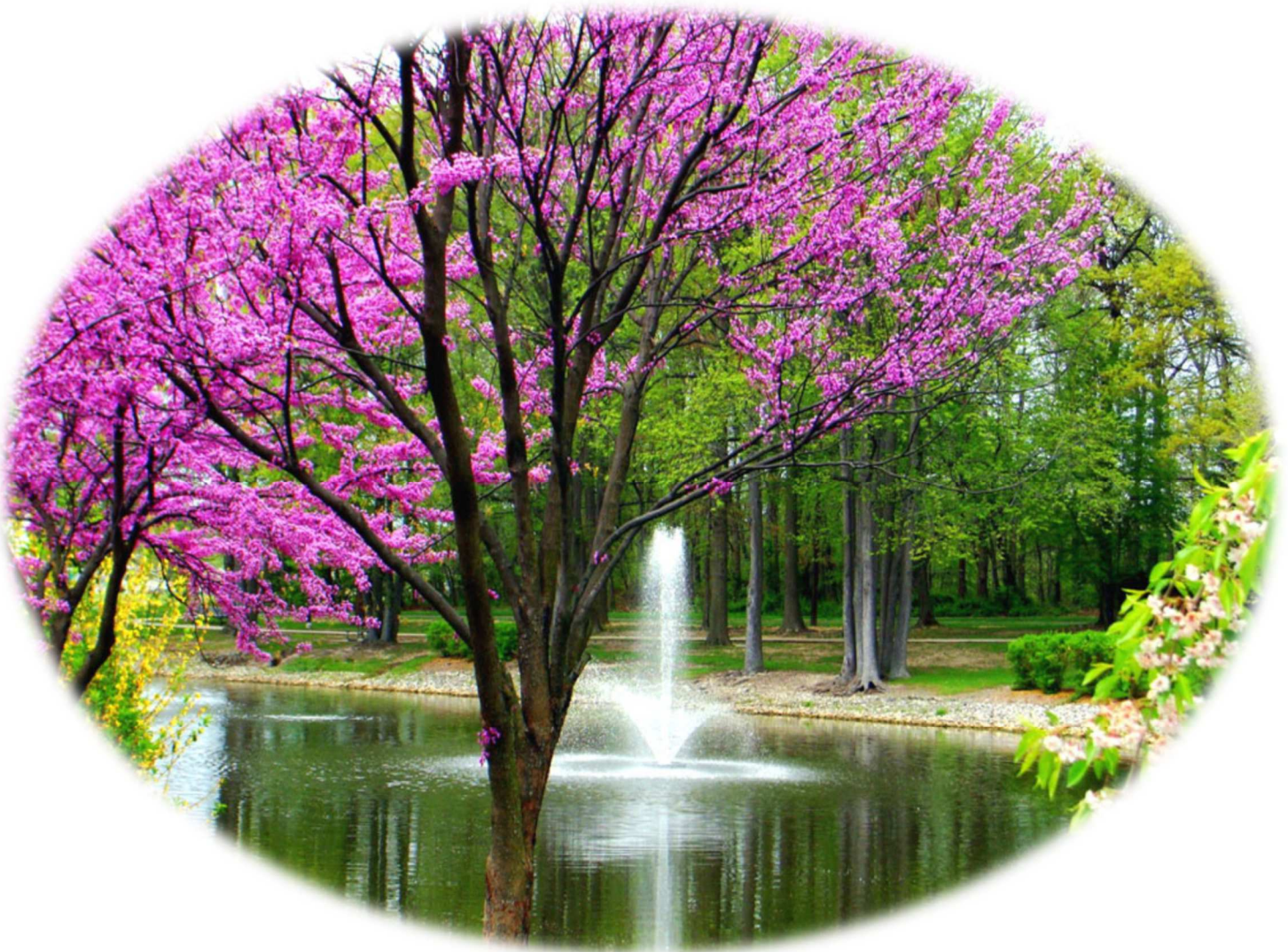


April 2017

Hi Lites of Lutheran Manor





NEW RESIDENT
Nan Stephens 819

| | | | |
|---------------------|---|--|---|
| April 1 (Saturday) | Coffee & Donuts Pinochle Party | 8:00 a.m. 12:30 p.m. | Lounge Lounge |
| April 2 (Sunday) | <i>Linda Ronstadt Tribute-Wind</i> <i>Gap Cost: \$10.00</i> | <i>1:30 p.m.</i> | <i>Van Trip</i> |
| April 3 (Monday) | Van Trip Paper drop off <i>Banks, CVS, \$ Store, Post Office</i> Exercise Movie-Courageous Bingo | 7:00 a.m. 9:30 a.m. 10:00 a.m. 1:00 p.m. 6:00 p.m. | Lounge <i>Van Trip</i> Lounge Conf Rm Lounge |
| April 4 (Tuesday) | Massage <i>Breakfast @Hometown Diner/ Walmart</i> Walkers Club Computer Class Rev. James Harper, Notre Dame RC, Bethlehem Bazaar drop off | 9:00 a.m. 9:00 a.m. 11:00 a.m. 1:00 p.m. 2:00 p.m. | <i>Conf Rm</i> <i>Van Trip</i> Outside Comp Rm Lounge |
| April 5 (Wednesday) | <i>Shopping @Plymouth Meeting Mall/Lunch</i> Exercise Bible Study Piano Playing | 3:30 p.m. 9:30 a.m. 10:00 a.m. 12:30 p.m. | Lounge <i>Van Trip</i> Lounge Lounge |
| April 6 (Thursday) | Zumba Gold Chat Room <i>Lunch @Sam Owens Restaurant in Coplay</i> Speaker-BINGO Blood Pressure Prayer Time | 9:00 a.m. 10:00 a.m. 11:00 a.m. 2:00 p.m. 6:00 p.m. 7:00 p.m. | Lounge Lounge <i>Van Trip</i> Lounge Lounge Lounge |
| April 7 (Friday) | Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am) Yoga Tai Chi Second Harvest Walkers Club Wii Bowling | 7:00 a.m. 10:00 a.m. 12:45 p.m. 1:00 p.m. 2:00 p.m. 5:30 p.m. | Lounge Lounge Lounge Lounge Outside Lounge |



| | | | |
|-----------------------------|---|-------------------|-----------------|
| April 9 (Sunday) | Sunday Praise | 1:00 p.m. | Lounge |
| April 10 (Monday) | Shop-Rite Freemansburg Ave | 9:30 a.m. | Van Trip |
