





Reservations Required:





What's Going
on in
Independent
Living?






 = Call Transportation
610-682-1430

 = Call Diana
610-682-1553

 = Call Tanjie
610-682-1425

 = Kelly Sulter
610-391-8223

-  5/14 Teaching Kitchen: Strawberries, 2:00 pm, reserve by 5/10
-  5/20 Diners Club "1760s Pub and Grille" Pickup, 11 am, reserve by 5/13
-  Personal Training with Diana Cutler every Monday, Tuesday, Wednesday, & Thursday signup is required at least 24 hours prior
-  Shopping Trips throughout calendar, reserve at least 24 hours prior to trip

-  6/6 Breakfast Club to Janelle's, 8 am, reserve by 5/30
-  June Trip: 6/10 Longwood Gardens, Reserve by 4/15, hand money (\$22) in by 4/20
-  6/12 Father's Day Beer Tasting, Reserve by 5/22, invite in back of calendar
-  Aquatics Class every Friday, reserve at least 24 hours prior to Class
-  Activities on Luther Crest Calendar, Reserve two days prior, check the back of the calendar for more information

***Money for Trips should be dropped off into Tanjie's Tower Court Office**

*** Activity Satisfaction Survey & Photo Consent Form to be filled out and handed back into Tanjie's Tower Court Office**

☆ = Independently/Resident-Run Activity ☺ = Staff Assistance with Set-up

Any questions or concerns, contact Tanjie

Wednesday, May 1

- 9:30☆— Trinity Lutheran Church Service (Topton)—Ch.901
10:30—Blast Class—Fitness Center
10:30—Prize Bingo—Tavern
10:30—Radcliffe's—Pickup—610-682-1430
2:00—Catholic Mass—Diebert Hall
2:00-4:30—Office time with Tom Schultz— ED's Office in Old Main
3:00-4:00—Personal Training—Reserve your spot Cutlerd@diakon.org
or 610-682-1553—Fitness Center
3:00— Kubb— LH Park *Weather Permitting*
3:00☆— Grace Lutheran Church Service— Ch.901
7:00☆—Mexican Train—TC 2nd Floor Lounge

Blast Class:

Description at the
back of calendar

Thursday, May 2

- 8:00—Breakfast Club: Janelle's—Pickup
9:30☆— Zion's Union Church Service
(Maxatawny)—Ch. 901
9:00—Strength Training Workout—Trexler
Social Hall
10:00☆☺—Trash— Tavern
10:30☆—Seated Stretches—Ch.901
1:00—Diakon Derby—Trexler Social Hall
1:00☆—Bridge/Sequence—IL Clubhouse
1:15—Yoga Stretch— TC 2nd Floor Lounge
2:00☆—TouchTown Movie: The Trouble with Angels —Ch. 901
2:30-4:00—Personal Training—Reserve your spot cutlerd@diakon.org or
610-682-1553—Fitness Center
7:00☆—Liverpool Rummy—TC 2nd Floor Lounge

Diakon Derby!

Come cheer on your favorite horse and
jockey!

Bring quarters if you would like to bet!



Friday, May 3

- 9:00—Zumba—Auditorium
9:00☆— Christ Mertz Dryville Lutheran Church Service—Ch. 901
10:00—Community Life Meeting—Tavern
10:00-12:30☆—Wii Bowling—TC 2nd Floor Lounge
10:30—Shady Mountain Market—Pick Up—610-682-1430
12:30—Swim Club/Aquatic Aerobics—Pickup
2:00☆—TouchTown Movie: Finding Neverland —Ch. 901

Beginners are
WELCOMED!



