

What's Happening in  
Independent Living?



*“Life was meant for good friends and great adventures.” — Unknown*

**Thursday, September 1**

**8:00— Janelle’s Restaurant —Pick Up**

9:30☆— Zion’s Union Church Service (Maxatawny)—Ch. 901

9:30—Strength Training Workout— Henry Auditorium or email Crystal for the link to join virtually [Shearerc@diakon.org](mailto:Shearerc@diakon.org)

**10:00☆☺—Trash— TC 2<sup>nd</sup> Floor Lounge \*Note Location Change\***

10:30☆—Relaxing in Nature with Crystal—Ch. 901

**1:00☆—Bridge—IL Clubhouse**

**1:30—Yoga Stretch— TC 2<sup>nd</sup> Floor Lounge**

2:00☆—TouchTown Movie: I Can Only Imagine—Ch. 901

**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***

**\*Call Before Friday Morning For Swim Club\***

☆ = Independently/Resident-Run Activity

☺ = Staff Assistance with Set-up

*Any questions or concerns, contact Tanjie or Tanjie*

### Friday, September 2

- 8:00-10:30—Personal Training with Crystal—Fitness Center
- 9:00☆— Christ Mertz Dryville Lutheran Church Service —Ch. 901
- 9:00-12:00☆☺—Wii Bowling—TC 2<sup>nd</sup> Floor Lounge**
- 10:00—Community Life Meeting—Tavern**
- 12:00—Swim Club/Aquatic Aerobics—Pick-up—610-682-1430**
- 2:00☆—TouchTown Movie: Last Holiday—Ch. 901
- 3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***
- 7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**

### Saturday, September 3

- 9:00☆— Hikers Club— meet in front of the Library Entrance
- 9:30☆— St. Paul's UCC Church Service (Fleetwood) — Ch. 901
- 10:00☆— Zumba Chair Exercise— Ch.901
- 2:00☆—TouchTown Documentary: The Terror of the Bermuda Triangle Documentary—Ch. 901
- 3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***
- 7:00☆ — Game Night— TC 2<sup>nd</sup> Floor Lounge**

### Sunday, September 4

- 10:30—Grace Church Service— Auditorium
- 10:30☆—Worship with Trinity Lutheran Church, Reading—Ch. 901
- 2:00☆ —TouchTown Documentary: Colossal Construction of the Golden Gate Bridge Documentary—Ch. 901
- 3:00☆— Sight and Sound “David”— TC 2<sup>nd</sup> Floor Lounge**
- 3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***
- 6:00☆—Catholic Mass with Allentown Diocese—Ch. 901

### Monday, September 5      – *No Transportation Services Today* –

- 9:30—Strength Training Workout—**\*Cancelled\***
- 9:30☆— St. Paul's Lutheran Church Service—Ch. 901
- 10:30☆—Stump the Rev. Bible Study—Ch. 901
- 11:00☆— Hymn Sing—Ch. 901
- 1:30— Yoga Stretch— **\*Cancelled\***
- 1:45— Pinochle Club— \*Cancelled\***
- 2:00☆—TouchTown Movie: City Slickers —Ch. 901
- 3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***
- 7:00☆—Amish Horseshoes—LH Park \*Weathering Permitting\***
- 7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**



## Tuesday, September 6

- 9:00—Functional Fun Outdoors, weather determines location —Back  
Porch Courtyard/Fitness Center *\*Please note date change\****  
**9:00—Zumba—*cancelled***  
**9:30☆— United Church of Christ Church Service (Longswamp) —Ch. 901**  
**10:00— Culinary Meeting— Countryside Inn**  
**1:30— Just Dance—TC 2<sup>nd</sup> Floor Lounge**  
**1:30☆☺—Pinochle—TC 2<sup>nd</sup> Floor Lounge**  
**2:00☆—TouchTown Movie: Fried Green Tomatoes—Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain**  
**3:00☆—Game Night—IL Clubhouse**

## Wednesday, September 7

- 9:30☆—Trinity Lutheran Church Service (Topton)— Ch.901**  
**9:30—Radcliffe's—Pick-up—610-682-1430**  
**10:30— Prize Bingo—Tavern**  
**2:00-4:30—Office time with Tom Schultz— ED's Office in Old Main**  
**2:00☆—Midweek Worship on TouchTown—Ch. 901**  
**3:00☆—Grace Lutheran Church Service —Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain *\*Weather Permitting\****  
**6:00☆—Bible Study with Pastor Hammett—Ch. 901**  
**7:00☆— Kubb— LH Park *\*Weather Permitting\****  
**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**