| | Exercise | 10:00 a.m. | Lounge |
| | Committee Meeting | 1:30 p.m. | Conf Rm |
| | Bingo | 6:00 p.m. | Lounge |
| April 11 (Tuesday) | Walkers Club | 11:00 a.m. | Outside |
| | General Meeting (9th Floor responsible for snacks) | 2:00 p.m. | Lounge |
| April 12 (Wednesday) | Leesport Flea Market/Lunch | 8:30 a.m. | Van Trip |
| | Exercise | 10:00 a.m. | Lounge |
| | Bible Study | 12:30 p.m. | Lounge |
| | Line Dancing | 2:00 p.m. | Lounge |
| | Piano Playing | 3:00 p.m. | Lounge |
| April 13 (Thursday) | Zumba Gold | 9:00 a.m. | Lounge |
| | Easter Floral Activity (ONLY 10 residents) | 10:00 a.m. | Lounge |
| | Rev. Tony Pompa, Cathedral Church of the Nativity, Episcopal | 2:00 p.m. | Lounge |
| April 14 (Friday) | Tri-Boro Spaghetti Night Dinner GOOD FRIDAY (OFFICE CLOSED) | 4:45 p.m. | Van Trip |
| | Wii Bowling | 5:30 p.m. | Lounge |
| April 15 (Saturday) | Soup & Hotdogs-Rehrig Brothers | 5:00 p.m. | Lounge |
| April 16 (Sunday) | HAPPY EASTER! | | |
| | Rev. Werner Koch, St. Stephen Lutheran, Bethlehem | 6:30 a.m. | Lounge |
| April 17 (Monday) | Weis | 9:30 a.m. | Van Trip |
| | Exercise | 10:00 a.m. | Lounge |
| | Movie-Courageous | 1:00 p.m. | Conf Rm |
| | Art with Pat | 1:30 p.m. | Lounge |
| | Bingo | 6:00 p.m. | Lounge |
| April 18 (Tuesday) | Shopping @Kmart Lunch @Sal's | 10:30 a.m. | Van Trip |
| | Walkers Club | 11:00 a.m. | Outside |
| | Speaker-Leg Pain | 12:00 p.m. | Lounge |
| | Bazaar drop off | 3:30 p.m. | Lounge |
| April 19 (Wednesday) | Breakfast @Valley Restaurant/ Valley Farms | 9:00 a.m. | Van Trip |
| | Exercise | 10:00 a.m. | Lounge |
| | Bible Study | 12:30 p.m. | Lounge |
| | Piano Playing | 3:00 p.m. | Lounge |
| April 20 (Thursday) | Zumba Gold | 9:00 a.m. | Lounge |
| | Chat Room | 10:00 a.m. | Lounge |

