

August 2015

Hi Lites of

Lutheran Manor





NEW RESIDENTS
Earl Rice 811
Susan Trautman 201

August 1 (Saturday)	Coffee & Donuts Pinochle Party	9:00 a.m. 12:30 p.m.	Lounge Lounge
August 3 (Monday)	<i>Banks, CVS, \$ Store, Post Office</i> Exercise Poker League	<i>9:30 a.m.</i> 10:00 a.m. 6:30 p.m.	<i>Van Trip</i> Lounge Conf Room
August 4 (Tuesday)	Zumba Rev. James Harper, Notre Dame RC Church, Bethlehem	10:00 a.m. 2:00 p.m.	Lounge Lounge
August 5 (Wednesday)	Massage by Appointments <i>Hackman's Bible Bookstore/Walmart</i> Exercise Bible Study Computer Class Salsa Dancing Class Piano Playing Poker League	9:00 a.m. <i>9:30 a.m.</i> 10:00 a.m. 12:30 p.m. 1:00 p.m. 1:00 p.m. 3:00 p.m. 6:30 p.m.	Conf Room <i>Van Trip</i> Lounge Patio Comp Room Lounge Lounge Conf Room
August 6 (Thursday)	<i>Wegmans</i> Chat Room Speaker-Domestic Violence in <i>Later Life</i> Blood Pressure Check	<i>9:30 a.m.</i> 10:00 a.m. 2:00 p.m. 6:00 p.m.	<i>Van Trip</i> Patio Lounge
August 7 (Friday)	<i>Martin Guitar Museum Guided Tour-</i> <i>Cost: \$3.00/Lunch @ Mavajo's Pizza</i> Walkers Club Yoga Discipleship Class Tai Chi Watercolor Class	<i>9:00 a.m.</i> 9:00 a.m. 10:00 a.m. 11:30 a.m. 12:45 p.m. 1:00 p.m.	<i>Van Trip</i> Outside Patio Conf Rm Patio Lounge
August 10 (Monday)	<i>Giant Food Store</i> Exercise Movie-Black or White Poker League	<i>9:30 a.m.</i> 10:00 a.m. 1:00 p.m. 6:30 p.m.	<i>Van Trip</i> Lounge Conf Room Conf Room
August 11 (Tuesday)	<i>American Music Theatre/</i> <i>Lancaster-INSPIRE Cost: \$27.00</i> <i>Lunch</i> Zumba Bracelet & Necklace Class	<i>10:00 a.m.</i> 10:00 a.m. 1:30 p.m.	<i>Van Trip</i> Lounge Lounge



August 24 (Monday)

Movie-Black or White

1:00 p.m.

Conf Room

Poker League

6:30 p.m.

Conf Room

August 25 (Tuesday)

Zumba

10:00 a.m.

Lounge

Art with Pat

1:30 p.m.

Lounge

Iron Pigs Game Cost: \$10.00

5:30 p.m.

Van Trip

August 26 (Wednesday)

Exercise

10:00 a.m.

Lounge

Bible Study

12:30 p.m.

Patio

West End Fair/Senior Day

1:00 p.m.

Van Trip

Cost: \$3.00

Piano Playing

3:00 p.m.

Lounge

Poker League

6:30 p.m.

Conf Room

August 27 (Thursday)

Breakfast/Walmart

9:00 a.m.

Van Trip

Chat Room

10:00 a.m.

Patio

Pastor John Hart, Holy Trinity,

2:00 p.m.

Lounge

Lutheran, Catasauqua

August 28 (Friday)

Walkers Club

9:00 a.m.

Outside

Yoga

10:00 a.m.

Patio

Discipleship Class

11:30 a.m.

Conf Room

Tai Chi

12:45 p.m.

Patio

August 31 (Monday)

Exercise

10:00 a.m.

Lounge

Therapy Dog

11:00 a.m.

Lounge

Lunch @ Marblehead Chowder

11:00 a.m.

Van Trip

House in Easton

Poker League

6:30 p.m.

Conf Room



Activity

Dates

Time

Place

Exercise

Every Monday & Wednesday

10 a.m.

Lounge

Poker League

Every Monday & Wednesday

6:30 p.m.