Saturday, May 4

- 9:00☆— Hikers Club—Meet in front of Library
Entrance for a walk in the Woods *Weather Permitting*
- 9:00☆— St. Paul's UCC Church Service (Fleetwood)— Ch. 901
- 10:00☆— Zumba Chair Exercise— Ch.901
- 2:00☆—TouchTown Movie: A Turtle's Tale: Sammy's Adventures —Ch. 901
- 7:00☆ — **Game Night— TC 2nd Floor Lounge**

Sunday, May 5

- 10:30—Grace Church Service— Auditorium**
- 10:30☆— Maiden creek Church—Ch. 901
- 2:00☆ —TouchTown Movie: Chanting for Carol Channing—Ch. 901
- 2:30—Church Service—Diebert Hall**
- 6:00☆—Catholic Mass with Allentown Diocese—Ch. 901

Monday, May 6

- 9:00—Strength Training Workout—Trexler Social Hall**
- 9:30☆— St. John's Lutheran Church Service (Hamburg)—Ch. 901
- 10:30—Lehigh Valley Mall—Pick Up—610-682-1430**
- 11:00☆— Hymn Sing—Ch. 901
- 12:00—Faith Talks: Its Not to Late—Tavern**
- 2:00☆—Pinochle Club—Tavern**
- 2:00☆—TouchTown Movie: I Still Believe—Ch. 901
- 2:30-4:00—Personal Training— Reserve your spot**
cutlerd@diakon.org or 610-682-1553—Fitness Center
- 3:00—Number Kubb—LH Park *Weathering Permitting***

Silver Sneakers
Stability Class:
Description in back of
calendar

Tuesday, May 7

- 9:00—Zumba— Auditorium**
- 9:30☆— Longswamp United Church of Christ
Church Service—Ch. 901
- 10:00—Stability Class—Trexler Social Hall**
- 10:00—Culinary Meeting—Countryside Inn**
- 10:30—Walmart—Pick Up—610-682-1430**
- 1:30—Seated Movin & Groovin—TC 2nd Floor Lounge**
- 2:00☆☺—Pinochle—TC 2nd Floor Lounge**
- 2:30-4:00—Personal Training—Reserve your spot**
cutlerd@diakon.org or 610-682-1553—Fitness Center
- 2:00☆—TouchTown Movie: Charlie St. Cloud—Ch. 901
- 3:00☆—Game Night—IL Clubhouse**

Seated Movin & Groovin:

Come Join Diana to work on major muscle groups with body weight and focusing on range of motion.

Energetic music to warm our muscles and lift our heart rate a little.



Wednesday, May 8

- 9:30☆—Trinity Lutheran Church Service (Topton)—Ch. 901
10:30—Blast Class—Fitness Center
10:30—Prize Bingo—Tavern
10:30—Weis Markets—Pick Up—610-682-1430
1:00☆— Stitches— TC 2nd Floor Lounge
2:00-4:30—Office time with Tom Schultz— ED's Office in Old Main
3:00-4:00—Personal Training—Reserve your spot
Cutlerd@diakon.org or 610-682-1553—Fitness Center
3:00— Kubb— LH Park *Weather Permitting*
3:00☆— Grace Lutheran Church Service— Ch.901
7:00☆—Mexican Train—TC 2nd Floor Lounge

Blast Class:

Description at the
back of calendar

Thursday, May 9

- 9:30☆— Zion's Union Church Service (Maxatawny)—Ch. 901
9:00—Strength Training Workout—Trexler Social Hall
10:00☆☺—Trash—Tavern
10:30☆—Seated Stretches—Ch.901
10:30—Wells Fargo Bank—Pick Up—610-682-1430
1:00☆—Bridge—IL Clubhouse
1:15—Yoga Stretch— TC 2nd Floor Lounge
2:00-3:30—Happy Hour—Tavern
2:00☆—TouchTown Movie: When Calls the Heart Second Chances—Ch. 901
2:30-4:00—Personal Training—Reserve your spot Cutlerd@diakon.org
or 610-682-1553—Fitness Center
7:00— Ascension of the Lord—Auditorium
7:00☆—Liverpool Rummy—TC 2nd Floor Lounge

Friday, May 10

- 9:00—Zumba—Auditorium
9:00☆— Christ Mertz Dryville Lutheran Church
Service—Ch. 901
10:00-12:30☆—Wii Bowling—TC 2nd Floor Lounge
10:30—Renninger's Farmers Market—Pick Up—610-682-1430
12:30—Swim Club/Aquatic Aerobics—Pickup
2:00☆—TouchTown Movie: What a Girl Wants —Ch. 901