April 20 (Thursday)

Rev. Richard Nahadil, Christ EC,
Allentown

2:00 p.m.

Lounge

Good Shepherd Aquatic Pool

4:00 p.m.

Van Trip

Program, Cost: \$8.00 (Physician Waiver required)

Prayer Time

7:00 p.m.

Lounge

April 21 (Friday)

Lounge Cleaning

6:00 a.m.

Lounge

(Lounge & Laundry Rm CLOSED till 9:45 am)

Yoga

10:00 a.m.

Lounge

Lunch @Cracker Barrel Restaurant

11:00 a.m.

Van Trip

Tai Chi

12:45 p.m.

Lounge

Walkers Club

2:00 p.m.

Outside

April 22 (Saturday)

Manicures by Appointment

9:30 a.m.

Lounge

April 24 (Monday)

Giant

9:30 a.m.

Van Trip

Exercise

10:00 a.m.

Lounge

Art with Pat

1:30 p.m.

Lounge

Bingo

6:00 p.m.

Lounge

April 25 (Tuesday)

Zumba Gold

9:00 a.m.

Lounge

Lunch @Pied Piper Diner/

10:30 a.m.

Van Trip

Zionsville Antique Mall

Walkers Club

11:00 a.m.

Outside

Computer Class

1:00 p.m.

Comp Rm

Jeff Krick "Elvis Gospel Tribute"

2:00 p.m.

Lounge

April 26 (Wednesday)

Exercise

10:00 a.m.

Lounge

Bible Study

12:30 p.m.

Lounge

Line Dancing

2:00 p.m.

Lounge

Piano Playing

3:00 p.m.

Lounge

Bingo at Lehigh Valley Active Life

5:15 p.m.

Van Trip

April 27 (Thursday)

Chat Room

10:00 a.m.

Lounge

Rev. Lisa Borrell, Friedens

2:00 p.m.

Lounge

Lutheran, Center Valley

Good Shepherd Aquatic Pool

4:00 p.m.

Van Trip

Program, Cost: \$8.00 (Physician

Waiver required)

April 28 (Friday)

(Lounge & Laundry Rm CLOSED till 9:45 am)

Yoga

10:00 a.m.

Lounge

Tai Chi

12:45 p.m.

Lounge

Walkers Club

2:00 p.m.

Outside

April 29 (Saturday)

The Gilbert's Sing for America-

1:15 p.m.

Van Trip

Big Fish Cost: \$12.00

April 30 (Sunday)

Social-Steel City

5:00 p.m.

Lounge

Happy Easter!!!

Our Activities

| <u>Activity</u> | <u>Dates</u> | <u>Time</u> | <u>Place</u> |
|-----------------|--------------------------------------|------------------|--------------|
| Bingo | Every Monday | 6:00 p.m. | Lounge |
| Exercise | Every Monday & Wednesday | 10 a.m. | Lounge |
| Walkers Club | Every Tuesday & Friday | 11 a.m. & 2 p.m. | Outside |
| Church | 1st Tuesday & 2nd, 3rd, 4th Thursday | 2:00 p.m. | Lounge |
| Bible Study | Every Wednesday | 12:30 p.m. | Lounge |
| Line Dancing | Every other Wednesday | 2:00 p.m. | Lounge |
| Piano Playing | Every Wednesday | 3:00 p.m. | Lounge |
| Zumba Gold | Every Thursday | 9:00 a.m. | Lounge |
| Chat Room | Every Thursday | 10 a.m. | Lounge |
| Prayer Time | 1st & 3rd Thursday of each month | 7:00 p.m. | Lounge |
| Yoga | Every Friday | 10:00 a.m. | Lounge |
| Tai Chi | Every Friday | 12:45 p.m. | Lounge |
| Wii Bowling | Every Friday | 5:30 p.m. | Lounge |
| Sunday Praise | Every 2nd Sunday | 1:00 p.m. | Lounge |