Conf Rm

Zumba

Every Tuesday

10 a.m.

Lounge

Bible Study

Every Wednesday

12:30 p.m.

Patio

Piano Playing

Every Wednesday

3:00 p.m.

Lounge

Chat Room

Every Thursday

10 a.m.

Patio

Yoga

Every Friday

10:00 a.m.

Patio

Tai Chi

Every Friday

12:45 p.m.

Patio

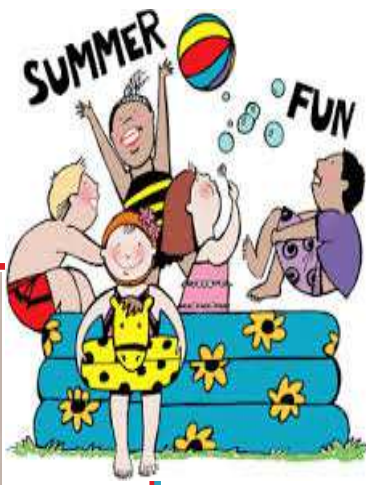
Walkers Club

Every Friday

9:00 a.m.

Outside

Claudie's



Corner



Gloria Rivera from Turning Point of Lehigh Valley will be here on **Thursday, August 6** at 2pm in the Lounge

To talk about Domestic Violence in Later Life. Someone you know is a victim or survivor of domestic violence abuse.



"Your Loved One Has Dementia: How to Cope."
Inge Allen, RN, from Southeastern Home Health Services will be here on

Friday, August 14 at 1:30 pm
in the Lounge



- ◆ Definition of dementia
- ◆ Progression of dementia
- ◆ Care planning: short & long term
- ◆ Caregiver stress and coping
- ◆ Support/resources
- ◆ Adapting the environment-keeping loved ones safe

Refreshments will be served!

Bracelet & Necklace Class



Tuesday, August 11th at 1:30 in the Lounge

Cost: **\$20.00**

With Claudie



ART WITH PAT

An introduction to the artistic process of printmaking.

Tuesday, August 18 & 25

1:30 pm in the Lounge



September

2015

Saturday	9/5	Coffee & Donuts	9:00 a.m.
Saturday	9/5	Pinochle Party	12:30 p.m.
Wednesday	9/16	Birthday Party-Lorri & Jim	6:00 p.m.
Saturday	9/19	Soup & Hot Dogs-Music Memories	11:00 a.m.
Sunday	9/27	Social - Rehrig Brothers	5:00 p.m.

Birthday PARTY





COMPUTER TRAINING

BEGINNER to
ADVANCED

Wednesday, August 5 & 19
1-3 pm

Sign up with **Claudie**



Every Friday at **12:45pm**

In the Patio

If you're looking for a way to
reduce stress, consider *Tai Chi*.



Piano playing
&
Singing with
Gladys and Residents.



Every Wednesday
From 3-4 pm

MESSAGE THERAPY



Wednesday, August 5th
9:00-1:30 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



Coffee & Donuts Saturday, August 1st

9:00 a.m. to 10:30 a.m.

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

**Friends and Family
are Welcome.**



Join the WALKERS CLUB

Every Friday

9 am

Therapy Dog



Monday, August 31.

At 11:00 am in the lounge.



ZUMBA CLASS

TUESDAY AT 10 AM

IN THE LOUNGE





For the Month of **July** and **August**.

NO Committee and General Meeting.



During the months of
JULY and **AUGUST**

The Snack Stand &
Soup/Hot Dogs

will be **CLOSED**.



Will resume in

September.

Have a good
Summer!

NO BINGO

For the Month of
JULY and **AUGUST**

will resume in

September.



4 PM Doors Open
5 PM Refreshments
6 PM Entertainment



Donations
requested.

SOCIAL

Sunday, August 23
Entertainment by:
Steel City



Note from the Manager...

As you know, Lutheran Manor will be constructing a front entrance canopy. This canopy will protect residents and guests from the outside elements as they enter or exit the building. We are subject to start construction in August. Please be patient and flexible as construction is underway. During certain steps of the construction process, we will need to re-route the flow of traffic when entering and exiting the building. Please beware of posted signs and regularly check the TV monitors for specific instructions. Re-routing will be temporary however a necessity so we can ensure everyone's safety during this process.