Last Day to Sign-up for Teaching Kitchen



Saturday, May 11

- 9:00☆— Hikers Club—Meet in front of Library
Entrance for a walk in the Woods ***Weather Permitting***
- 9:00☆— St. Paul’s UCC Church Service (Fleetwood) —
Ch. 901
- 10:00☆— Zumba Chair Exercise— Ch.901
- 2:00☆—TouchTown Movie: Rock a Bye Baby-Ch.901
- 7:00☆ —**Movie Night: The Help—TC 2nd Floor
Lounge**



Sunday, May 12

- 10:30—**Grace Church Service—Auditorium**
- 10:30☆— Maidencreek Church—Ch. 901
- 2:00☆ —TouchTown Movie: Dangerous Crossing— Ch. 901
- 2:30—**Church Service—Auditorium**
- 6:00☆—Catholic Mass with Allentown Diocese—Ch. 901



Monday, May 13

- 9:00—**Strength Training Workout—Trexler Social Hall**
- 9:30☆— St. John’s Lutheran Church Service (Hamburg)—Ch. 901
- 10:00—**Executive Committee Meeting—Tavern**
- 11:00— Hymn Sing—Ch. 901
- 1:30—**Spa Hour—Tavern**
- 2:00☆—TouchTown Movie: Chasing Liberty—Ch. 901
- 2:30-4:00—**Personal Training—Reserve your spot**
Cutlerd@diakon.org or 610-682-1553—Fitness Center
- 3:00☆—**Amish Horseshoes—LH Park *Weathering Permitting***
Last Day to Sign-up for Diners Club 5/20

Tuesday, May 14

- 9:00—**Zumba—CANCELED**
- 9:30☆— Longswamp United Church of Christ
Church Service—Ch. 901
- 10:00—**Stability Class—Trexler Social Hall**
- 10:30—**Coffee and Conversation—TC 2nd Floor Lounge**
- 1:30—**Seated Movin & Groovin—TC 2nd Floor Lounge**
- 2:00—**Teaching Kitchen: Strawberries— Tavern**
- 2:00☆☺—**Pinochle—TC 2nd Floor Lounge**
- 2:00☆—TouchTown Movie: New Hope—Ch.901
- 2:30-4:00—**Personal Training—Reserve your spot**
Cutlerd@diakon.org or 610-682-1553—Fitness Center
- 3:00☆— **Game Night—IL Clubhouse**

Silver Sneakers Stability Class:
**Description in back of
calendar**

**Seated Movin &
Groovin:**
Come Join Diana to work
on major muscle groups
with body weight and
focusing on range of
motion.
Energetic music to warm
our muscles and lift our
heart rate a little.



Wednesday, May 15

- 9:30☆— Trinity Lutheran Church Service (Topton)—Ch. 901
10:30—Blast Class—Fitness Center
10:30—Prize Bingo—Tavern
10:30—Radcliffe's—Pick Up—610-682-1430
1:30—Brain Fitness—TC 2nd Floor Lounge
2:00-4:30—Office time with Tom Schultz—ED's Office in Old Main
3:00-4:00—Personal Training—Reserve your spot Cutlerd@diakon.org or 610-682-1553—Fitness Center
3:00— Kubb— LH Park *Weather Permitting*
3:00☆— Grace Lutheran Church Service— Ch.901
7:00☆—Mexican Train—TC 2nd Floor Lounge

Blast Class:

Description at the back of calendar

Thursday, May 16

- 9:00—Strength Training Workout
—Trexler Social Hall
9:30☆— Zion's Union Church Service
(Maxatawny)—Ch. 901
10:00☆☺—Trash— Tavern
10:30—Kutztown Plaza—Pick Up—610-682-1430
10:30☆—Seated Stretches—Ch.901
12:30☆—Bridge/Sequence—IL Clubhouse
1:15—Yoga Stretch— TC 2nd Floor Lounge
2:00☆—TouchTown Movie: Goodbye Mr.Chips-Ch. 901
2:30-4:00—Personal Training—Reserve your spot Cutlerd@diakon.org or 610-682-1553—Fitness Center
4:00-6:00—Pubnite—Trexler Social Hall
7:00☆—Liverpool Rummy—TC 2nd Floor Lounge

PUBNITE

at 4:00 pm, Trexler Social Hall

Shepards Pie

Main Entrée & beverages

Provided by LHT.

