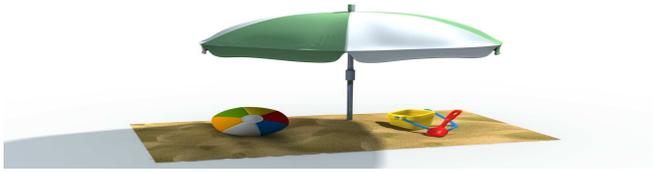


August 2013
Hi Lites of
Lutheran Manor





Diosa Smith— 809

Sonia Leon— 907

August 1 (Thursday)	Iron Pigs Game	5:00 p.m.	Lounge
August 3 (Saturday)	Coffee & Donuts	9:00 a.m.	Lounge
August 3 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
August 8 (Thursday)	Speaker— <i>Traditions of Hanover</i>	3:30 p.m.	Lounge
August 9 (Friday)	Second Harvest Food Delivery	11:00 a.m.	Lounge
August 11 (Sunday)	Pizza Party	4:00 p.m.	Lounge
August 20 (Tuesday)	Massage by Appointments	9:00 a.m.	Conference Room
August 20 (Tuesday)	Speaker- <i>Heat Exhaustion/Strokes</i>	2:00 p.m.	Lounge
August 22 (Thursday)	Speaker— <i>on Edgar Caycee</i>	10:00 a.m.	Lounge
August 26 (Monday)	Therapy Dog-Miz Daisy	11:00 a.m.	Lounge
August 26 (Monday)	IronPigs Game (make-up game)	5:00 p.m.	Lounge
August 27 (Tuesday)	Recertification Workshop	9:30 a.m.	Lounge



Exercise	Every Monday & Wednesday	10 a.m.	Lounge
Zumba	Every Tuesday	10 a.m.	Lounge
Yoga	Every Friday	11 a.m.	Patio
Bible Study	Every Wednesday	1 p.m.	Patio
Bingo	Every Monday	6 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Patio
Poker League	Every Monday & Wednesday	6:30 p.m.	Conf Rm

Looking Ahead

SEPTEMBER

Saturday	9/7	Coffee & Donuts	9 a.m.
Saturday	9/7	Pinochle Party	12:30 p.m.
Sunday	9/8	Labor Day Picnic	Cindy 1 p.m.
Wednesday	9/18	Birthday Party	5 p.m.

Claudie's



Corner



HAPPY HOUR SMOOTHIES

Marisa Leaser from Traditions of Hanover at Home will be coming by to talk to you about all the services that they offer. Also, she will be addressing Caregiver Burnout.

Thursday August 8th @ 3:30 at the Lounge

Refreshments will be served!

Heat Exhaustion/ Heat Stroke

Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke.



You don't want to miss what Brian Petersen, RN from Bayada Home Health Care has to say about Heat Exhaustion and Heat Stroke for the elderly.

Tuesday, August 20 at 2:00 p.m. at the lounge

Refreshments will be served!

Recertification Workshop

Our Jennifer will be providing information about the Recertification process and help answer your questions. (Income, Assets, Medical Expenses).



Jennifer Snead

Tuesday August 27th
9:30 a.m. Lounge

It's **important** that you attend this workshop so you will understand what is needed for your next recertification.

Monday Night Bingo

will take a summer break for the month of **August.**



Will resume in September.

Bloomsburg Fair



If you are planning to go to Bloomsburg Fair, they have **electric scooters** for rent. Make sure if you are taking meds to bring them with you since this will be a long trip.

SUMMERTIME BREAK...

During the months of **July** and **August**

Both Food Stands
will be closed.
(Soup/Hot Dogs,
Snacks)



They will resume in **September**.



JUST A REMINDER

No Committee and General
Meetings for the month of
July and **August**.



Computer Lab

Learning how to use a computer is essential whether you want to keep in touch with family over the web, or maybe you just want to get better with your computer skills.

Nancy will be here on:

Wednesday, August 7

Topic: How to use the computer.

Wednesday, August 21

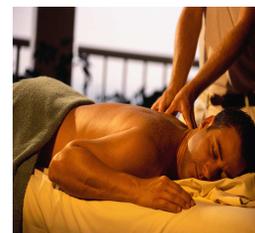
Topic: Navigating the internet.

