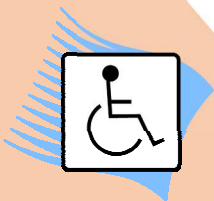


August 2018

Hi Lites of Lutheran Manor





Notes From the Office





New Resident


Stephania Czuba #511

TV/PHONE ISSUES

To prevent any unnecessary charges, put in a maintenance slip and let our maintenance staff take a look at any issues with your TV or phone before calling your provider.

LAUNDRY ROOM TIPS



- **Energy Efficient** liquid detergent is preferred.
- When using pods, please place directly into machine with clothes and use:
 - 1 for small/medium loads**
 - 2 for large loads**

DOUBLE CHECK YOUR MAIL



Please make sure that your entire address, including **YOUR APARTMENT NUMBER**, is listed on everything. Mail with incomplete addresses **WILL NOT** be delivered.

PHONE LIST UPDATE

If you haven't already, be sure to hand in your phone number update sheet that was included in the July highlights. Your help with this is greatly appreciated!





VAN TRIP PAPERS

Beginning in August, **Van Trip Paper/Event Signup sheets** will be accepted beginning at **8:30 am in the Main Office.**

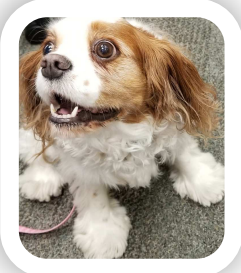
REMINDER

PAYMENT FOR TRIPS **IS DUE** WHEN YOU SUBMIT YOUR VAN TRIP PAPERS.



Claudie's Corner

Therapy Dog Visit



Penny will be here
Friday, August 17th
at 2pm in the Lounge

Sorry, **NO TREATS**
for Penny
while she is working.

A Matter of Balance Improve your Strength and Balance!

April Carl will be here on **Monday, August 6th**
at 2pm in the Community Room

Are you concerned about falls?

Matter of Balance is an award-winning program designed to
manage falls and increase activity levels.

REFRESHMENTS WILL BE SERVED!

ICE CREAM Meet & Mingle SOCIAL!



Wednesday, August 15th
2:00 pm in the Lounge

Come down to meet & mingle with your
neighbors while enjoying delicious ice
cream customized with your choice of
toppings!

Sprinkles Ice Cream Truck

Beat the heat with a cold treat!



**They will be
parked on the
promenade.**

Date	Time
Sunday, August 5	3:00 pm
Tuesday, August 14	2:00 pm
Sunday, August 19	3:00 pm
Tuesday, August 21	2:00 pm
Sunday, August 26	3:00 pm

Card Making



Tuesday, August 7th
1:30 pm in the Lounge

Eileen will be here for crafts where you will be making 3 cards!
Only "10" residents may attend this class. **Sign-up required!!!**

NOW SHOWING

THE INTERN

Monday, August 13, 2018 & Tuesday, August 28, 2018
1pm in the Conference Room

FEEL FREE TO BRING YOUR FAVORITE TREATS TO ENJOY WHILE WATCHING THE MOVIE!

Academy Award winner Robert De Niro stars as Ben Whittaker, a 70-year old widower who gets the chance to work as a senior intern at an online fashion start-up founded by the ambitious Jules Ostin, played by Academy Award winner Anne Hathaway. As the two generations collide, they also find friendship and someone to count on – each other.

Resident's Association

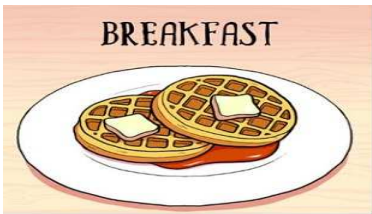


Coming in September

Saturday	9/1	Coffee, Donuts, Bagels & Muffins	8:00 am
Saturday	9/1	Pinochle Party	12:30 pm
Saturday	9/8	Breakfast (Cost \$3)	8:30 am
Monday	9/10	Committee Meeting	1:30 pm
Tuesday	9/11	Residents Association General Meeting	2:00 pm
Saturday	9/15	Soup & Hot Dogs	5:00 pm
Wednesday	9/19	Birthday Party—Eddie Kittek	5:00 pm
Saturday	9/29	Christmas Bazaar	10:00 am - 2:00 pm
Sunday	9/30	Social-Steel City	5:00 pm

Important Christmas Bazaar Info

- Donations must be Christmas items ONLY!
- Cutoff date for Donations will be SEPTEMBER 1st!
- Get your own table at the Bazaar for \$10!! Deadline for table fees is AUGUST 15th.



Breakfast open to
all Residents & Guests!!