June 1st we updated our smoking policy. Residents and guests can not smoke *by or near* the front entrance. I have included a diagram to assist you with this policy update. We have had ONE eviction so far due to violating the smoking policy—please do not be our second!! Do NOT smoke in the building, near exterior doorways or out-front. If you do smoke in areas that are prohibited, you will obtain a lease violation and that can lead to eviction.

Please remind your guests or home-care aids that our parking lot is for RESIDENTS only. We have three 30-minute parking spaces for guests and two 1-hour spaces for guests with handicapped license plates or hangtags. We are monitoring these spaces as best as we can. If your guest violates the parking lot rules, they can be towed at the vehicle owner's expense.

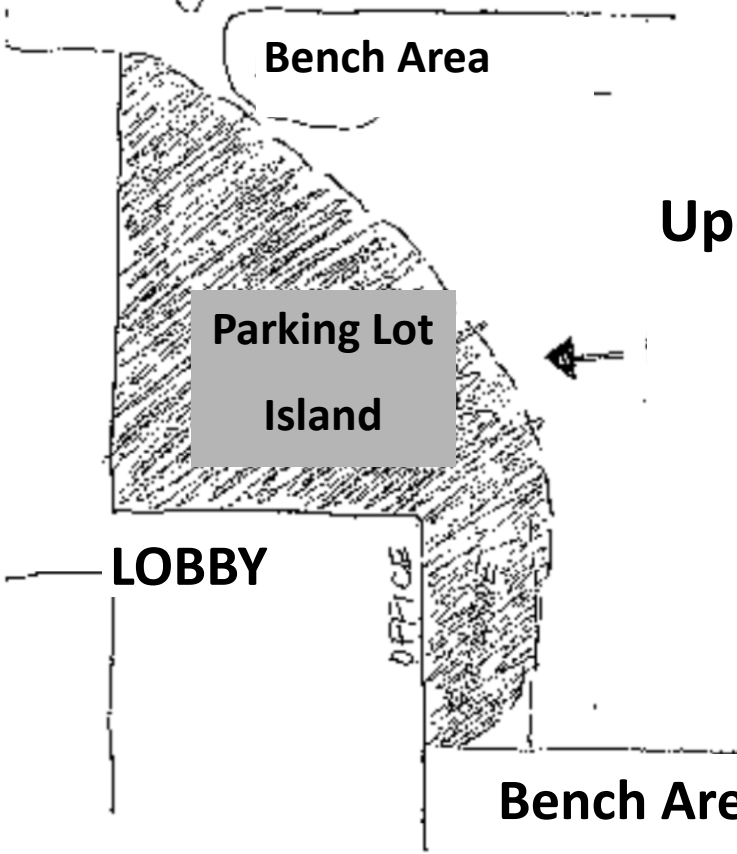
We have established these procedures and rules so we can provide our residents with a well-run safe community that everyone can call *home*. We have created these both to address situations or incidents that *have already occurred* and to *prevent* similar incidents from occurring in the future. *Home* is where the heart can be open and loving with a sense of security and safety. Our combined on-going efforts are because we want you to be able to call Lutheran Manor *HOME*...

Courtney L. Doheny

Property Manager

DIAGRAM

Bathgate Drive



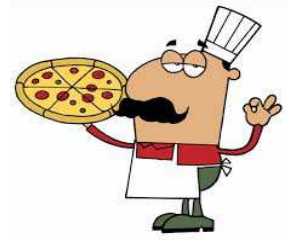
Updated NO SMOKING ZONE

In the Shaded Area
Including Island

Anonymous
Artist



PIZZA PARTY



Sunday, August 16, 2015

5 p.m. in the Lounge (Doors open at 4 p.m.)

Cost:

\$5.00 per person

\$6.00 per guest (limit 2)

Menu:

2 slices of pizza

(with cheese or pepperoni
topping)

Lettuce with assorted dressing

Ice Cream

Coffee or Tea

Soda—\$1.00



Entertainment by:

Jim Loftus

50/50 Drawing 3 for \$1.00

Coordinator: Esther Heimbach



PIZZA PARTY

Sunday, August 16, 2015

Place slip in a sealed envelope along with cash payment and
slide it under Marge Bachemin's door Apt #705.