6-8 pm

Massage Therapy

Tuesday August 20

9 a.m. to 12:30 p.m.



“Need an excuse to get a **massage**? Massage is more than a perky, feel-good indulgence. It actually has many important health benefits. It can help you maintain physical, mental and emotional well being, especially when it is part of your **wellness** routine.”

If you are interested in getting a massage, please sign up in Claudie’s office.

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



Stay Hydrated

If you don't replace
lost fluids, you may get
dehydrated.



Coffee & Donuts

Saturday August 3rd

9 to 10:30 a.m.

\$1.75 coffee & donut

.75 additional donut

Friends and Family

Welcome



Walkers

Club

The walkers have
a motto. Our
motto is,



Senior Stars Let's Go!

If you are interested in feeling good
and looking great, please join the
Senior Stars for a fun walk.

Every Friday @ 9:00 AM

Therapy Dog Visit



Monday August 26

11 a.m.

Lounge

Did you know that a dog

is like having a good buddy. Just like human friends, dogs
can be your ultimate buddy anytime and anywhere you go.
Also, they do not simply accompany you in your life. They
can also cheer you up whenever you feel alone or stressed
in your life.

Alice Romberger will be here with her loveable
Maltese Mix, Miz Daisy.

Come down and say Hi!



Zumba Fitness

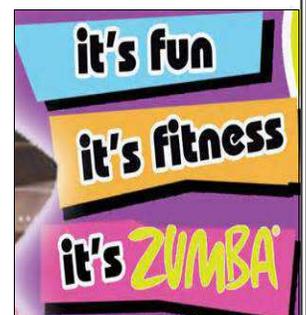
Interested in looking your best and having
fun?

Come join the Zumba Class

Every Tuesday @10:00 AM

LOUNGE

Make sure to wear
comfortable clothes,
sneakers and bring
water. We will be using
chairs.





SOCIAL

Sunday, August 25th
4 p.m. Doors open
5 p.m. Refreshments
6 p.m. Entertainment



Entertainment by:
Elizabeth Knecht

50/50

Good Will Offering
Light Refreshments

IRONPIGS BASEBALL

Thursday **August 1st**

Departs: 5:00 pm



Make up Game

Monday **August 26th**

Departs: 5:00 pm

Double Header

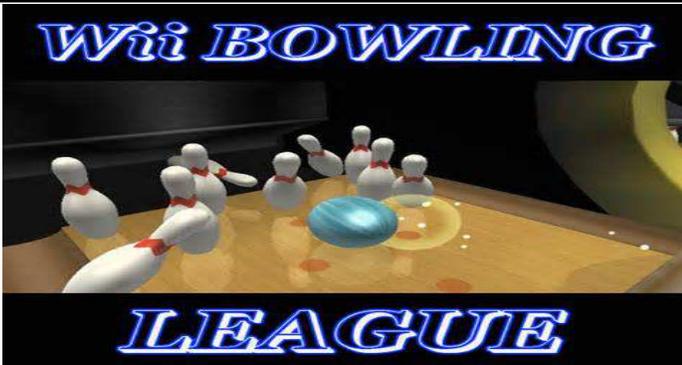


Sunday **September 1st**

Departs: 3:45 pm



Please see Ken Clifford Apt #610



Interested in joining Lutheran Manor Wii Bowling League?

We will hold practice and try out for any new Bowlers who would like to join.

Dates Time: 5:30 pm

Friday, August 16

Friday, August 30

Friday, September 6

Team Rosters will be selected on Friday August 30. League schedule will begin on **September 13, 2013**

For additional information contact:

Adam Fekula, Apt #1109

610-428-3772



Pines Dinner Theatre

Presents

Walking in a Winter Wonderland

Saturday November 30

Time: 12:30 pm Dinner show 2:00 pm

COST: \$47.50 per person

Brand new for 2013, join us for a joyous celebration of the **Christmas holiday**. Featuring everyone's favorite carols, the Nativity, and even Santa Claus, *Walkin' In A Winter Wonderland* will bring the true meaning of the holiday season to life.