## Thursday, September 8

- 9:30☆— Zion's Union Church Service  
(Maxatawny)—Ch. 901**  
**9:30—Strength Training Workout—Henry Auditorium**  
**10:00☆☺—Trash— Tavern**  
**10:30—M&T/Wells Fargo Banks—Pick-up—610-682-1430**  
**10:30☆—Relaxing in Nature with Crystal—Ch. 901**  
**1:00☆—Bridge—IL Clubhouse**  
**1:30—Yoga Stretch—TC 2<sup>nd</sup> Floor Lounge**  
**2:00-3:30— Happy Hour— Tavern**  
**2:00☆—TouchTown Movie: The Truth About Cats and Dogs —Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain *\*Weather Permitting\****  
***\*Call Before Friday Morning For Swim Club\****



### Friday, September 9

- 8:00-10:30—Free Personal Training with Crystal —Fitness Center  
9:00☆— Christ Mertz Dryville Lutheran Church Service —Ch. 901  
**9:00-12:00☆☺—Wii Bowling—TC 2<sup>nd</sup> Floor Lounge**  
**12:00—Swim Club/Aquatic Aerobics— Pick-up—610-682-1430**  
2:00☆—TouchTown Movie: The Plainsmans—Ch. 901  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**

**\*Last Day to Hand Money in for the Christmas Show\***

**\*Last Day to Sign-up for Clover Hill Winery\***

### Saturday, September 10

- 9:00☆— Hikers Club— meet in front of the Library Entrance  
9:30☆— St. Paul's UCC Church Service—Ch. 901  
10:00☆— Zumba Chair Exercise— Ch.901  
2:00☆—TouchTown Documentary: The Enduing Mystery of Stonehenge  
Documentary—Ch.901  
**3:00☆— Relaxing at the TC Fountain \*Weather Permitting\***  
**7:00☆ —Movie Night: Grease—TC 2<sup>nd</sup> Floor Lounge**

### Sunday, September 11

- 10:30—Grace Church Service— Auditorium  
10:30☆—Worship with Trinity Lutheran Church,  
Reading—Ch. 901  
2:00☆ —TouchTown Documentary: 911  
Documentary— Ch. 901  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
6:00☆—Catholic Mass with Allentown Diocese—Ch. 901

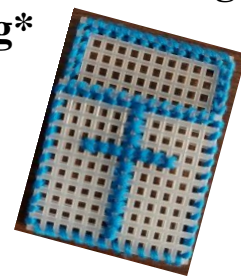


### Monday, September 12

- 9:30—Kutztown Plaza—Pick-up—610-682-1430**  
9:30—Strength Training Workout—Henry Auditorium or email Crystal for the link to join virtually  
9:30☆— St. Paul's Lutheran Church Service (Hamburg)—Ch. 901  
**10:00—Executive Committee Meeting— Tavern**  
**11:00— Yoga Stretch—TC 2<sup>nd</sup> Floor Lounge \*Note time change\***  
10:30☆—Stump the Rev. Bible Study—Ch. 901  
11:00— Hymn Sing—Ch. 901

*-More continued onto next page-*

**1:30—Preparing for Paradise with Colleen—Auditorium**  
**2:00☆—TouchTown Movie: Princess Diaries —Ch. 901**  
**2:30—Weaving Craft for Australian Missionaries—TC 2<sup>nd</sup> Floor Lounge**  
**3:00☆—Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**7:00☆—Number Kubb—LH Park \*Weathering Permitting\***  
**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**