A Friendly Reminder to

Please bring a covered dish to share!

It can be a delicious side dish or dessert

Friday, May 17

- 9:00—Zumba—Auditorium
9:00☆— Christ Mertz Dryville Lutheran Church Service—Ch. 901
10:00-12:30☆—Wii Bowling—TC 2nd Floor Lounge
12:30—Swim Club/Aquatic Aerobics—Pickup
1:30—Walk to Hermans—Meet in front of Library and entrance of Luther Haven
2:00☆—TouchTown Movie: Bedtime Stories –Ch.901



Saturday, May 18

- 9:00☆— Hikers Club—Meet in front of Library Entrance for a walk in the Woods *Weather Permitting*
- 9:00☆— St. Paul’s UCC Church Service (Fleetwood) — Ch. 901
- 10:00☆— Zumba Chair Exercise— Ch.901
- 2:00☆—TouchTown Movie: You’re Never to Young—Ch. 901
- 7:00☆ —**Game Night —TC 2nd Floor Lounge**

Sunday, May 19

- 10:30—Grace Church Service— Auditorium**
- 10:30☆— Maidencreek Church—Ch. 901
- 2:00☆—TouchTown Movie: The Bishop’s Wife—Ch.901
- 2:30—Church Service—Diebert Hall**
- 6:00☆—Catholic Mass with Allentown Diocese—Ch. 901

Monday, May 20

- 9:00—Strength Training Workout— Trexler Social Hall**
- 9:30☆— St. John’s Lutheran Church Service (Hamburg)—Ch. 901
- 10:30—Avid Readers: Lessons in Chemistry by: Bonnie Garmus—Tavern**
- 11:00—Diners Club: 1760’s Pub and Grille**
—Pickup Reserve your seat by 4/15—610-682-1425
- 11:00☆— Hymn Sing—Ch. 901
- 12:00—Faith Talks: Rivalry or Reconciliation—Tavern**
- 2:00—Music with Chuck Rissmiller—Auditorium**
- 2:00☆—Pinochle Club—Tavern**
- 2:00☆—TouchTown Movie: Miracles from Heaven—Ch. 901
- 2:30-4:00—Personal Training—Reserve your spot**
cutlerd@diakon.org or 610-682-1553—Fitness Center
- 3:00—Number Kubb—LH Park *Weathering Permitting***

Silver Sneakers
Stability Class:
Description in back of
calendar

Seated Movin &
Groovin:
Come Join Diana to work
on major muscle groups
with body weight and
focusing on range of
motion.
Energetic music to warm
our muscles and lift our
heart rate a little.



Tuesday, May 21

- 9:00—Zumba— Auditorium**
- 9:30—Reading Phillies Trip—Pickup**
- 9:30☆— Longswamp United Church of Christ
Church Service—Ch. 901
- 10:00—Stability Class—Trexler Social Hall**
- 10:30—Dollar General—Pick Up—610-682-1430**

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1:30—Seated Movin & Groovin—TC 2nd Floor Lounge
2:00—Plant Ops—D1 Conference Room
2:00☆—Pinochle—TC 2nd Floor Lounge
2:30-4:00—Personal Training—Reserve your spot
CutlerD@diakon.org or 610-682-1553—Fitness Center
2:00☆—TouchTown Movie: Hero—Ch. 901
3:00☆—Game Night—IL Clubhouse

Wednesday, May 22

9:30☆— Trinity Lutheran Church Service (Topton)—Ch. 901
10:30—Blast Class—Fitness Center
10:30—Prize Bingo—Tavern
10:30—Weis Markets—Pick Up—610-682-1430
1:00☆— Stitches— TC 2nd Floor Lounge
1:30—Brain Fitness—TC 2nd Floor Lounge
2:00-4:30—Office time with Tom Schultz—ED's Office in Old Main
3:00-4:00—Personal Training—Reserve your spot
Cutlerd@diakon.org or 610-682-1553—Fitness Center
3:00— Kubb— LH Park *Weather Permitting*
3:00☆— Grace Lutheran Church Service— Ch.901
7:00☆—Mexican Train—TC 2nd Floor Lounge
Last Day to Sign-up for Fathers Day Beer Tasting

