling bin. You can recycle plastic bags at some stores (like Target & Wegmans)!

## RULE #2: SMALL THINGS, BIG PROBLEMS



YOU MUST  
BE THIS  
TALL TO BE  
RECYCLED



Don't recycle  
anything smaller  
than a credit card.

When in doubt, throw it in the trash!  
Non-recyclable items can contaminate batches of recyclables.

## RULE #3: CLEAN, EMPTY, AND DRY

Should be clean  
enough to use  
again



Be sure to completely rinse your recyclables. Also, many products will tell you to remove the label or cap if need-be.

## *Recycling Facts*

- 1 ton of recycled cardboard saves 9 cubic yards of landfill space.
- It takes 88% more energy to make new plastic than it does to recycle plastic!
- Americans throw out 25 billion styrofoam coffee cups a year... which will 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 here at Lutheran Manor?

- Plastics 1-7 that are smaller than 5 gallons (remove caps, but still recycle them)
- Clear and colored glass containers
- Aluminum, steel, tin and aerosol cans
- Corrugated cardboard and brown paper bags
- Mixed office paper, phone books, magazines, newspaper

(more information is posted in the recycle room)

# Lutheran Manor BINGO

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

DATE: *Wednesday, September 8th*

TIME: **1:45 PM**

LOCATION: **Lounge**



Please note:

Space is limited to 30 residents



# LUTHERAN MANOR BINGO

***Wednesday, September 8th, 2021***

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

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

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

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



\*Please return slip to Main office no later than

**Friday, September 3rd, 2021**

# From the Chaplain

## TV MINI-SERIES: CHOSEN

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



**Wednesday, September 1st at 2:00 PM– Invitations**

*Matthew struggles to reconcile the miracles he has witnessed with reality. Nicodemus meets Jesus at night.*

**Wednesday, September 8th at 2:00 PM- I am He**

*Jesus and his students complete their preparations and leave Capernaum for Samaria. Jesus meets with a suffering woman at Jacob's well and announces that he is the Messiah.*



**Worship DVD: Sonshine Ministry**

**Wednesday, September 15th at 2 pm**

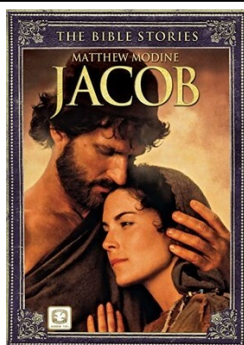
**Recorded at the Calvary Baptist**

**Church, Easton.**



**Wednesday, September 22nd at 2 pm**

Casablanca: easy to enter, but much harder to leave, especially if you're wanted by the Nazis. Such a man is Resistance leader Victor Laszlo (Paul Henreid), whose only hope is Rick Blaine (Humphrey Bogart), a cynical American who sticks his neck out for no one, especially Victor's wife Ilsa (Ingrid Bergman), the ex-lover who broke his heart. Ilsa offers herself in exchange for Laszlo's transport out of the country and bitter Rick must decide what counts more - personal happiness or countless lives hanging in the balance.



**Wednesday, September 29th at 2 pm**

Jacob, a story of love, betrayal, and perseverance. After usurping his brother's inheritance, Jacob spends seven long years of labor to marry the woman he loves, only to be tricked by her father on his wedding night. With the help of his dedication and faith in God, Jacob rises above the adversity in his life and fulfills his destiny to become the father of the twelve tribes of Israel.

# From the Chaplain

We live in the "age of communication." Cell phones and tablets guarantee that we never have to be alone. It's a world where there is so much stimulation, so much noise, so much clamor. I would often wonder how my kids could do their homework with music blaring.



Maybe we like it that way because moments of silence frighten us...like an awkward pause in a social setting or silent moments in worship.

But these moments of silence prepare us with a different kind of encounter with God. **"Be still and know that I am God"** (Psalm 46:10) sums up another form of prayer...listening to God's voice.