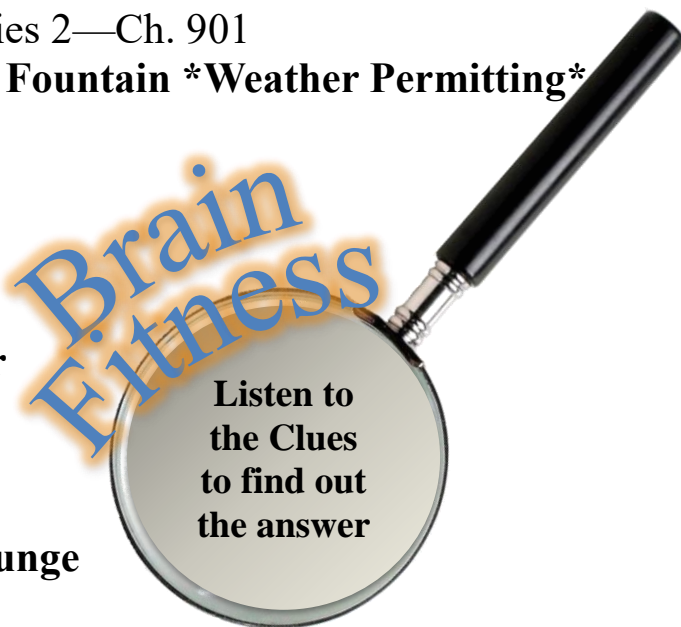


## **Tuesday, September 13**

**9:00—Zumba— Henry Auditorium**  
**9:30☆— United Church of Christ Church Service (Longswamp) —Ch. 901**  
**9:30—Walmart (Bechtelsville)—Pick-up—610-682-1430**  
**10:30—Coffee and Conversation—Tavern**  
**1:30☆☺—Pinochle—TC 2<sup>nd</sup> Floor Lounge**  
**1:30— Teaching Kitchen: Mushroom — Tavern—Reserve a seat—610-682-1425**  
**1:30-3:00—Personal Training with Crystal—Fitness Center**  
**2:00☆—TouchTown Movie: Princess Diaries 2—Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**3:00☆— Game Night—IL Clubhouse**

## **Wednesday, September 14**

**9:00—Functional Fun Outdoors,**  
**weather determines location**  
**— Back Porch Courtyard/Fitness Center**  
**9:30☆— Trinity Lutheran Church Service**  
**(Topton)—Ch. 901**  
**9:30—Giant—Pick-up—610-682-1430**  
**10:30—Brain Fitness —TC 2<sup>nd</sup> Floor Lounge**  
**1:00— Stitchers— TC 2<sup>nd</sup> Floor Lounge**  
**2:00-4:30—Office time with Tom Schultz— ED's Office in Old Main**  
**2:00☆—Midweek Worship on TouchTown—Ch. 901**  
**1:30-3:00—Personal Training with Crystal Shearer—Fitness Center**  
**3:00☆— Grace Lutheran Church Service —Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**6:00☆—Bible Study with Pastor Hammett**  
**—Ch. 901 or TC 2<sup>nd</sup> Floor Lounge**  
**7:00☆— Kubb— LH Park \*Weather permitting\***  
**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**





