

February 2019

Hi Lites of Lutheran Manor





Notes From the Office



**To Our
New Residents!**

Margaret Clewell-Schubert Apt. 811

Laura Diehl Apt. 710

Ramon Cruz-Rivera & Virginia DeLeon Apt. 203



SNOW PARKING SPOT

Snow parking spots must remain **EMPTY**, during the winter months, especially when snow is expected in the weather forecast.



VAN TRIP PAPERS

Van Trip Paper/Event Signup sheets
will be accepted beginning at
8:30 am in Claudie's Office.

REMINDER

PAYMENTS FOR TRIPS
ARE DUE WHEN YOU SUBMIT
YOUR VAN TRIP PAPERS.

Card Making Class

**Monday, February 4
@ 1:30 pm in the Lounge**

Paint with David

**Friday, February 8
@ 1:30 pm in the Lounge**

Computer Class

**Fridays, February 8 & 22
@ 1:00 in the Computer Room**

Blood Pressure

**Thursday, February 7
@ 6:00 pm in the Lounge**

Resident's Association



BINGO

Every Monday
at 6:00 pm in the Lounge.

SNACK STAND

Snacks available every
Monday & Wednesday
From 3:00 pm-6:00 pm
in the Main Lobby

SOCIAL

Sunday, February 24th
at 5:00 pm in the Lounge
Food: Meatball Sandwiches
Entertainment: Joe Kepple

Coffee, Donuts, Bagels, & Muffins

Saturday, February 2, 2019
8:00 am to 10:00 am in the Lounge

\$1.00 coffee
\$1.00 donuts, bagels, muffins
\$1.00 each for additional donuts,
bagels, muffins



Friends and Family
are always welcome!



ICE CREAM

Ice cream will be sold
Every Wednesday
From 5:00 - 6:00 pm
in the Lounge.

Menu

- Chicken Cordon Bleu
- Scalloped Potatoes
- Glazed Carrots
- Lettuce with
Hot Bacon Dressing
- Cherry Pie
- Coffee or Tea
- Soda: \$1.00

Valentine's Day Party

Saturday, February 16, 2019
5pm in the Lounge (Doors open at 4pm)



Cost:

\$11 per person
\$12 per guest
(limit 2)

Entertainment
Majestics

50/50 Drawing: 3 for \$1.00

Welcome back Estelle's Catering!



Refreshments will be served!

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

RENT REBATES

Rent Rebate Packets

If you haven't already, you should be receiving an information packet including the paperwork to complete your annual rent rebate.

Please hold on to these packets.

See Claudie or Michelle for scheduling appointments and any information on completing your rent rebates!



Happy
Valentine's
Day

Bellezza Salon & Spa

Hours of Operation

Tuesday 9am - 3pm

Thursday 9am - 3pm

For Appointments Call:

610-866-6010, then press 9

WALK-INS WELCOME



February Specials

Enter our Drawing!

Enter your name in our
Valentine Box

Tuesdays

1/2 half Gel Manicures!

Pay only \$12.50!!!

(Regularly \$25)

Thursdays

Bring a friend with you and
receive 1/2 off your service

THAT SAME DAY!



Kinsey Massage Therapy

is licensed in massage therapy by the state of PA
and provides an adaptable blend of deep tissue,
trigger point, mobilization, myofascial release
and deep relaxation therapies uniquely
tailored to each individual.

Therapeutic massages are available Mondays in the salon by APPOINTMENT ONLY.

30 Minutes - \$20

60 Minutes - \$40

Book directly with Kinsey!

484-223-8816



**PLEASE BE SEATED 15 MINUTES BEFORE START OF THE MOVIE.
LOCATED IN THE COMMUNITY ROOM!!!**

MOVIE 1: OVERBOARD

**Monday, February 4 @ 1:00 pm
Tuesday, February 19 @ 11:00 am**



In a splashy new twist, Overboard focuses on Leonardo, a selfish, spoiled, rich playboy from Mexico's richest family, and Kate, a working-class single mom of three hired to

clean Leonardo's luxury yacht. After unjustly firing Kate and refusing to pay her, Leonardo falls overboard when partying too hard and wakes up on the Oregon coast—with amnesia. Kate shows up at the hospital, and to get payback, convinces Leonardo he is her husband and puts him to work—for the first time in his life. At first miserable and inept, Leonardo slowly settles in. Eventually he earns the respect of his new "family" and coworkers. But with Leonardo's billionaire family hot on their trail and the possibility of his memory returning at any moment, will their new family last or will Leonardo finally put the clues together and leave them for good?

MOVIE 2: AND SO IT GOES

**Monday, February 11 @ 1:00 pm
Tuesday, February 26 @ 1:00 pm**



When his estranged son leaves his granddaughter for him to raise, obnoxious realtor Oren Little recruits his sweet neighbor Leah to help out. In the process, Oren realizes it may not be too late to begin appreciating the people in his life—and even allowing a few new ones into it!