We could all benefit by pushing the mute button on the remote control of our daily lives. Shhh...listen to those soothing sounds of silence whispering to us. Hear the voice of Him who breathed life into our very souls. The voice who longs to bring that *"peace which passes all understanding."*


With God, **"Silence is Golden."**-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, Sept. 2nd	<b>Pastor Jonny Villamar, Conerstone Church, Easton</b>
Tuesday, Sept. 7th	<b>Father Bernard Ezaki, Notre Dame RC Church, Bethlehem</b>
Thursday, Sept. 9th	<b>Pastor Larry Humbard, LV Grace Brethren, Bethlehem</b>
Thursday, Sept. 16th	<b>Pastor Ray Hittinger, Lutheran retired (Communion)</b>
Thursday, Sept. 23rd	<b>Pastor Jack Tanis, Calvary Baptist, Easton</b>
Thursday, Sept. 30th	<b>Pastor Larry Burd, Calvary Baptist, Easton</b>

# Kierra's Words of Wellness



**Speaker: Dr. Hosey from  
St. Luke's Neurology**

**September 21st at 2:00pm**

September is Alzheimer's Awareness Month. Tune in or attend to hear important information!

## Humana Webinars on channel 98

Simple Changes for Managing Cholesterol (handouts available)

**Friday, September 3rd 1:00 PM**

Benefits of High Fiber Foods (handout available)

**Tuesday, September 28th at 2:00 PM**

## World Heart Day

**September 29th  
at 11:00am**

September is also Cholesterol Education Month. Attend or tune in for the speaker to learn more!



## Try a New Class!

See what **Balance at the Barre** class is like!

*(This will be an introductory class that is ONLY live-streamed on channel 98)*

**Monday, September 13th  
at 1:00pm**

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

KIERRA VARCOS

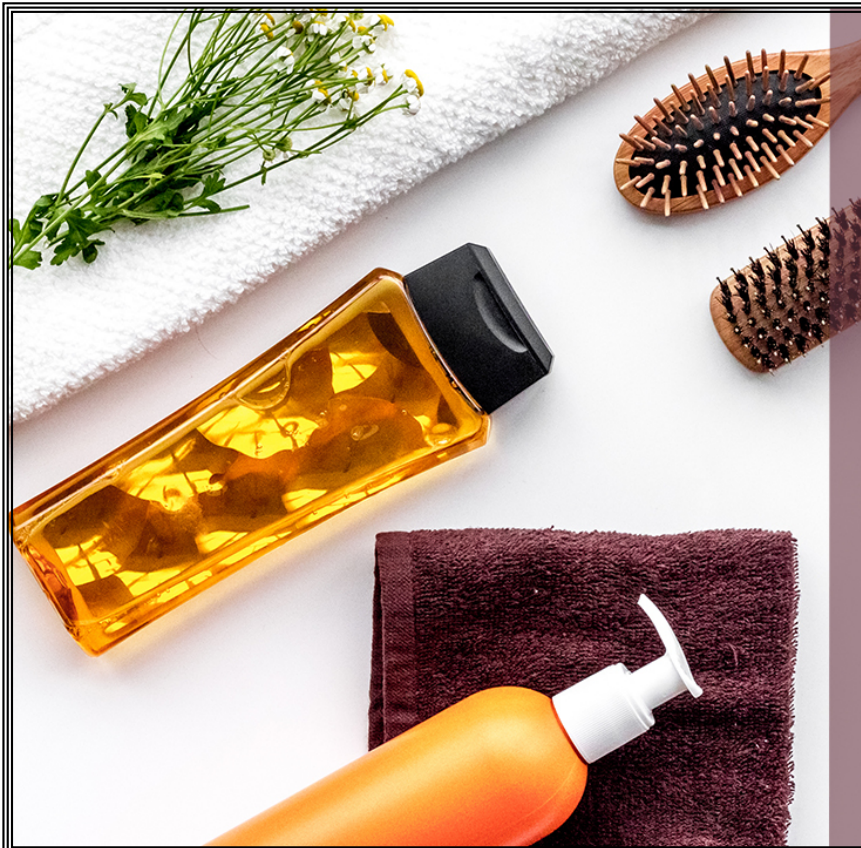
FITNESS SPECIALIST

610-866-6010 x208

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



# Bellezza Salon and Spa



## Bellezza Salon & Spa September Specials

Mini Facials only \$25  
\$5 Off any Hair  
Color Service

Sign up for the drawing  
while you are in the  
facial room!