### Thursday, September 15

9:30—Lehigh Valley Mall —Pick-up  
—610-682-1430

9:30☆— Zion's Union Church Service  
(Maxatawny) —Ch. 901

9:30—Strength Training Workout  
—Henry Auditorium

10:00☆☺—Trash— Tavern

10:30☆—Relaxing in Nature with Crystal—Ch. 901

1:00☆—Bridge—IL Clubhouse

1:30—Yoga Stretch— TC 2<sup>nd</sup> Floor Lounge

2:00☆—TouchTown Movie: The Hitchers  
Guide to the Galaxy—Ch. 901

3:00☆— Relaxing at the Fountain  
— TC Fountain \*Weather Permitting\*

4:00-6:00—Pub Nite— Auditorium

**\*Last Day to Sign-up for Diners Club\***

**\*Call Before Friday Morning For Swim Club**

### Friday, September 16

8:00-10:30—Personal Training with Crystal  
—Fitness Center

9:00☆— Christ Mertz Dryville Lutheran Church  
Service —Ch. 901

9:00-12:00☆☺—Wii Bowling—TC 2<sup>nd</sup> Floor Lounge

12:00—Swim Club/Aquatic Aerobics—Pick-up—610-682-1430

2:00 — Music with Chuck Rissmiller— Auditorium

2:00☆—TouchTown Movie: Heavyweights—Ch. 901

3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\*

7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge

### Saturday, September 17

9:00☆— Hikers Club— meet in front of the Library Entrance

9:30☆— St. Paul's UCC Church Service (Fleetwood) — Ch. 901

10:00☆— Zumba Chair Exercise— Ch.901

2:00☆—TouchTown Documentary: Pompeii Documentary—Ch. 901

3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\*

7:00☆ —Game Night —TC 2<sup>nd</sup> Floor Lounge

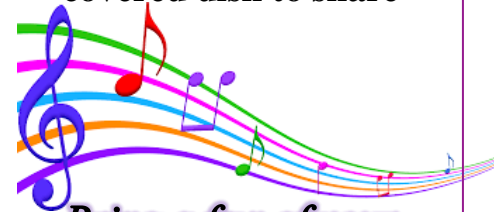
## Karaoke Pub Nite

September 15<sup>th</sup> at 4:00  
pm, Auditorium

Main dish:  
Ravioli with  
Garlic Bread

*Main Dish & drinks  
provided by LHT*

Please bring a  
covered dish to share



*Bring a few of your  
favorite song titles with  
you to Pub Nite &  
request to sing them  
with friends!*

### Sunday, September 18

10:30—Grace Church Service— Auditorium

10:30☆—Worship with Trinity Lutheran Church, Reading—Ch. 901

2:00☆ —TouchTown Documentary: Astrology and the Secrets of Stars  
Documentary —Ch. 901

**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***

6:00☆—Catholic Mass with Allentown Diocese—Ch. 901

### Monday, September 19

9:30—Strength Training Workout—Henry Auditorium

9:30☆— St. Paul's Lutheran Church Service (Hamburg)—Ch. 901

**9:30—Dollar General—Pick-up—610-682-1430**

**9:30☆—Avid Readers: Fish in a Tree— Tavern**

10:30☆—Stump the Rev. Bible Study—Ch. 901

11:00☆— Hymn Sing—Ch. 901

**12:00— Faith Talk— Tavern**

**1:30— Yoga Stretch—TC 2<sup>nd</sup> Floor Lounge**

**1:45— Pinochle Club— Tavern**

2:00☆—TouchTown Movie: The Soloist—Ch. 901

**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***

**7:00☆—Amish Horseshoes—LH Park \*Weathering Permitting\***

**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**

### Tuesday, September 20

9:00—Zumba—Henry Auditorium

9:30☆— United Church of Christ  
Church Service (Longswamp)  
—Ch. 901

**11:00— Clover Hill Vineyards  
& Winery—Pick-up**

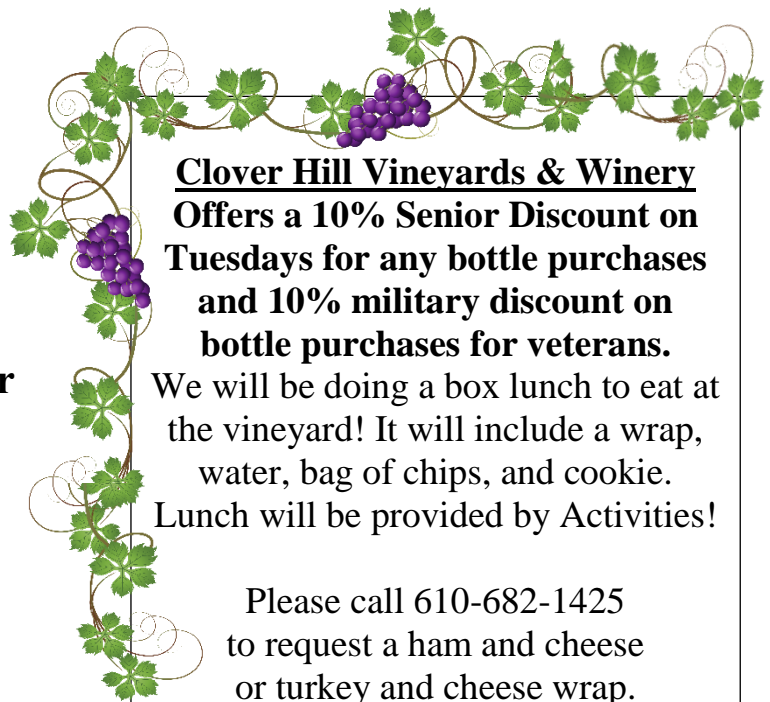
**1:30☆☺—Pinochle — TC 2<sup>nd</sup> Floor  
Lounge**

**2:00—Plant Ops Meeting  
—Auditorium**

2:00☆—TouchTown Movie: Star  
Trek Generations—Ch. 901

**3:00☆— Relaxing at the Fountain  
— TC Fountain \*Weather Permitting\***

**3:00☆— Game Night—IL Clubhouse**



**Clover Hill Vineyards & Winery**  
**Offers a 10% Senior Discount on**  
**Tuesdays for any bottle purchases**  
**and 10% military discount on**  
**bottle purchases for veterans.**  
We will be doing a box lunch to eat at  
the vineyard! It will include a wrap,  
water, bag of chips, and cookie.  
Lunch will be provided by Activities!