| | | | |
|-----------------|-------------|---|-------------------|
| Saturday | 5/6 | Spring Bazaar | 10:00 a.m. |
| Saturday | 5/13 | Coffee & Donuts | 8:00 a.m. |
| Saturday | 5/13 | Pinochle Party | 12:30 p.m. |
| Saturday | 5/20 | Soup & Hot Dogs-Jack & Friends | 5:00 p.m. |
| Sunday | 5/28 | Social-Robin & Jim | 5:00 p.m. |



Claudie's



Corner



Cherie Zettlemyer

will be here on

Thursday, April 6 @ 2pm

In the Lounge

BINGO

Come down and
have some fun
playing
BINGO.



Karen Onushco

will be here on

Thursday, April 13 @ 10 am

In the Lounge

She will be doing **Easter Floral Arrangements.** **"ONLY"** 10 residents can sign up for this activity. Sign up required, first come first serve.



Joseph Eckstein, Nurse Practitioner
From Pen Argl Vascular Institute
will be here on

Tuesday, April 18 @ 12:00 pm

Luncheon/Presentation

Do you have any of the following:

- ◆ Diabetics
- ◆ Smokers
- ◆ Amputation
- ◆ Cold feet or non healing wounds
- ◆ Coronary Artery disease

If you answered yes to 1 or more you should be at this presentation.

Elvis Gospel Tribute

Jeff Krick "Elvis Gospel" (Tribute)
will be performing his Gospel Show
at Lutheran Manor on

Tuesday, April 25 @ 2pm

in the Lounge



You will be hearing all the wonderful gospel music that Elvis sang. It's a performance of a life time. Come down and enjoy the singing.

Computer Class



Tuesday,
Apr 4 & 25
1-3 pm

Sign up required.

Tai Chi



Friday
at 12:45 pm
in the Lounge

YOGA

Every Friday
10:00 am
in the Lounge



Piano Playing &

Singing
with Gladys

Every Wednesday
3pm



**WE'RE
BACK!**

Walkers Club

Every Tuesday @ 11:00 am
Every Friday @ 2:00 pm

Starting Tuesday, April 4th
We will meet in the Lounge.
This Club welcomes everyone!!!

Therapy Dog

Mr. Peabody & Ms. Daisy have retired and will
NOT be coming to Lutheran Manor
any longer. We wish them both the BEST!



Coffee & Donuts

Saturday, April 1st

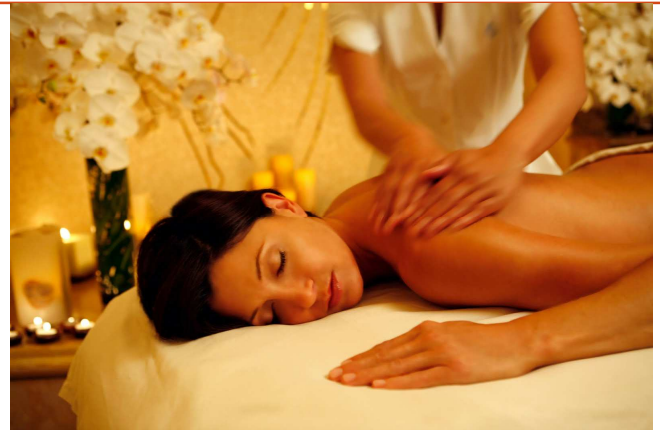
8:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family



MASSAGE

Tuesday, April 4th
9:00-2:00 pm

If you are interested in getting a
massage please **sign-up**
with Claudie.