Enter to win the Fall Gift  
Basket in the salon after  
your service. The drawing  
will be September 29th

Good Luck!

*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, and Marcie*

## **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.

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

APPOINTMENTS / 610 - 866 - 6010 x209

TUESDAYS 9:30AM - 3:00PM

THURSDAYS 9:00AM - 3:00PM

# SEPTEMBER 2021

## LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00 Walker's Club 9:30 Brunch at Borderline Restaurant 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 2:00 Pastor Series: Chosen Ep. 7 3:30 Meditation	<b>2</b> 9:30 Shopping at ALDI 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 12:30 Second Harvest 1:00 Balance at the Barre 2:00 Church (Spanish) 3:30 Meditation	<b>3</b> 9:00 Walker's Club 9:30 Morning Meditation 9:30 Shopping at CVS Pharmacy 10:00 Qi Gong Tai Chi 11:00 ENTERTAINMENT: Rob Ballonoff Guitarist & Singer 1:00 Humana Webinar: Simple Changes for Managing Cholesterol (98)	<b>4</b> 9:00 Coffee and Donuts (Takeout ONLY)
<b>5</b>	<b>6</b> <b>Labor Day</b> 6:00 Residents Association Bingo	<b>7</b> <b>Rosh Hashanah Begins</b> 9:30 Shopping at WALGREENS Pharmacy with Dana 11:00 Everybody's Yoga 2:00 Church 2:15 CLINIC: Blood Pressure Checks	<b>8</b> 9:00 Walker's Club 9:30 Shopping at WEIS 10:00 Fit for Life 11:00 Basic Balance 12:30 Bible Study 1:45 Lutheran Manor Bingo 2:00 Pastor Series: Chosen ep. 8 3:30 Meditation	<b>9</b> 9:00 Health Drive Eye (appt. only) 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	<b>10</b> 9:00 Walker's Club 9:30 Morning Meditation 9:30 Shopping at RITEAID Pharmacy 10:00 Qi Gong Tai Chi with Joanne 11:00 Entertainment: It's Show Time! with Mike Evans 1:00 Lawrence Welk Special: God Bless America (98)	<b>11</b>
<b>12</b> <b>Grandparent's Day</b>	<b>13</b> 9:00 Walker's Club 9:30 Shopping at WALMART248 10:00 SPEAKER: PACENET & Waiver Assistance Program 10:00 Fit for Life 11:00 Stand Up for Strength 1:00 What is Barre? (98) 2:00 Basic Balance 3:30 Meditation 6:00 R.A. Bingo	<b>14</b> 10:00 POUND 11:00 Everybody's Yoga with Dana 1:00 Balance at the Barre 2:00 <b>GENERAL MEETING</b> 3:00 Massage Therapist Meet & Greet (Lounge) 3:30 Meditation 6:30 Heavenly Bible Study with Beverly Westwood	<b>15</b> <b>Yom Kippur Begins</b> 9:00 Walker's Club 9:30 Shopping at VALLEY FARMS 10:00 Fit for Life 11:00 Basic Balance 11:00 Paint with David 12:30 Bible Study 2:00 Worship DVD: Sonshine Ministry 3:30 Meditation	<b>16</b> 10:00 Chat Room 10:00 POUND 11:00 Joyful Joints 12:30 Mobile Market 1:00 Balance at the Barre 2:00 Church 3:30 Meditation	<b>17</b> 9:00 Walker's Club 9:30 A Walk at the Promenade Shops with Kierra 10:00 Qi Gong Tai Chi with Joanne 1:00 Movie: Fatherhood (98)	<b>18</b>