Please call 610-682-1425  
to request a ham and cheese  
or turkey and cheese wrap.

### Wednesday, September 21

**9:00—Functional Fun Outdoors, weather determines Location  
—Back Porch Courtyard/Fitness Center**  
**9:30☆— Trinity Lutheran Church Service (Topton) —Ch. 901**  
**9:30—Weis Market—Pick-up—610-682-1430**  
**10:30—Prize Bingo— Tavern**  
**1:30-3:00—Free Personal Training with Crystal—Fitness Center**  
**2:00-4:30—Office time with Tom Schultz— ED's Office in Old Main**  
**2:00☆—Midweek Worship on TouchTown—Ch. 901**  
**3:00☆— Grace Lutheran Church Service —Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**6:00☆—Bible Study with Pastor Hammett—Ch. 901**  
**7:00☆— Kubb— LH Park \*Weather Permitting\***  
**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**



### Thursday, September 22

**9:30☆— Zion's Union Church Service (Maxatawny)—Ch. 901**  
**9:30—Strength Training Workout—Henry Auditorium**  
**10:00☆☺—Trash— Tavern**  
**10:30☆—Relaxing in Nature with Crystal—Ch. 901**  
**11:00 — Diners Club: BJ Brewhouse—Reserve your seat for the 'Topton Party' by 9/15—610-682-1425**  
**1:00☆—Bridge—IL Clubhouse**  
**2:00☆—TouchTown Movie: September—Ch. 901**  
**3:00—Yoga Stretch—TC 2<sup>nd</sup> Floor Lounge \*Note time change\***  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**\*Call Before Friday Morning For Swim Club\***

### Friday, September 23

**8:00-10:00—Free Personal Training with Crystal —Fitness Center**  
**9:00☆— Christ Mertz Dryville Lutheran Church Service—Ch. 901**  
**9:00-12:00☆☺—Wii Bowling—TC 2<sup>nd</sup> Floor Lounge**  
**12:00—Swim Club/Aquatic Aerobics—Pick-up—610-682-1430**  
**2:00☆—TouchTown Movie: Thunderhead—Ch. 901**  
**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***  
**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**



### Saturday, September 24

- 9:00☆— Hikers Club— meet in front of the Library
- 9:30☆— St. Paul's UCC Church Service— Ch. 901
- 10:00☆— Zumba Chair Exercise— Ch.901
- 2:00☆—TouchTown Documentary: Learn How the Earth was Made Documentary—Ch. 901
- 3:00☆— Relaxing at the Fountain— TC Fountain**
- \*Weather Permitting\***
- 7:00☆ —Movie Night: Xanadu— TC 2<sup>nd</sup> Floor Lounge**



### Sunday, September 25

- 10:30—Grace Church Service— Auditorium
- 10:30☆—Worship with Trinity Lutheran Church, Reading—Ch. 901
- 2:00☆—TouchTown Documentary: History of Ireland Documentary—Ch. 901
- 3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***
- 6:00☆—Catholic Mass with Allentown Diocese—Ch. 901

### Monday, September 26

- 9:30—Strength Training Workout— Henry Auditorium or email Crystal for the link to join virtually
- 9:30☆— St. Paul's Lutheran Church Service (Hamburg)—Ch. 901
- 10:00—Kohl's and Marshalls—Pick-up—610-682-1430**
- 10:30☆—Stump the Rev. Bible Study—Ch. 901
- 11:00☆— Hymn Sing—Ch. 901
- 1:30— Yoga Stretch — TC 2<sup>nd</sup> Floor Lounge**
- 2:00☆—TouchTown Movie: Twister— Ch. 901
- 3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***
- 7:00☆—Card Club—TC 2<sup>nd</sup> Floor Lounge**
- 7:00☆—Numbers Kubb—LH Park \*Weathering Permitting\***