Price: \$20.00 1/2 hour
\$40.00 1 hour
Conference Room

Chair Massage
also available.

Blood Pressure Check

Thursday, April 6
6:00 p.m.
in the Lounge.



Linda will be here to do

MANICURES

Saturday, April 22



Set up an appointment with Claudie.

EXERCISE

Every Mon & Wed
10:00 am
in the Lounge.



NOW SHOWING

Courageous

Monday, April 3
&

Monday, April 17

1pm in the Conference Room



Four men, one calling: To serve and protect. Yet at the end of the day, they face a challenge that none of them are truly prepared to tackle: fatherhood. While they consistently give their best on the job, good enough seems to be all they can muster as dads. But they're quickly discovering that their standard is missing the mark. When tragedy hits home, these men are left wrestling with their hopes, their fears, their faith, and their fathering. Can a newfound urgency help these dads draw closer to God ... and to their children?



Prayer Time

1st & 3rd Thursday

of each month

In the Lounge

7:00 pm-8:00 pm

Everyone is Welcome!

Coordinators: Bev Westwood & Loretta Mollo

SNACK STAND

Snacks available every

Monday & Wednesday

From 3-6pm

In the Main Lobby





Every Friday

At 5:30 pm

In the Lounge

Last day of Wii Bowling is "April 14th".



Soup & Hot Dogs

Saturday, April 15

5 p.m.

SOUP: Italian Wedding \$3.00

HOT DOGS: Plain, Sauerkraut, or Chili \$1.50

RED BEET EGGS: .50

DESSERT: Ice Cream & Strawberries \$2.50

SODA OR COFFEE: \$1.00

Entertainment by:

Rehrig Brothers

50/50 Drawing

Friends and Family

are Welcome!



Every Monday

6pm

In the Lounge

BINGO

Line Dancing

Peggy Sue Tobias will be here on

Wednesday, April 12 & 26

From: 2-3pm

In the lounge

to teach you how to line dance. Wear comfortable clothes & leather sole shoes. No sneakers. No partner needed. Dancing is a stress reliever.

Let's have fun!



Sunday Praise

Sunday April 9th

1pm

in the Lounge

Join *David Garcia*

for a time of

reflection and

praise to God with Christian

Songs, Scripture

and Prayer.

Everyone is

welcome.



singing

4pm Doors Open
5pm Refreshments
6pm Entertainment

The Resident's Association

Sunday Social

Join
the
Fun

Sunday, April 30, 2017



50/50
Raffle



Donations
requested.

Entertainment by: Steel City



Dates accepting donations for the
Spring Bazaar are:

Tuesday, April 4 & April 18

From: **3:30-5:00 pm**

In the Lounge

We are accepting **ONLY** resaleable
items.

NO clothing, purses, belts.

Unisex Restrooms



As of

Monday, April 3rd

Our Restrooms are Unisex.

April Sign-ups are Soon!!!



To all food box participants,

Just a reminder that all current participants and anyone you know who is interested in receiving a commodity box needs to **SIGN UP** again in April 2017. **Make sure you bring proof of all**

Household Income and your I.D.

(Must be at least 60 yrs old and have income verification).



ART WITH PAT

Monday, April 17 & 24

1:30 pm in the Lounge



Topic: How to Paint a Realistic Apple or Pear Using Acrylic Paint on a Toned Background

Understanding how light and shadow affect objects is key to being able to paint objects realistically. Our subject will be a single yellow apple or pear. Instead of painting on a white



surface, we will tone our background, draw the fruit form, and paint with a limited palette of colors to achieve a three-dimensionally rendered subject.

SPRING...NEW LIFE...



It's Spring and the days are lengthening rapidly. I love this time of year as the earth blossoms forth with new life to the light of day.

I can't help but think as we near the end of our Lenten journey how the alleluias are pushing against the Lenten season ready to burst forth on Easter morning ...with new light and life!

As each day lengthens, we are granted more light to see the hurt, the darkness, the death in and around our own lives and in the lives of our neighbors.