\*All activities are in-person and on channel 98. Anything noted with (98) is ONLY streamed on channel 98\*

# SEPTEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22 Fall Begins	23	24	25
	<p>9:00 Walker's Club</p> <p>9:30 Shopping at DOLLAR TREE</p> <p>10:00 Fit for Life</p> <p>11:00 SPEAKER: The Importance of Vaccines</p> <p>11:00 Stand Up for Strength</p> <p>1:00 Movie: Respect (98)</p> <p>2:00 Basic Balance</p> <p>3:30 Meditation</p> <p>6:00 R.A. Bingo</p>	<p>10:00 POUND</p> <p>11:00 Everybody's Yoga with Dana</p> <p>1:00 Balance at the Barre</p> <p>2:00 Speaker: St. Luke's Neurology- Alzheimer's Awareness</p> <p>3:30 Meditation</p> <p>6:30 Heavenly Bible Study with Beverly Westwood</p>	<p>9:00 Walker's Club</p> <p>9:30 Shopping at GIANT</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: Casablanca</p> <p>3:30 Meditation</p>	<p>10:00 Chat Room</p> <p>10:00 POUND</p> <p>11:00 Joyful Joins</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>5:00 Dinner at Prime Steakhouse</p>	<p>9:30 Shopping at WALMART248</p> <p>10:00 Qi Gong Tai Chi with Joanne</p> <p>1:00 Movie: The Terminal (98)</p>	
26	27	28	29	30		
	<p>9:00 Walker's Club</p> <p>9:30 Shopping at TARGET</p> <p>10:00 Fit for Life</p> <p>11:00 Stand Up for Strength</p> <p>1:00 Movie: Eddie the Eagle (98)</p> <p>2:00 Basic Balance</p> <p>3:30 Meditation</p> <p>6:00 Residents Association Bingo</p>	<p>10:00 POUND</p> <p>11:00 Everybody's Yoga with Dana</p> <p>1:00 Balance at the Barre</p> <p>2:00 Humana webinar: Benefits of High Fiber Foods (98)</p> <p>3:30 Meditation</p> <p>6:30 Heavenly Bible Study with Beverly Westwood</p>	<p>9:00 Walker's Club</p> <p>9:30 Shopping at WEGMANS</p> <p>10:00 Fit for Life</p> <p>11:00 SPEAKER: World Heart Day and Cholesterol Month</p> <p>12:30 Bible Study</p> <p>2:00 Pastor Movie: Bible Stories- Jacob</p> <p>3:30 Meditation</p>	<p>10:00 Chat Room</p> <p>10:00 POUND</p> <p>11:00 Joyful Joins</p> <p>12:30 Mobile Market</p> <p>1:00 Balance at the Barre</p> <p>3:30 Meditation</p>		

\*All activities are in-person and on channel 98. Anything noted with (98) is ONLY streamed on channel 98\*

## 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	1st 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)
POUND	Tuesdays & Thursdays	10:00 AM	Exercise Room
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
Joyful Joints	Thursdays	11:00 AM	Exercise Room (98)
Qi Gong Tai Chi	Friday	10:00 AM	Exercise Room (98)