## Tuesday, September 27

- 9:00—Zumba—Henry Auditorium  
9:30☆— United Church of Christ Church Service  
(Longswamp) —Ch. 901  
10:30— Coffee and Conversation—Tavern  
1:30☆☺—Pinochle—TC 2<sup>nd</sup> Floor Lounge  
1:30—Corn Hole—Courtyard \*Weather Permitting\*  
2:00☆—TouchTown Movie: 30 years of National  
Geographic Specials—Ch. 901  
3:00☆— Relaxing at the Fountain  
— TC Fountain \*Weather Permitting\*  
3:00☆—Game Night—IL Clubhouse  
4:30-6:30— Music Entertainment with Suzie Derr—Countryside Inn  
Last day to sign up for the trip to the Yuengling Brewery in October



## Wednesday, September 28

- 9:00—Functional Fun Outdoors (weather determines location) —Back Porch  
Courtyard/Fitness Center  
9:30☆— Trinity Lutheran Church Service  
(Topton)—Ch.901  
10:30— Prize Bingo— Tavern  
1:00— Stitchers— TC 2<sup>nd</sup> Floor Lounge  
1:30—Radcliffe's —Pick-up—610-682-1430  
2:00— Dermatology Presentation -Auditorium  
2:00☆—Midweek Worship on TouchTown—Ch. 901  
2:00-4:30—Office time with Tom Schultz— ED's Office in Old Main  
3:00☆— Grace Lutheran Church Service —Ch. 901  
3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\*  
3:00☆— Kubb Tournament— LH Park \*Weather Permitting\*  
6:00☆—Bible Study with Pastor Hammett-Ch. 901  
7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge



**Thursday, September 29**

**9:30—Berkshire Mall—Pick-up—610-682-1430**

9:30☆— Zion's Union Church Service (Maxatawny)—Ch. 901

9:30—Strength Training Workout— Henry Auditorium or email Crystal for the link to join virtually [Shearerc@diakon.org](mailto:Shearerc@diakon.org)

**10:00☆☺—Trash— Tavern**

10:30☆—Relaxing in Nature with Crystal—Ch. 901

**1:00☆—Bridge—IL Clubhouse**

**1:30—Yoga Stretch— TC 2<sup>nd</sup> Floor Lounge**

2:00☆—TouchTown Movie: Singing in the Rain—Ch. 901

**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***

**\*Call Before Friday Morning For Swim Club\***

**Friday, September 30**

8:00-10:30—Personal Training with Crystal—Fitness Center

9:00☆— Christ Mertz Dryville Lutheran Church Service —Ch. 901

**9:00-12:00☆☺—Wii Bowling—TC 2<sup>nd</sup> Floor Lounge**

**9:00-3:00— Fall Craft Show by MaryAnn— Rotunda**

**12:00—Swim Club/Aquatic Aerobics—Pick-up—610-682-1430**

2:00☆—TouchTown Movie: The Music Man—Ch. 901

**3:00☆— Relaxing at the Fountain— TC Fountain \*Weather Permitting\***

**7:00☆☺—Card Club—TC 2<sup>nd</sup> Floor Lounge**



# **Avid Readers**

## **Fish in a Tree**

*By: Lynda Mullaly Hunt*

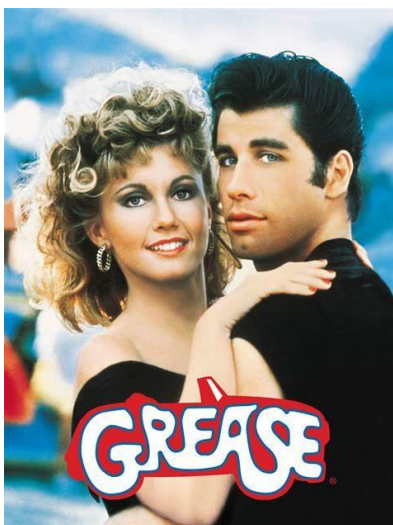
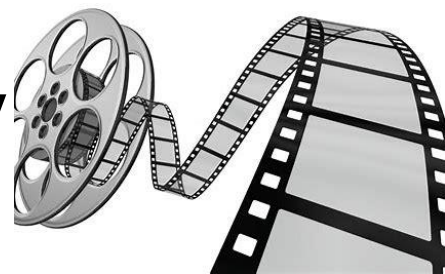
*“Everybody is smart in different ways. But if you judge a fish by its ability to climb a tree, it will live its life believing it is stupid.”*