Name: _____ Apt# _____ Phone: _____

of Guests _____

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

(Both slices must be the same kind)

DEADLINE FOR RESERVATIONS IS WEDNESDAY, AUGUST 12TH.



Heidelberg Union Church
 5187 Irvin Road
 Slatington, Pa
 Gaither Homecoming Artist

PRESENTS

LYNDA RANDLE

IN CONCERT 7pm

Friday, September 11

Jack & Friends

Will be performing at 6pm

COST: \$20.00



Watercolor Class

David Michael Donnangelo

Will be here on Friday, August 7th

1-3 pm

In the Lounge



black or white

Music From The Motion Picture Music By Terence Blanchard



NOW SHOWING

Black or White

When his wife dies in a car crash, Elliott Anderson (**Kevin**

Costner) fields another blow: the realization that he must raise his biracial granddaughter, Eloise (**Jillian Estell**), alone. However, the child's pater... Morenal grandmother, Rowena (**Octavia Spencer**) feels that she is better equipped to take care of the child, and sues for custody. With Eloise caught in the middle, both Elliott and Rowena are forced to confront their true feelings about race, forgiveness and understanding.

Monday, August 10 & 24

1:00 pm

Conference Room

“Steeple and Steel Tour”

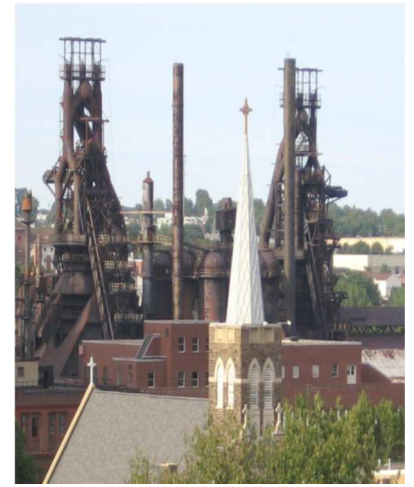
Bus Tour of Bethlehem Steel Plant Site
And Churches of South Bethlehem

Saturday, September 26

9:30 AM

COST: **\$15.00**/Lunch Included

The **mini-bus tours** provide **historic** interpretation of work at the **Bethlehem Steel mill**, the South Side Bethlehem churches, and the connections between steelworkers, their churches, and the South Side’s ethnic communities during the **late 1800’s and early 1900’s**. The initial one-hour section of the tour, guided by a representative from the South Bethlehem



Historical Society, **will tour steelworker churches on Bethlehem’s South Side** (entering Fritz Memorial United Methodist Church).

The **tour package includes a lunch**, i.e. a re-creation of the **bag lunch** that ***Bethlehem Steel provided to steelworkers when they worked an overtime shift.***

Sign up NOW!





Jesus said to them, "Come away to a deserted place all by yourselves and rest awhile." Mark 6:31

It's summertime and that means many of us will travel to family and friends, to the seaside and mountains on vacation.

That is great! We all need a place where we can step back, take a deep breath, relax and rest. Of course, that is sometimes difficult when weighed against our lifestyles that put so many demands on our time and energy. One of my favorite songs is from the early seventies by Simon and Garfunkel... "Slow down, you move too fast...". We do "move too fast" at times. Jesus calls us to service but he also instructs us to take time to rest and re-fuel, as he did with his disciples. I challenge each of you this week to make a covenant with yourself to do something restful...go to that "deserted place... and rest awhile."

May you be blessed with God's healing presence in your quiet time.

Pastor Clark

WORSHIP IN AUGUST, 2015- 2pm in the Lounge

Tues. August 4th The Rev. James Harper, Notre Dame RC Church, Bethlehem

Thurs. August 13th The Rev. Rick Sergi, Emmanuel E.C. Bethlehem

Thurs. August 20th The Rev. David Wickmann, Schoeneck Moravian, Nazareth

Thurs. August 27th The Rev. John Hart, Holy Trinity Lutheran, Catsauqua

BIBLE STUDY- EPHESIANS- every Wednesday at 12:30 am in the Patio.