The cost includes dinner, gratuity, and show. A **\$20 deposit** will reserve your seat. Final payment October 1st.

Sign up with Claudie.



PIZZA PARTY

Sunday August 11, 2013

5 p.m. in the Lounge

Doors open at 4 p.m.



Cost:

\$5.00 per person

\$6.00 per guest (limit 2)

Entertainment

New

Robin and Jim

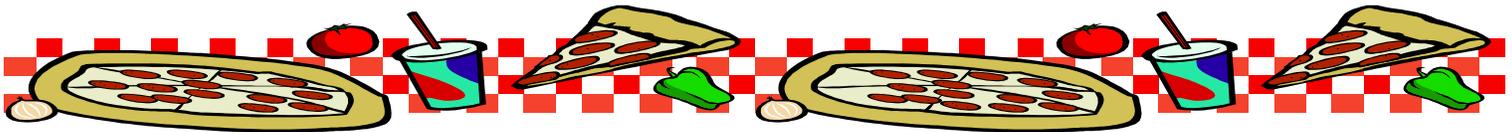
(Don't Miss Them!)

Menu:

2 slices of pizza (with cheese or pepperoni topping) Lettuce w/assorted dressing, Ice Cream, Coffee or tea, Soda \$1.00

50/50 Drawing 3 for \$1.00

Coordinator: Ronnie Clifford



Pizza Party



Put slip under Marge Bachemin's door #705 with cash in envelope.

Deadline for reservations is Wednesday 7th.

Name: _____ Apt# _____ Phone: _____

Choice of 2 slices of Pizza: _____ (2) Cheese, or _____ (2) Pepperoni

(Both slices must be the same kind) # of Guests _____



**Kindness
Is Never
Out of
Season**

“And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

—Ephesians 4:32

The Fruit of Kindness... Kindness is a gift that means a lot to people. When someone does a kind thing for us, we usually feel touched and grateful. Yet signs of kindness are often small acts of thoughtfulness rather than major sacrifices or long-term commitments.

A smile can be an act of kindness to someone who is feeling left out or alone. Helping someone across the street, carrying another’s package into their apartment, letting someone out of a parking lot onto a busy street and making room for someone in a crowded room are all gifts of kindness. A kind deed brightens the moment and reminds us that someone cares.

People who develop the gift of kindness in their lives find that they approach relationships and friendships with the question “what can I do to help make things easier for someone else? A kind lifestyle is one to be desired and developed.

What about you? Are you kind? Do you curb impatient impulses and quick judgments of others and deliberately act in kindness? Have you learned to control your tongue and avoid saying hurtful things? Or are there times when you truly need the gift of kindness?

-Chaplain Clark

WORSHIP - AUGUST, 2013- Weekly in the Lounge at 2pm

†Thursday, Aug 1, Rev. James Muske, St. Matthew Lutheran, Bethlehem

†Tuesday, Aug 6, Rev. Jason Stokes, Notre Dame RC Church, Bethlehem

†Thursday, Aug 15, Richard Kuhn, resident

†Thursday, Aug 22, Rev. Tony Pompa, Church of the Nativity, Bethlehem

†Thursday Aug 29 Rev. Barry Mitchell, Emmanuel Lutheran, Bath



August Worship
Schedule

SUMMER BIBLE STUDY every Wednesday at 1 pm in the Patio. Presently we are studying 1&2 Peter. You are always welcome!

LUTHERAN MANOR CHAT ROOM- Every Thursday at 10 AM in the Patio.

Please come and enjoy lively discussions! (*Exception, August 22nd - see below.*)

SPECIAL PRESENTATION Thursday, August 22 at 10 am in the Lounge.

Joe Hess (Administrator, Good Shepherd Home–Bethlehem) will present a program on the life, career and predictions of Edgar Cayce, Twenty century Psychic and Medical Clairvoyant. This is sponsored by the Lutheran Manor chat room.

(more info elsewhere in this HiLites).





THE LIFE , CAREER AND PREDICTIONS OF EDGAR CAYCEE will be presented by Joe Hess, Administrator of Good Shepherd Home-Bethlehem, on Thursday, August 22 at 10 am in the Lounge.