Saturday, August 11, 2018

8:30 am—10:00 am

Cost: \$3.00

MENU

3 Pancakes
2 Sausage Links
Coffee and Orange Juice

BREAKFAST

Saturday, August 11, 2018

8:30 am—10:00 am

Place slip in a sealed envelope along with cash payment
and slide it under the door of Marjorie Bachemin Apt #705.

Name: _____ Apt# _____ Phone: _____

of Guests _____

DEADLINE FOR RESERVATIONS IS MONDAY, AUGUST 6TH.



From the Chaplain



Give a Little, Get a Lot

There is one who scatters, yet increases more; and there is one who withholds more than is right, but it leads to poverty.

—Proverbs 11:24

Most people live with a certain amount of clutter in their lives. Perhaps today is the time to **repurpose** some of your clutter by giving it away to those in need. There are many Bible verses which advise that giving is

beneficial not just to the receiver of gifts but also to the giver. Scientists now have proof. Scans of the brain show that acting charitably toward others stimulates our brain's reward system. Better yet, other studies show that when helping others, the helpers heal both emotionally and physically.

Somehow, giving not only makes us feel good but actually makes our lives healthier. St. Francis of Assisi was right when he said, "For it is in giving that we receive."

In gratitude, Pastor Clark

WORSHIP AT 2PM EVERY WEEK IN THE COMMUNITY ROOM

Thurs, August 2nd -Pastor Lisa Borrell, Friedens Lutheran, Center Valley

***Thurs, August 9th -Spanish Worship-Pastor Erika Rodriguez, Allentown**

***Tues, August 14th -Father Daniel Kravatz, Notre Dame RC Church, Bethlehem**

Thurs, August 16th - Pastor Richard Nahodil, Christ E. C. Church, Allentown

Thurs, August 23rd -Pastor Dan Miller, Edgeboro Moravian Church, Bethlehem

Thurs, August 30th – Pastor Larry Humberd, , LV Grace Brethren, Bethlehem

*Worship Notes:

-On Thursday, August 9th, we will begin a monthly Spanish speaking worship.

-Please let Pastor Clark know if you would like your Pastor to lead worship.

-Note change, Father Kravatz will be here on August 14th.



DVD: ANDRE RIEU LIVE IN NEW YORK

Thursday, August 9th at 10 am **in the Lounge**

Refreshments and fun (Sponsored by the Chat Room)

ANDRÉ RIEU: LIVE IN NEW YORK (DVD)

Thursday, August 9, 2018

10 am in the LOUNGE



Refreshments
will be served!!

—sponsored by the chat room

SELECTIONS INCLUDE:

Amazing Grace
Oh The Beautiful Blue Danube
Seventy Six Trombones
Funiculi Funicula
Yakety Sax
I Will Follow Him
The Stars and Stripes Forever
My Way
and many more!

VAN TRIP- CIRCLE LINE SIGHTSEEING CRUISE: NEW YORK CITY



THURSDAY, SEPT. 6, 2018

9:30 am-7:30pm

Cost: \$43.00 (+cost for lunch and dinner)

Experience the only sightseeing cruise in New York City that completely circumnavigates the island of Manhattan.

You'll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city's most iconic landmarks including the full Manhattan skyline, the impressive One World Trade Center, the growing Brooklyn waterfront, the legendary Yankee Stadium, beautiful Gracie Mansion, the stately George Washington Bridge and, of course, an up close look at the Statue of Liberty and Ellis Island!

All from the comfort of our state-of-the-art boats.

Our world-famous tour guides tell the story of New York City as you journey around the full island



Kierra's Kickstart to Fitness

YOGA!

Sample Class with Jessie

Friday 8/17 at 10:00 AM

In the Wellness Center Exercise Room

You can try it seated or standing!

THIS CLASS WILL REPLACE FIT FOR LIFE ON 8/17 ONLY!

Do You Miss Dancing?

Try Zumba Gold

Every Thursday 9:00AM

This workout is gentle yet fun!

You can stay in the chair or stand.

DISCOUNT LAUNDRY DAYS



**SAVE 50¢ PER LOAD
EVERY TUESDAY
IN AUGUST!**

PAY ONLY

\$1.50 PER OVERSIZED WASHER LOAD

\$1.25 PER WASHER LOAD

.75¢ PER DRYER LOAD

ONLY when you use the

WELLNESS CENTER LAUNDRY ROOM!



Shuffleboard League

Do you like shuffleboard?

**Help us break in our new shuffleboard the right way
by joining our NEW shuffleboard league!**

**League games will be held on
Thursday evenings at 6:00 pm in the game room.**

**Sign-ups will be held
August 30th at 6:00 pm**

Located in the Game Room



Leagues begin 2nd week of September!