Blast Class:

Description at the
back of calendar

Thursday, May 23

9:00—Strength Training Workout—Trexler Social Hall
9:00-12:00—Vaccine Clinic—B Wing Lounge
9:30☆— Zion's Union Church Service (Maxatawny)—Ch. 901
10:00☆☺—Trash— TC 2nd Floor Lounge
10:30☆—Seated Stretches—Ch.901
1:00☆—Bridge/Sequence—IL Clubhouse
1:15—Yoga Stretch— TC 2nd Floor Lounge
2:00—Kutztown Community Choir—Auditorium
2:00☆—TouchTown Movie: Barbie-Ch. 901
2:30-4:00—Personal Training—Reserve your spot Cutlerd@diakon.org
or 610-682-1553—Fitness Center
7:00☆—Liverpool Rummy—TC 2nd Floor Lounge

Friday, May 24

9:00—Zumba—~~CANCELED~~

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

10:00-12:00☆—Wii Bowling—TC 2nd Floor Lounge

12:30—Swim Club/Aquatic Aerobics—Pickup

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



Beginners are
WELCOMED!

Saturday, May 25

9:00☆— Hikers Club—Meet in front of Library

Entrance for a walk in the Woods ***Weather Permitting***

9:00☆— St. Paul's UCC Church Service (Fleetwood) — Ch. 901

10:00☆— Zumba Chair Exercise— Ch.901

2:00—Tech Help—Tavern

2:00☆—TouchTown Movie: Life with Father—Ch. 901

7:00☆ —Movie Night: Going in Style— TC 2nd Floor Lounge



TECH HELP

Having issues with your
phone or computer, Come
to the Tavern to get help!

Sunday, May 26

10:30—Church Service— Auditorium

10:30☆— Maidencreek Church—Ch. 901

2:00☆—TouchTown Movie: The Whole Wide World—Ch. 901

2:30—Church Service—Diebert Hall

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

Monday, May 27

9:00—Strength Training Workout—~~CANCELED~~

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

11:00☆— Hymn Sing—Ch. 901

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

2:30-4:00—Personal Training—~~CANCELED~~

3:00☆—Amish Horseshoes—LH Park *Weathering Permitting*



Silver Sneakers Stability Class:

Description in back of calendar

Tuesday, May 28

9:00—Zumba— Auditorium

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

10:00—Stability Class—~~CANCELED~~

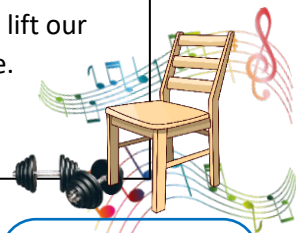
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10:30—Coffee and Conversation —Tavern
1:30—Seated Movin & Groovin—~~CANCELED~~
2:00☆—Pinochle—TC 2nd Floor Lounge
2:30-4:00—Personal Training—~~CANCELED~~
2:00☆—TouchTown Movie: Grease—Ch. 901
3:00☆—Game Night—IL Clubhouse

Seated Movin & Groovin:

Come Join Diana to work on major muscle groups with body weight and focusing on range of motion.

Energetic music to warm our muscles and lift our heart rate a little.



Blast Class:

Description at the back of calendar

Wednesday, May 29

9:30☆— Trinity Lutheran Church Service (Topton)—Ch.901
10:30—Blast Class—~~CANCELED~~
10:30—Prize Bingo—Tavern
10:30—Aldi’s Market—Pickup—610-682-1430
1:30—Cornhole—Courtyard
2:00-4:30—Office time with Tom Schultz— ED’s Office in Old Main
3:00-4:00—Personal Training—~~CANCELED~~
3:00— Kubb— LH Park *Weather Permitting*
3:00☆— Grace Lutheran Church Service— Ch.901
7:00☆—Mexican Train—TC 2nd Floor Lounge