Edgar Caycee (pronounced Kay-Cee , 1877-1945) has been called the “sleeping prophet,” “the father of holistic medicine,” and the most documented psychic of the 20th century. For more than 40 years of his adult life, Caycee gave psychic “readings” to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come. Many people are surprised to learn that Caycee was a devoted churchgoer and Sunday school teacher. At a young age, Caycee vowed to read the Bible for every year of his life, and at the time of his death in 1945, he had accomplished this task. When asked how to become psychic, Caycee’s advice was to become more spiritual.

Although Caycee died almost 70 years ago, the timeliness of the material ---with subjects like discovering your mission in life, developing your intuition, exploring ancient mysteries, and taking responsibility for your health ---is evidenced by the hundreds of books that have been written on the various aspects of his work and his life itself.

Come join us in the lounge for this presentation, sponsored by the Lutheran Manor Chat Room, on Thursday, August 22 at 10 am. Mr. Hess will share both a 50 minute video and other important information about Caycee – his life, career and predictions. There will be an opportunity for questions and discussion. The presentation will last about 1 ½ -2 hours.

Note from the Manager...

Every year we ask each tenant to attend a recertification interview. We ask for receipts and information confirming your income, assets & medical expenses. As you know, HUD changes on a regular basis. They change forms, procedures, and regulations. I know it is confusing and frustrating. We want to make things easy for you. We want to explain to you exactly what documents we need in order to calculate your rent amount. Please attend the workshop in the lounge on August 27th. It will be very helpful to everyone!

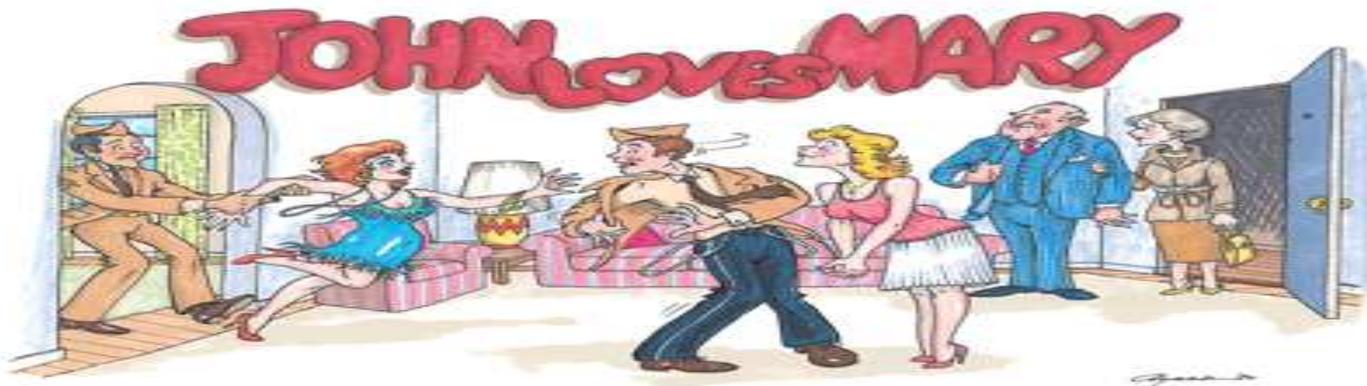
Thursday October 24th will be our Lutheran Manor Anniversary party. **CELEBRATING** 35 wonderful years of operation. Please save the date! This will be a sit down meal with a *limited amount of seats*— PLEASE stay tuned for more details in September’s newsletter!

Stay active but cool. The summer days will be gone before we know it... ☺

Courtney Doheny
Property Manager

Hunterdon Hills Playhouse

Presents John Loves Mary



John and Mary have been in love with each other for years, and plan to marry as soon as John returns home from overseas service during World War II. During the war, John's life was saved by his buddy Fred. Fred returned home a year earlier, but while overseas, he fell in love with Lily, an English girl who could not hope to get to America for years unless she became the wife of a G.I. So, just before he returns home, John marries Lily so he can deliver a big surprise to Fred - after which, John plans to get a quick divorce from Lily and marry Mary. But, poor John's good deed begins to go awry immediately upon his return - and goes on to become more and more riotously convoluted in this classic wartime comedy.