THE GREAT CARUSO-MOVIE- on Thursday, August 20th at **9:30am** in the Lounge. More info elsewhere in the *HiLites*. *Sponsored by the chat room.*



CHAT ROOM every Thursday (except August 20th) at 10 am in the Patio. Meet with your neighbors and join our discussions of so many interesting subjects.

An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?"

The boy thought it over and said, "Well, I'll just run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Jimmy, come in or stay out!'"

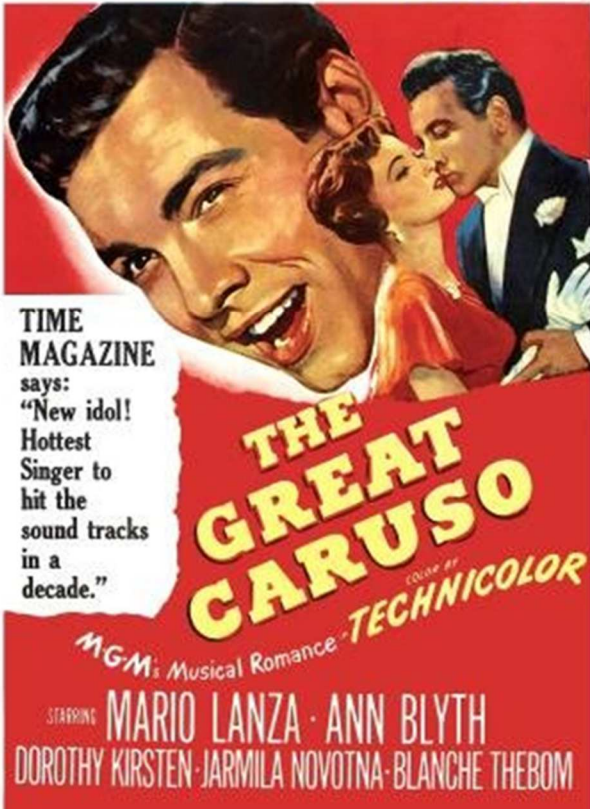


*... he leads me
Beside still
waters;
he restores
my soul.*

Psalms 23:2-3, 41RSV

ARCHIVE  COLLECTION

MORE GREAT LOVE SONGS FROM MARIO LANZA
Who Thrilled the Nation with "BE MY LOVE"



The Great Caruso -MOVIE

Mario Lanza (Actor), Ann Blyth (Actor, Performer), Richard Thorpe (Director)

**THURSDAY, AUGUST 20th in
LUTHERAN MANOR'S LOUNGE**

9:30-11:15 AM

Bravo, Enrico! Bravo, Mario!

Renowned tenor Mario Lanza portrays his long-time singing idol Enrico Caruso in the crowd-pleasing musical that was 1951's #4 box-office hit. The Great Caruso rings out with 27 musical selections and shines with the grandeur of a

life lovingly refracted through the Hollywood biopic lens. The music (by Puccini, Donizetti, Verdi and more) emphasizes works most closely associated with Caruso. The story, spanning Caruso's Naples boyhood to worldwide acclaim and tragedy-stricken final performance, touches on the down-to-earth character traits that spread the singer's fame beyond the black-tie society of Metropolitan Opera connoisseurs. Nominated for three Academy Awards, the movie won for Best Sound Recording.

JOIN US FOR THIS WONDERFUL MOVIE AND REFRESHMENTS!

-sponsored by the Chat Room



PRESENTS

The VAN-DELLS



Tuesday, September 29th

Luncheon Show-Family Style Meal

COST: \$48.00

Since 1974, The Van-Dells have been thrilling audiences of all ages with their unique blend of choreography, side splitting comedy and tight harmonies. In this one of a kind show, the Van-Dells, backed by a 7 piece band, will perform the history of **Rock "N" Roll**. Once called "**The 3 Stooges**" of music and known for their rich harmonies and tributes to your favorite artists, you will leave the Penn's Peak audience wanting more!

All luncheon shows come complete with a **family style meal** including our popular **Penn's Peak Pot Roast**, all non-alcoholic beverages (**alcohol available for purchase**), tax, gratuity and the show!