Tony Campolo, an American Baptist pastor, once preached a Good Friday sermon, "It's Friday, but Sunday's Coming!" Yes, for so much of our world it is Friday. Friday looks bleak. Friday is full of death, darkness and evil. Friday is full of broken relationships, lost hopes and shattered dreams. But the victory of Easter reminds us that Friday doesn't get the last word, because Sunday is coming...Easter Sunday. Sunday's coming when we hear Jesus' promise of new life, share with others his presence and speak a word of hope to a neighbor.

Blessings for a happy Spring and Joyous Easter, Pastor Clark

WORSHIP IN APRIL (2pm *except Easter in the Lounge)

Tuesday, April 4th- Rev. James Harper, Notre Dame RC, Bethlehem

Thursday, April 13th – Rev. Tony Pompa, Cathedral Church of the Nativity, Episcopal, Bethlehem

***Easter Sunday, April 16th – 6:30am-** Rev. Werner Koch, St. Stephen Lutheran, Bethlehem

Thursday, April 20 – Rev Richard Nahadil, Christ EC, Allentown

Thursday, April 27- Rev Lisa Borrell, Friedens Lutheran, Center Valley.

BIBLE STUDY- Wednesdays at 12:30pm in the Lounge. We're nearing the end of our study of Revelation...the very best part. Don't miss it!! Next up, Jude.

CHAT ROOM- Thursdays at 10 am in the Lounge. There will not be chat room on Thursday, April 13th.

SUNDAY PRAISE- Song, Scripture and Prayer on Sunday April 9th at 1 pm in the Lounge.

PALMS from Palm Sunday's Worship will be available on Monday morning, April 10th, in the Lounge.





**Save
the
Date**

Sight & Sound

PRESENTS
JONAH

Tuesday, June 6, 2017

Please make sure you sign up.

Cost: \$54.00

Details to follow.



Please join our New Zumba Gold Class

Every Thursday at 9:00 am

Starting Thursday, April 6, 2017

At 9:00 am

In the lounge



Special Events & Speakers

I want to **sign up** to attend the following special events and speakers.....

(check off what you want to attend)

_____ **ZUMBA GOLD**, Thursday, April 6 at 9:00 am

Movie– Courageous (Pick one time only!)

_____ Monday, April 3 at 1pm-Be in your seat by 12:45pm.

_____ Monday, April 17 at 1pm-Be in your seat by 12:45pm.

Computer Class with Nancy

_____ Tuesday, April 4 at 1:00 pm

_____ Tuesday, April 25 at 1:00 pm

Line Dancing

_____ Wednesday, April 12 at 2:00 pm

_____ Wednesday, April 26 at 2:00 pm

Speakers

_____ **BINGO**, Thursday, April 6 at 2:00 pm

_____ **Easter Floral arrangements**, Thursday, April 13 at 10:00 am (**ONLY 10 residents**)

_____ **LEG Pain**, Tuesday, April 18 at 12:00 pm (**LUNCH will be provided**)

_____ **Jeff Krick (ELVIS GOSPEL TRIBUTE)**, Tuesday, April 25 at 2:00 pm

Massage with Jenn (An appointment time will be assigned to you!)

_____ Tuesday, April 4 starting at **9:00am**

Manicures with Linda (An appointment time will be assigned to you!)

_____ Saturday, April 22 between 9:30am-5:00pm

Art with Pat

_____ Tuesday, April 17 & 24 at 1:30 pm



Complete and return this form when you turn in your van trip sign up sheet!