Thursday, May 30

9:30☆— Zion’s Union Church Service (Maxatawny)—Ch. 901
9:00—Strength Training Workout—Trexler Social Hall
10:00☆☺—Trash— Tavern
10:30☆—Seated Stretches—Ch.901
1:00☆—Bridge/Sequence—IL Clubhouse
1:15—Yoga Stretch— TC 2nd Floor Lounge
2:00☆—TouchTown Movie: The Sandlot —Ch. 901
2:30-4:00—Personal Training—Reserve your spot cutlerd@diakon.org or 610-682-1553—Fitness Center
7:00☆—Liverpool Rummy—TC 2nd Floor Lounge

***Last Day to Sign-up for Breakfast Club (Janelle’s 6/6)**

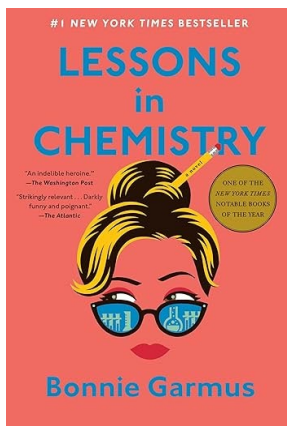
Beginners are WELCOMED!



Friday, May 31

9:00—Zumba—Auditorium
9:00☆— Christ Mertz Dryville Lutheran Church Service—Ch. 901
10:00-12:30☆—Wii Bowling—TC 2nd Floor Lounge
12:30—Swim Club/Aquatic Aerobics—Pickup
2:00☆—TouchTown Movie: Finding Nemo —Ch. 901

Avid Readers: Lessons in Chemistry *By: Bonnie Garmus*

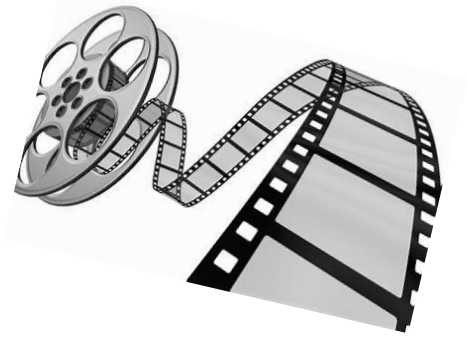


Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an *average* woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Elizabeth's unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.

Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, *Lessons in Chemistry* is as original and vibrant as its protagonist.

Movie Night Descriptions



The Help (2011)

RPG-13 | 2h 26m | Drama | 2011

An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids point of view on the white families for which they work, and the hardships they go through on a daily basis.



Going in Style (2017)

PG-13 | 1h 36m | Comedy, Crime | 2017

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

Notes for IL

To my friends at the Lutheran Home:

Thank you for all the cards and kind words of sympathy on the recent passing of my granddaughter Erin.

Sincerely, Nancy Steffy

Calling all knitters and crocheters out there. The Lutheran Home Stitchers are working with a Lutheran Church in Trexlertown and a national organization called Warm Up America that provides blankets to hospitals, homeless shelters, sites of disasters including fires, flooding, tornados etc. We will be making 7"x9" rectangles to send to head quarters to be assembled by other stitchers into blankets. We are also stitching hats, cowls, and scarves for the Lutheran Seafarers International House. If you are interested, we have easy patterns and yard, needles, hooks in our stash. These are projects that you can do at your leisure in your home or come out to our stitchers group twice a month for socializing and stitching. Call Hatsie at 610-682-7028 for patterns, needles, hooks, and yarn!



Recipe Book for LHT

Starting in 2024

I would like to start a book of recipes with all your delicious foods to raise money for benevolent care! If you would like to partake in this, bring your recipe to Pubnite with your side dish/dessert!



GAME ROOM

Game Room in Trexler Social Hall is always **OPEN!**

Please feel free to come and utilize this room!

Things to do:

Pool, Table Shuffleboard, Darts, and Board Games



Luther Crest's Pool & Spa

Please check with Diana or Luther Crest prior to swimming with a buddy:

610-682-1425 or
610-398-8011



Blast Description:

Moderate intensity circuit work-out in the Fitness Center as a group. Will move through multiple stations at timed intervals after a group warm-up.

Need to be familiar with the fitness center equipment and how to set yourself up on each piece of equipment. If interested but need an orientation to the equipment, please contact the Fitness Coordinator.

Please ensure your paperwork on file is current within a year.