**FEEL FREE TO BRING YOUR
FAVORITE SNACKS TO ENJOY
DURING THE MOVIE!**

BREAKFAST



Breakfast open to
all Residents & Guests!!

Saturday, February 9, 2019

8:30 am - 10:00 am

Cost: \$3.00

MENU

3 Pancakes

2 Sausage Links

Coffee and Orange Juice

BREAKFAST

Saturday, February 9, 2019

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, FEBRUARY 4, 2019.



Valentine's Day Party

Saturday, February 16, 2019
5pm in the Lounge (Doors open at 4pm)



Cost:

\$11 per person

\$12 per guest (limit 2)

Entertainment

Majestics

Valentine's Day Party

Put slip and cash payment in a sealed envelope and slide under the door of
Marjorie Bachemin Apt #705.

Name: _____ Apt#: _____ Phone: _____

of Guests _____

DEADLINE FOR RESERVATIONS IS WEDNESDAY, FEBRUARY 13, 2019.



Kierra's Kickstart to Fitness

Speaker: **Heart Health**

Wednesday, Feb. 6th 2:00 PM

Community Room



**Do you have high blood pressure?
Learn how exercise can help this,
as well as other heart issues.**

February is American Heart Month

***Heart Disease is the leading
cause of death in the U.S.***

Causes of heart disease include: smoking,
chronic high cholesterol, chronic high blood
pressure, blockages, heart defects, and more.

You can live your best life and prevent suffering from diseases like heart disease by having a healthy diet and exercising.

If you are unsure how to start,
visit Kierra in the Fitness Center!
Or call x208



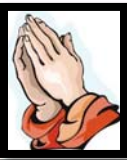
Let's play Fitness Class Bingo!

*Throughout the month of February, attend our fitness classes to
stamp your Bingo Card and win prizes!*

See Kierra for rules and to receive your Bingo Card.

IMPORTANT REMINDER

In order to use the fitness center or attend classes, you must enroll by completing required paperwork. Please stop by the Fitness Center or call Kierra at x208 to obtain the paperwork.



From the Chaplain



"Am I a light?"

"You are the light of the world."

" Matthew 5:14

Am I a light that shines for

others... or keeps others in the

dark? Do I bring hope or

criticize? Do I build up or tear down? Do I

encourage or discourage? With each thing

that I say or do - am I helping to form the

human being that God created me to be?

Because here's the thing...if you want to be a

light that shines for others, then you have to

decide to be a light each time that you're faced with decisions – easy decisions or difficult decisions.

Jesus said in Matthew 5:14, "You are the light of the world." YOU can provide light. Don't tell me that you can't. A small candle can bring light to a dark room and a 1,000-watt bulb that can light a gym. Light is light, and you can share yours and make this world a brighter place.

So, SHINE!

Blessings, Pastor Clark

WORSHIP AT 2 PM* EVERY WEEK IN THE COMMUNITY ROOM



Tues Feb 5th - Father Daniel Kravatz, Notre Dame RC Church, Bethlehem

Thurs Feb 7th – Spanish Worship- Pastor from House of God, Allentown

Thurs Feb 14th – Pastor Larry Humberd, L.V. Grace Brethren, Bethlehem

Thurs Feb 21st – Pastor Dan Miller, Edgeboro Moravian, Bethlehem

Thurs Feb 28th – Pastor Jay Wetzel, Lutheran, retired

ALL ARE WELCOME

Bible Study: Wednesday @ 12:30pm

Chat Room/Life Bio: Thursday @ 10 am

Prayer Time:

1st & 3rd Thursdays of each month at 7pm

Angel Study:

2nd & 4th Thursdays at 6:30 pm

All events located in the Community Room

Prayer, Praise and Scripture:

Sunday, February 10th at 1 pm **IN THE LOUNGE**



"Danny, I know your youth pastor encouraged you to be the 'Light of the World,' but I rather prefer incandescent in our living room."

NOTE!

Please deposit your old palms in the box in the Lounge by March 1st
in preparation for Ash Wednesday which is March 6th.