# September Activities

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
<b>Snack Stand &amp; Ice Cream</b>	Every Wednesday	3:00 pm	Lounge
<b>Resident's Association BINGO</b>	Every Monday	6:00 pm	Lounge
<b>Mobile Market</b>	Thursdays	12:30- 2:00 pm	South Pavilion
<b>Van Trip Drop Off</b>	Wednesday, Sept. 1st	9:00 am	Brenda's Office
<b>Second Harvest Food Bank</b>	Thursday, Sept. 2nd	12:30 pm	Brenda's Office
<b>Entertainment: Rob B. Guitarist</b>	Friday, Sept. 3rd	11:00 am	Community Room/ Channel 98
<b>Lutheran Manor BINGO</b>	Wednesday, Sept. 8th	1:45 pm	Lounge- Signup required
<b>Entertainment: It's Showtime! Mike Evans</b>	Friday, Sept. 10th	11:00 am	Community Room/ Channel 98
<b>Speaker: Senior Life-PACENET and Waiver Assistance Program</b>	Monday, Sept. 13th	10:00 am	Community Room/ channel 98
<b>General Meeting</b>	<b>Tuesday, Sept. 14th</b>	<b>2:00 pm</b>	<b>Lounge/ Channel 98</b>
<b>Massage Therapist Meet &amp; Greet</b>	Tuesday, Sept. 14th	3:00 PM	Lounge
<b>Paint with David</b>	Wed. Sept. 15th	11:00 AM	Lounge *sign up*
<b>SPEAKER: Emmaus Drugstore- The Importance of Vaccines</b>	Monday, September 20th	11:00 AM	Community Room/ channel 98
<b>SPEAKER: Alzheimer's Awareness with St. Luke's Neurology</b>	Tuesday, September 21st	2:00 PM	Community Room/ Channel 98
<b>SPEAKER: World Heart Day and National Cholesterol Awareness Month</b>	Wednesday, September 29th	11:00 AM	Community Room

# Brenda's Bulletin

Speaker:

## Senior Life

Join us in-person to learn about PACE NET and Waiver Assistance Program



September 13th  
at 10:00am

# PACE

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



*Contact Brenda today!*



## Health Drive Eye Clinic

Thursday, Sept 9th

*GAME ROOM*

**By Appointment ONLY**

*\*Contact Brenda today*



## OAA Podiatry CLINIC

Friday, Sept 10th

*IN THE COMFORT OF  
YOUR OWN HOME*

**By Appointment ONLY**

*\*Contact Brenda today*



Speaker:

## Emmaus Drugstore

*'The Importance of Vaccines'*

Monday, Sept 20th  
at 11:00am



### 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:  
*Rob Ballonoff*  
**Guitarist**  
Friday, Sept 3 @ 11:00am  
COMMUNITY ROOM



*Paint with David*  
**Wednesday, Sept 15 @ 11:00am**  
LOUNGE

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

Entertainment:  
**It's Showtime!**  
with Mike Evans  
.....  
**September 10th**  
**at 11:00am**  
Come join Live in the  
Community Room.



OPEN OFFICE HOURS: MONDAY-FRIDAY 9:00 AM-3:00 PM  
BRENDA PAGAN-FONTANEZ, SERVICE COORDINATOR  
610-866 -6010 X4

# October Van Trips

LIMIT OF 13 PASSENGERS PER TRIP

Oct 1	Friday	Brunch at BETHLEHEM DINER	9:30a_____
Oct 4	Monday	Shopping at CVS Pharmacy	9:30a_____
Oct 5	Tuesday	Shopping at WALGREENS Pharmacy	9:30a_____
Oct 6	Wednesday	Shopping at WEIS	9:30a_____
Oct 8	Friday	Shopping at RITEAID Pharmacy	9:30a_____
Oct 12	Tuesday	Shopping at DOLLAR TREE	9:30a_____
Oct 13	Wednesday	Shopping at VALLEY FARMS	9:30a_____
Oct 15	Friday	Shopping at GIANT	9:30a_____
Oct 18	Monday	Shopping at TARGET	9:30a_____
Oct 20	Wednesday	Shopping at ALDI	9:30a_____
Oct 22	Friday	Shopping at WALMART	9:30a_____
Oct 26	Tuesday	Autumn Stroll in the Park with Kierra	9:30a_____
Oct 28	Thursday	Shopping at WEGMANS	9:30a_____
Oct 29	Friday	Dinner at FIAMMA ITALIAN	5:00p_____

**\*\$5.00 fee will be charged for any cancellations WITHOUT 24hr notice\***

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

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

*Van Trip forms will be collected starting at 10:00 am on Wednesday, September 1st.*