*Ally has been smart enough to fool a lot of smart people. Every time she lands in a new school, she is able to hide her inability to read by creating clever yet disruptive distractions. She’s tired of being called “slow” and “loser,” but she’s afraid to ask for help; after all, she thinks, how can you cure dumb?*

*However, Ally’s newest teacher sees the bright, creative kid beneath the troublemaker and helps to shine a light on her gifts. Meanwhile, Ally gets to know tell-it-like-it-is Keisha and science-and facts obsessed Albert, who also break the mold. The three stand together against others who are not so kind. As the outsiders begin to fit in, surprising things begin to happen in Ally’s classroom that show her there’s a lot more to her- and to everyone-than a label, and that great minds don’t always think alike.*

*The author of the beloved One of the Murphys gives readers an emotionally charged, uplifting novel that will speak to anyone who’s ever thought there was something wrong with them because they didn’t fit in.*

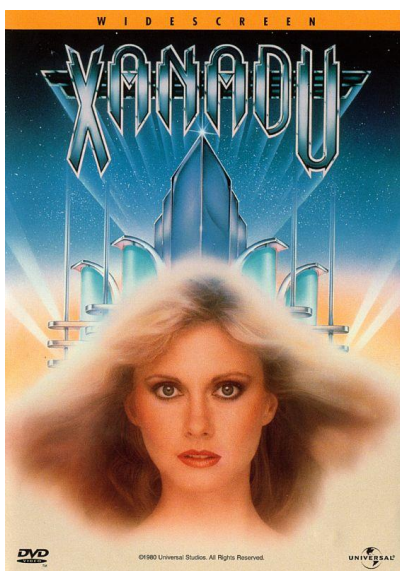
# Movie Nights in Memory Of Olivia Newton-John



## Grease (1978)

PG | 1h 50min | Romance, Musical | 1978

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?



## Xanadu (1980)

PG | 1h 36min | Musical, Fantasy | 1980

A struggling artist living in Los Angeles meets a girl who may hold the key to his happiness.



# Notes For Independent Living:

## **Teaching Kitchen:**

Tuesday, September 13th

Call Tanjie to reserve your  
Spot by Friday, September 9<sup>th</sup>

610-682-1425



## **Personal Training with Crystal**

The time ranges provided throughout the calendar are for your convenience: Stop by the Fitness Center within a time range to get Crystal's assistance. *Contact Crystal, Fitness Coordinator, for more available times if needed. She can help you make any task easier or create a program to help you feel better.*

(610) 682-1553 or  
[ShearerC@diakon.org](mailto:ShearerC@diakon.org)



**Call Jenn Nichol  
LPN at 610-682-1542  
to get your blood  
pressure checked**



## **Avian Bird Flu Update**

The bird flu is still around and we should be diligent keeping our bird feeders and bird baths clean. Washing them once a week with soapy water will help keep our feathered friends safe.

# Upcoming PubNite

## Main Dishes:

*October:*

**Meatloaf**



*November:*

**Beef Stroganoff with  
Noodles with a side salad  
and bread and butter**



*December:*

**Tony's Pizza**



## Pub Nite:

Please note that Pub Nite will now be the 3<sup>rd</sup> Thursday of every month (Exception: 11/17 Diner's Club and Pub Nite will be on the same day due to the holiday).

# *Yuengling*

f t i ENJOY RESPONSIBLY



## *October 18<sup>th</sup>*

### *Yuengling Brewery Tour*

This tour requires climbing many steps - approximately 60 steps up a small hill to reach packaging and then all the way back down to cross the street to head to the bar for sampling. In some areas, the temperatures will be hot. So please dress accordingly. This tour takes about 45 minutes plus time for sampling.

**EVERYONE MUST WEAR COMPLETELY  
CLOSED SHOES TO TAKE THE TOUR.**

Pick up will be at 8:30 am

Our tour is at 10:00am

Lunch to follow

Please Call Tanjie Kramer  
at **610-682-1425** to sign-up  
by September 27<sup>th</sup>