SIGN UP NOW!



Lutheran Manor will soon have our **Canopy**. Please be patient while our front entrance is under construction.



Aja will be here on **Wednesday, August 5th & August 19** to teach you **Salsa Dancing**.

1:00 pm in the Lounge

7 Great Benefits of Salsa Dancing

- ◇ Social Benefits
- ◇ Strengthens your personal relationships
 - ◇ Confidence
 - ◇ Self Expression
 - ◇ Weight Loss
 - ◇ Flexibility
- ◇ Happiness and Fulfillment

Van Trips



September 2015

DATE	DAY	TRIP	TIME
September 1	(Tuesday)	Dinner @ Doughboys	4:00 p.m.____
September 2	(Wednesday)	Wegmans	9:30 a.m.____
September 3	(Thursday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
September 8	(Tuesday)	Breakfast/Valley Farms	9:00 a.m.____
September 9	(Wednesday)	Shopping at Kmart/Burlington Coat Factory/ Lunch @ Panera Bread	9:30 a.m.____
September 10	(Thursday)	Tri-Boro Spaghetti Dinner	4:45 p.m.____
September 11	(Friday)	Lynda Randle in Concert & Jack & Friends- Slatington Cost: \$20.00	5:15 p.m.____
September 13	(Sunday)	Lehigh Valley Mall/Lunch @ Golden Coral Buffet & Grill	10:00 a.m.____
September 14	(Monday)	Breakfast/Walmart	9:00 a.m.____
September 15	(Tuesday)	Senior Bingo w/lunch (donations)	10:45 a.m.____
September 17	(Thursday)	Valley Farms	9:30 a.m.____
September 18	(Friday)	Bed Bath & Beyond/Pier 1	11:00 a.m.____
September 24	(Thursday)	Giant	9:30 a.m.____
September 26	(Saturday)	Steeple and Steel Tour-Bethlehem Steel Plant Site and Church- Cost:\$15 lunch included	8:45 a.m.____
September 28	(Monday)	Bloomsburg Fair (Senior Day-Free)	8:30 a.m.____
September 29	(Tuesday)	Penn's Peak- The Van-Dells Luncheon/Show Cost:\$48.00	10:30 a.m.____
September 30	(Wednesday)	Weis	9:30 a.m.____

back to school



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.

Welcome AUGUST

2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3 10:00 Exercise 6:30 Poker League	4 10:00 Zumba 2:00 Rev James Harper Notre Dame RC Church, Bethlehem	5 9:00 Massage 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 1:00 Salsa Dancing	6 10:00 Chat Room 2:00 Speaker-Domestic Violence in Later Life 6:00 Blood Pressure Check	7 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi 1:00 Watercolor Class	8
9	10 10:00 Exercise 1:00 Movie-Black or <i>White</i>	11 10:00 Zumba 1:30 Bracelet & Necklace Class	12 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League	13 10:00 Chat Room 2:00 Rev Rick Sergi, Emmanuel E.C. Bethlehem	14 9:00 Walkers Club 10:00 Yoga 11:00 Second Harvest 12:45 Tai Chi 1:30 Speaker-Dementia	15 9:30 Manicures by Appointment 
16 5:00 Pizza Party 	17 10:00 Exercise 6:30 Poker League	18 10:00 Zumba 1:30 Art with Pat	19 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 1:00 Salsa Dancing 3:00 Piano Playing	20 9:30 DVD-Caruso 2:00 Rev David Wickmann, Schoeneck Moravian, Nazareth	21 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi	22
23 5:00 Social 	24 10:00 Exercise 1:00 Movie-Black or <i>White</i> 6:30 Poker League	25 10:00 Zumba 1:30 Art with Pat	26 10:00 Exercise 12:30 Bible Study 3:00 Piano Playing 6:30 Poker League	27 10:00 Chat Room 2:00 Pastor John Hart, Holy Trinity Lutheran, Catasauqua	28 9:00 Walkers Club 10:00 Yoga 11:30 Discipleship Class 12:45 Tai Chi	29
30	31 10:00 Exercise 11:00 Therapy Dog 6:30 Poker League					