Wii Bowling League

It's time for Wii Bowling again!!!

**Come play the game you already enjoy
like you never have before - virtually!!!**

**It's easy to learn and you are guaranteed to have fun.
League games are held Fridays at 5:30pm in the lounge.**

**Sign-ups will be held
September 1st @ 6:00 pm**

Located in the Lounge

WiiSports **Club**



Bowling



Our Activities

Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Church (English)	1st Tuesday & 2nd, 3rd, 4th Thursdays of each month	2:00 pm	Community Room
Church (Spanish)	1st Thursday of each month	2:00 pm	Community Room
Bible Study	Every Wednesday	12:30 pm	Community Room
Chat Room	Every Thursday	10:00 am	Community Room
Prayer Time	1st and 3rd Thursday of each month	7:00 pm	Community Room

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Walkers Club	Every Mon, Wed, Fri	9:00 am	Outside/Fitness Center
Advanced Senior Fitness	Every Monday & Wednesday	11:30 am	Exercise Room
Joyful Joints	Every Tuesday & Thursday	10:00 am	Exercise Room
Basic Balance	Every Tuesday & Thursday	11:00 am	Exercise Room
Zumba Gold	Every Thursday	9:00 am	Exercise Room
Fit For Life	Every Mon, Wed & Fri	10:00 am	Exercise Room
Afternoon Meditation & Stretch	Every Tuesday & Thursday	1:00 pm	Exercise Room

Our Activities

Happening in August

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
VAN TRIP PAPERS DROP-OFF	WEDNESDAY, AUGUST 1	8:30 AM	MAIN OFFICE
Mobile Market	Every Friday	12:30 pm	Outside/ Promenade
Sprinkles Ice Cream Truck	Sundays, August 5, 19, 26 Tuesdays, August 14, 21	3:00 pm 2:00 pm	Outside/ Promenade
Blood Pressure Check	Thursday, August 2	6:00 pm	Lounge
Second Harvest	Friday, August 3	1:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, August 4	8:00 am	Lounge
Pinochle Party	Saturday, August 4	12:30 pm	Lounge
SPEAKER - A Matter of Balance	Monday, August 6	2:00 pm	Community Room
Card Making Class	Tuesday, August 7	1:30 pm	Lounge
Computer Class	Fridays, August 10 & 24	1:00 pm	Computer Room/Library
Breakfast	Saturday August 11	8:30 am	Lounge
Movie: The Intern	Monday, August 13 & Tuesday, August 28	1:00 pm	Conference Room
Yoga Sample Class	Friday, August 17	10:00 am	Exercise Room
Penny (Therapy Dog)	Friday, August 17	2:00 pm	Lounge
Ice Cream Social	Wednesday, August 15	2:00 pm	Lounge
Watercolor Class	Tuesday, August 21	1:30 pm	Lounge
Social - Steel City	Sunday, August 26	5:00 pm	Lounge
Latin Dance Class	Tuesday, August 28	6:30 pm	Lounge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Kierra Events Pastor Clark Events Van Trips Lutheran Manor Events Resident's Assoc. Events Holidays/Observances, Other</p> </div>			1 8:30 Van Trip Papers Drop Off 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness 12:00 Van Trip 12:30 Bible Study	2 9:00 Zumba Gold 10:00 Joyful Joints 10:00 Chat Room 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Van Trip 6:00 Blood Pressure Check 7:00 Prayer Time	3 9:00 Van Trip 9:00 Walkers Club 10:00 Fit For Life 12:00 Mobile Market 1:00 Second Harvest 1:30 Van Trip	4 8:00 Coffee, Donuts, Bagels, & Muffins 12:30 Pinochle
5 3:00 Sprinkles Ice Cream Truck	6 9:00 Van Trip 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness 2:00 Speaker	7 Discount Laundry 10:00 Joyful Joints 10:30 Van Trip 11:00 Basic Balance 1:00 Meditation & Balance 1:30 Card Making	8 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness 12:30 Bible Study	9 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church (Esp)	10 9:00 Walkers Club 10:00 Fit For Life 12:00 Mobile Market 1:00 Computer Class	11 8:30 Breakfast 9:00 Van Trip
12	13 9:00 Van Trip 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness 1:00 Movie	14 Discount Laundry 9:00 Van Trip 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 3:00 Sprinkles Ice Cream Truck	15 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness 12:00 Van Trip 12:30 Bible Study 2:00 Ice Cream Social	16 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Van Trip 7:00 Prayer Time	17 9:00 Walkers Club 10:00 Yoga 12:00 Mobile Market 2:00 Penny	18
19 12:00 Van Trip 3:00 Sprinkles Ice Cream Truck	20 9:00 Walkers Club 10:00 Van Trip 10:00 Fit For Life 11:30 Advanced Senior Fitness	21 Discount Laundry 9:00 Van Trip 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 Watercolor Class 3:00 Sprinkles Ice Cream Truck	22 9:00 Walkers Club 10:00 Van Trip 10:00 Fit For Life 11:30 Advanced Senior Fitness 12:30 Bible Study	23 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Van Trip	24 9:00 Walkers Club 10:00 Fit For Life 12:00 Van Trip 12:00 Mobile Market 1:00 Computer Class	25 9:00 Van Trip
26 3:00 Sprinkles Ice Cream Truck 5:00 Social	27 8:30 Van Trip 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness	28 Discount Laundry 9:00 Van Trip 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:00 Movie 6:30 Latin Dance Class	29 9:00 Walkers Club 10:00 Fit For Life 11:30 Advanced Senior Fitness 12:00 Van Trip 12:30 Bible Study	30 9:00 Zumba Gold 10:00 Chat Room 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 4:00 Van Trip 6:00 Shuffleboard League Signups	31 9:00 Walkers Club 10:00 Fit For Life 10:30 Van Trip 12:00 Mobile Market	