Don't miss this side-splittingly funny Broadway hit!

COST: \$55.00

The cost includes lunch, gratuity, and Matinee

Monday, September 16

A \$25.00 deposit will reserve your seat. Final payment must be made by August 16.

Make sure to stop by Claudie's office to select your entrée selection.



Van Trips



September 2013

DATE		TRIP	TIME
September 1	(Sunday)	Iron Pigs Game	4:00 p.m. _____
September 3	(Tuesday)	Banks, CVS, \$ Store, Post Office	12:00 p.m. _____
September 5	(Thursday)	Lunch/Movie at Carmike	10:30 a.m. _____
September 6	(Friday)	Allentown Farmers Market	9:30 a.m. _____
September 8	(Sunday)	St. Nicholas Church Festival	1:00 p.m. _____
September 9	(Monday)	Giants	9:30 a.m. _____
September 11	(Wednesday)	Cracker Barrel Dinner	3:30 p.m. _____
September 13	(Friday)	Zerns/Ice Cream	1:00 p.m. _____
September 16	(Monday)	Hunterdon Playhouse "John Loves Mary"	9:30 a.m. _____
September 18	(Wednesday)	Lunch@Dough Boys	11:00 a.m. _____
September 19	(Thursday)	Allentown Art Museum \$7.00/ Lunch@ Brass Rail	9:30 a.m. _____
September 20	(Friday)	Breakfast/Valley Farms	9:30 a.m. _____
September 22	(Sunday)	Peddlers Village Scarecrow Festival	9:00 a.m. _____
September 23	(Monday)	Bloomsburg Fair	8:30 a.m. _____
September 24	(Tuesday)	Senior Bingo (Free Lunch)	10:45 a.m. _____
September 25	(Wednesday)	Weis	9:30 a.m. _____
September 26	(Thursday)	Hibachi Grill in Nazareth	3:30 p.m. _____
September 28	(Saturday)	Celtic Festival	9:00 a.m. _____
September 30	(Monday)	Breakfast/Wal-Mart	9:30 a.m. _____

Please fill out the form and I will meet you at the Lounge after 9 a.m. on the first day of the month to collect. Thank you!

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.

August 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Chat Room 2:00 Rev James Muske, St Matthew Lutheran 5:00 Iron Pigs Game	2 9:00 Walkers Club 11:00 Yoga 	3 9:00 Coffee & Donuts 12:30 Pinochle Party 
4 2:00 Yarns Around	5 10:00 Exercise 6:30 Poker League	6 10:00 Zumba Class 2:00 Rev Jason Stokes Notre Dame RC, Bethlehem	7 10:00 Exercise 1:00 Bible Study 6:00 Computer Class 6:30 Poker League	8 10:00 Chat Room 3:30 Speaker-Traditions of Hanover at Home	9 9:00 Walkers Club 11:00 Yoga 11:00 Second Harvest	10
11 2:00 Yarns Around 4:00 Pizza Party 	12 10:00 Exercise 6:30 Poker League	13 10:00 Zumba Class 	14 10:00 Exercise 1:00 Bible Study 6:30 Poker League	15 10:00 Chat Room 2:00 Richard Kuhn, resident	16 9:00 Walkers Club 11:00 Yoga Club	17
18 2:00 Yarns Around	19 10:00 Exercise 6:30 Poker League 	20 9:00-12:30 Massage by appointments 10:00 Zumba Class 2:00 Speaker-Heat Strokes/Heat Exhaustion	21 10:00 Exercise 1:00 Bible Study 6:00 Computer Class 6:30 Poker League	22 10:00 Speaker-on Edgar Caycee 2:00 Rev Tony Pompa, Church of the Nativity,	23 9:00 Walkers Club 11:00 Yoga 	24
25 2:00 Yarns Around 4:00 Social 	26 10:00 Exercise 11:00 Therapy Dog 5:00 Iron Pigs Game 6:30 Poker League	27 9:30 Recertification Workshop No Zumba	28 10:00 Exercise 1:00 Bible Study 6:30 Poker League	29 10:00 Chat Room 2:00 Rev Barry Mitchell, Emmanuel Lutheran	30 9:00 Walkers Club 11:00 Yoga	31