NAME: _____ **APT#** _____



Van Trips



May 2017

| DATE | DAY | TRIP | TIME |
|--------|-----------|---|----------------|
| May 1 | Monday | Giant | 9:30 a.m.____ |
| May 3 | Wednesday | Banks, CVS, \$ Store, Post Office | 9:30 a.m.____ |
| May 4 | Thursday | Penn's Peak-Branson Fever Cost:\$45.00 | 10:00 a.m.____ |
| May 7 | Sunday | Beauty And The Beast -Catasauqua Area High School Cost: \$8.00 | 1:15 p.m.____ |
| May 8 | Monday | Wegmans | 9:30 a.m.____ |
| May 10 | Wednesday | Hometown Flea Market-Tamaqua | 8:30 a.m.____ |
| May 12 | Friday | Jack & Friends/Lynda Randle Live in Concert Heidelberg Union Church Cost: \$20.00 | 4:30 p.m.____ |
| May 15 | Monday | Weis Market | 9:30 a.m.____ |
| May 16 | Tuesday | Lunch @Sal's Pizza Restaurant in Wind Gap | 11:00 a.m.____ |
| May 17 | Wednesday | Dinner @ Chili's Restaurant | 4:30 p.m.____ |
| May 18 | Thursday | Good Shepherd Aquatic Pool Program, Cost: \$8.00 (Physician waiver required) | 4:30 p.m. ____ |
| May 19 | Friday | Segan's Bloomin Haus-Greenhouse -See the Goats and Chickens/ Dinner @1760 Pub N Grille -Trexlerstown | 4:30 p.m.____ |
| May 20 | Saturday | Hunterdon Hills Playhouse-"Born Yesterday" Cost: \$62.00 | 10:00 a.m.____ |
| May 21 | Sunday | Lunch @ Friendly's/Shopping @Lehigh Valley Mall | 10:30 a.m.____ |
| May 22 | Monday | Breakfast @Diner 248/Walmart | 9:00 a.m.____ |
| May 25 | Thursday | Good Shepherd Aquatic Pool Program, Cost: \$8.00 (Physician waiver required) | 4:00 p.m.____ |
| May 26 | Friday | Green Dragon Flea Market | 8:30 a.m.____ |
| May 29 | Monday | Shop-Rite Freemansburg Ave | 9:30 a.m.____ |
| May 30 | Tuesday | Shopping @ Kmart/Lunch @Wind Gap Diner | 11:00 a.m.____ |
| May 31 | Wednesday | Dinner @Calvary Baptist Church Cost: \$7.00 | 4:15 p.m.____ |

Please fill out the form and bring to my office, I will start collecting forms at 7 a.m. on the first day of the month.

Name: _____ Apt: _____

PLEASE CANCEL WITHIN 24 HOURS OF YOUR REQUESTED TRIP SO WE CAN CALL THE NEXT RESIDENT ON OUR WAITING LIST.

A \$5 FEE will be required for NO SHOWS without cancelations.



2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|---|--|
| | | | | | | 8:00 Coffee & Donuts 12:30 Pinochle Party |
| 2 | 3 7:00 Van Trip Papers 10:00 Exercise 1:00 Movie -Courageous 6:00 Bingo | 4 9:00 Massage 11:00 Walkers Club 1:00 Computer Class 2:00 Rev James Harper, 3:30 Bazaar drop off | 5 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing | 6 9:00 Zumba Gold 10:00 Chat Room 2:00 Speaker -BINGO 6:00 Blood Pressure 7:00 Prayer Time | 7 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 2:00 Walkers Club 5:30 Wii Bowling | 8 |
| 9 1:00 Sunday Praise | 10 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo | 11 11:00 Walkers Club 2:00 General Meeting | 12 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing | 13 9:00 Zumba Gold 10:00 Easter Craft 2:00 Rev Tony Pompa, Cathedral Church of the Nativity, Episcopal | 14 OFFICE CLOSED 5:30 Wii Bowling | 15 5:00 Soup & Hotdogs |
| 16 HAPPY EASTER! 6:30 Rev Werner Koch, St Stephen Lutheran, Bethlehem | 17 10:00 Exercise 1:00 Movie -Courageous 1:30 Art with Pat 6:00 Bingo | 18 11:00 Walkers Club 12:00 Speaker -Leg Pain 3:30 Bazaar drop off | 19 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing | 20 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Richard 7:00 Prayer Time | 21 10:00 Yoga 12:45 Tai Chi 2:00 Walkers Club | 22 9:30 Manicure by Appointment |
| 23 | 24 10:00 Exercise 1:30 Art with Pat 6:00 Bingo | 25 11:00 Walkers Club 1:00 Computer Class 2:00 Jeff Krick " Elvis Gospel Tribute " | 26 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing | 27 9:00 Zumba Gold 10:00 Chat Room 2:00 Rev Lisa Borrell, Friedens Lutheran, | 28 10:00 Yoga 12:45 Tai Chi 2:00 Walkers Club | 29 |
| 30 5:00 Social | | | | | | Earth Day |