VAN TRIPS September 2018

DATE	DAY	TRIP	TIME
September 3	Monday	Banks, Post Office	9:00 am _____
September 3	Monday	CVS, \$ Store	1:30 pm _____
September 4	Tuesday	Shopping @ Kmart/Lunch @ Sal's Pizza	10:30 am _____
September 5	Wednesday	Weis	12:00 pm _____
September 6	Thursday	Circle Line, New York City <u>COST: \$43</u>	9:30 am _____
September 7	Friday	Breakfast @ Perkins/Shopping @ T.J. Maxx	9:00 am _____
September 10	Monday	Wegmans	12:00 pm _____
September 11	Tuesday	Dinner @ Doughboys	4:00 pm _____
September 12	Wednesday	Shopping @ Tannersville Outlets	9:30 am _____
September 13	Thursday	Dinner @ Red Lobster	4:00 pm _____
September 14	Friday	Breakfast @ The Palace/Valley Farms	9:30 am _____
September 15	Saturday	Dutch Apple Dinner Theatre Presents: Swing <u>COST: \$55.00</u>	9:30 am _____
September 17	Monday	Lunch @ Sewyco's Fireman Buffet	11:00 am _____
September 18	Tuesday	Breakfast @ Cracker Barrell/Walmart	9:00 am _____
September 19	Wednesday	Shop-Rite	12:00 pm _____
September 20	Thursday	Good Shepherd Aquatic Pool Program	4:00 pm _____
September 21	Friday	Lunch @ Beth Diner/Movies @ Carmike	12:00 pm _____
September 22	Saturday	Easton Farmers Market	9:00 am _____
September 24	Monday	Klein Farms Dairy / Pet the Animals	10:00 am _____
September 25	Tuesday	Giant	12:00 pm _____
September 26	Wednesday	Shopping @ Ross/Christmas Shop/ Lunch @ Roma Ristorante	10:30 am _____
September 27	Thursday	Dinner @ Bubbas	4:00 pm _____
September 28	Friday	Green Dragon Farmers Market & Auctions	11:00 am _____

Please fill out the form and bring to the main office, I will start collecting forms at 8:30 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.

SPECIAL EVENTS August 2018

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

(check off what you want to attend)

Speaker: A Matter of Balance

_____ Monday, August 6 at 2:00 pm

Card Making

_____ Tuesday, August 7 at 1:30 pm

Computer Class with Nancy

_____ Friday, August 10 at 1:00 pm

_____ Friday, August 24 at 1:00 pm

Movie - "The Intern" (Pick one time only!)

_____ Monday, June 13 at 1:00 pm –Be in your seat by 12:45 pm

_____ Tuesday, June 28 at 1:00 pm–Be in your seat by 12:45 pm

Ice Cream Social

_____ Wednesday, August 15 at 2:00 pm

Therapy Dog Visit with Penny

_____ Friday, August 17 at 2:00 pm

Watercolor with David

_____ Tuesday, August 21 at 1:30 pm

Sprinkles Ice Cream Truck (Let us know when you'll be joining us!)

_____ Sunday, August 5 at 3:00 pm

_____ Tuesday, August 14 at 2:00 pm

_____ Sunday, August 19 at 3:00 pm

_____ Tuesday, August 21 at 2:00 pm

_____ Sunday, August 26 at 3:00 pm

Latin Dance Class

_____ Tuesday, August 28 at 6:30 pm

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

NAME: _____ **APT#:** _____