Silver Sneakers Stability Class:

This class would benefit anyone starting to experience a loss of balance and power, as well as those interested in skills-based training to prevent future decline in balance and power.

Requirements: 1) Able to exercise in a standing position for a minimum of 30 minutes; 2) Can demonstrate sufficient balance to do exercises in the frontal (side to side movements) & sagittal (forward & back movements) planes.

A Silver Sneaker chair (armless) will be provided for each participant and can be utilized for support as needed during the exercises."

Pub Nite Entrées **Diners Club**

June

Beef Stroganoff



July

**Hot Dog and
Hamburgers**



August

**Pineapple BBQ Pulled
Pork**



1760

Pub ~N~ Grille

Monday, May 20th

Pick-up at 11:00

Reserve your seat

by 5/13—610-682-1425

Breakfast Club

at Janelle's June 6th

(And every first Thursday of each
month)

*Please call 1 week prior
to each Janelle's trip:*

610-682-1425

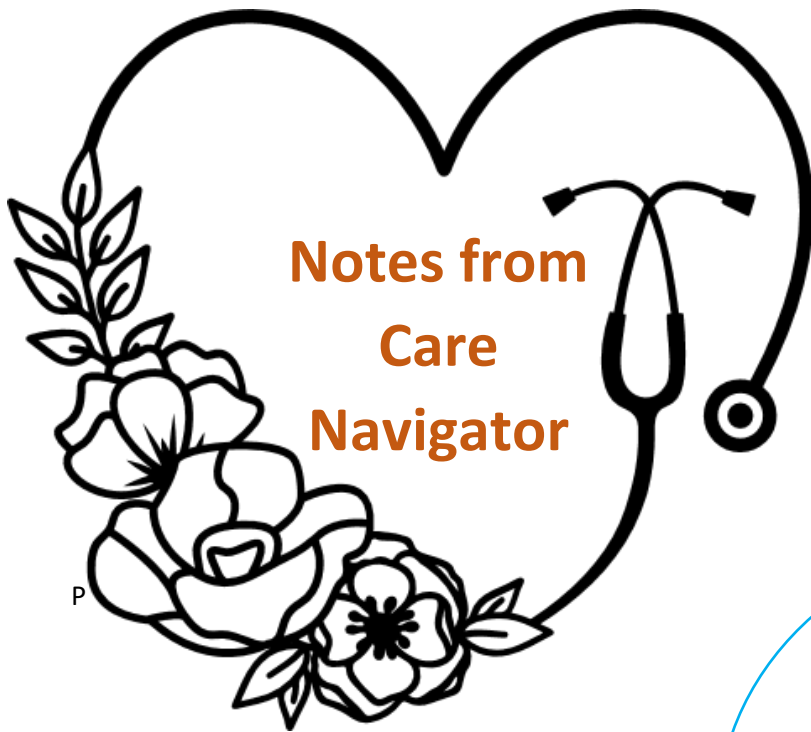


Teaching Kitchen:

Tuesday, May 14th

Call Tanjie to reserve your spot by Friday, May 5th

610-682-1425



**Notes from
Care
Navigator**

Pillars of Wellness
**Tune in to TouchTown
for a short wellness video
throughout the month the
short video plays at
8 am and 8 pm every day.**



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

UPDATED HNL Lab:

Open Tuesday and Thursday

Please sign-up 24 hrs prior-
Call Missy 610-682-1400

Make sure to get to the Lab at
7am and no later then 7:10am

FATHERS DAY BEER

TASTING!

JUNE 12TH AT 2PM

TREXLER SOCIAL

HALL

RESERVE BY:

MAY 22ND



LET'S CELEBRATE WITH VARIETIES
OF BEER, SNACKS, AND FRIENDS &
SIGNIFICANT OTHER!

Upcoming Trips

June 10th Trip: Longwood Gardens



Tickets: \$22

You should have reserved your spot and handed your money in to Tanjie

Leaving at 9:00am

Luther Crest Activities

Right now we don't have a lot of event activities happening just because of the construction. The majority of our Friday and Saturday evening concerts are open. No registration required.

Any Questions Please call Kelly Sulter at 610-391-8223.

If you are interested in going to any of these activities you will need to drive yourself or carpool.