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 the 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
Angel Study	2nd and 4th Thursday of Each Month	6:30 pm	Community Room
Sunday Praise	2nd Sunday of each month	1:00 pm	Lounge

Exercise Classes

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Stand Up for Strength	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 Monday & Wednesday	10:00 am	Exercise Room
Afternoon Meditation & Stretch	Every Tuesday & Thursday	1:00 pm	Exercise Room
Walkers Club	Every Mon, Wed, Fri	2:00 pm	Outside/Fitness Center
Everybody's Yoga	Every Friday	10:15 am	Exercise Room

Our Activities

Happening in February

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
OFFICE CLOSED	Monday, February 18	Presidents Day	
BINGO	Every Monday	6:00 pm	Lounge
Snack Stand	Every Mon & Wed	3:00 pm	Lobby
Ice Cream	Every Wednesday	5:00 pm	Lounge
Shuffleboard League	Every Thursday	6:00 pm	Game Room
LOUNGE CLOSED FOR CLEANING	Every Friday	7-9:30 am	Lounge
<u>VAN TRIP PAPERS DROP-OFF</u>	<u>FRIDAY, FEBRUARY 1</u>	<u>8:30 AM</u>	<u>CLAUDIE'S OFFICE</u>
Second Harvest	Friday, February 1	1:00 pm	Lounge
Coffee, Donuts, Bagels & Muffins	Saturday, February 2	8:00 am	Lounge
Pinochle Party	Saturday, February 2	12:30 pm	Lounge
Card Making Class	Monday, February 4	1:30 pm	Lounge
SPEAKER: Heart Health	Wednesday, February 6	2:00 pm	Community Room
Blood Pressure Check	Thursday, February 7	6:00 pm	Lounge
Paint with David	Friday, February 8	1:30 pm	Lounge
Breakfast	Saturday, February 9	8:30 am	Lounge
Sunday Praise with David	Sunday, February 10	1:00 pm	Lounge
General Meeting	Tuesday, February 12	2:00 pm	Lounge
Valentine's Day Party	Saturday, February 16	5:00 pm	Lounge
SPEAKER: Market on Wheels	Tuesday, February 19	1:30 pm	Community Room
Social	Sunday, February 24	5:00 pm	Lounge
A Matter of Balance Class	Fridays, February 1, 8, 15, & 22	1:00 pm	Community Room
<u>Movie Days:</u> Movie #1: Overboard Movie #2: And So It Goes	#1: Monday, February 4 Tuesday, February 19 #2: Monday, February 11 Tuesday, February 26	1:00 pm 11:00 am 1:00 pm 1:00 pm	Community Room
Life Bio	Thursdays, February 7, 14, 21, 28	10:00 am	Community Room
Computer Class	Fridays, February 8 & 22	1:00 pm	Computer Room/Library

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<div> <div>Fitness Events</div> <div>Van Trips</div> <div>Resident's Association Events</div> </div> <div> <div>Religious Events</div> <div>Lutheran Manor Events</div> <div>Holidays/ Observances, Other</div> </div>		1 7:00-9:30 Lounge Closed 9:00 Breakfast @Williams Family Rest./Valley Farms 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Balance Class 1:00 Second Harvest 2:00 Walkers Club	2 8:00 Coffee, Donuts, Bagels & Muffins 12:30 Pinochle
3 	4 1 0:00 Fit For Life 11:30 Stand Up for Strength 1:00 MOVIE #1 1:30 Card Making Class 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	5 9:00 Banks/Post Office 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 1:30 CVS/\$-Store 2:00 Church	6 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 SPEAKER: Heart Health 2:00 Walkers Club 3:00 Snack Stand 4:00 Dinner @ Doughboys 5:00 Ice Cream Sale	7 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 10:30 Shopping @ Lehigh Valley Mall 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church (Esp.) 6:00 Blood Pressure Check 6:00 Shuffleboard 7:00 Prayer Time	8 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 12:00 Lunch @ Borderline & Movie @ Promenade 1:00 Balance Class 1:00 Computer Class 1:30 Paint with David 2:00 Walkers Club	9 8:30 Breakfast
10 1:00 Sunday Praise with David	11 10:00 Fit For Life 11:00 Lunch @ Sewyco's Fire Co. 11:30 Stand Up for Strength 1:00 MOVIE #2 1:30 Committee Meeting 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	12 9:30 Weis 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 General Meeting	13 9:30 Leesport Flea Market & Lunch @ Hoss's 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	14 9:00 Good Store, Effort & Lunch @ Weavers 10:00 Life Bio 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 6:30 Angel Study	15 7:00-9:30 Lounge Closed 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Balance Class 2:00 Walkers Club 4:00 Dinner @ Outback Rest.	16 5:00 Valentine's Day Party
17 	18 OFFICE CLOSED PRESIDENTS DAY 	19 10:00 Joyful Joints 11:00 MOVIE #1 11:00 Basic Balance 12:00 Giant 1:00 Meditation & Stretch 1:30 SPEAKER: Market on Wheels	20 10:00 Fit For Life 11:00 Lunch @ Old Country Buffet 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 5:00 Ice Cream Sale	21 9:00 Zumba Gold 10:00 Life Bio 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 3:00 Dinner @ Texas Roadhouse 6:00 Shuffleboard 7:00 Prayer Time	22 7:00-9:30 Lounge Closed 9:00 Breakfast @ Tic Toc & Walmart 10:15 Everybody's Yoga 11:00 Tai Chi 1:00 Balance Class 1:00 Computer Class 2:00 Walkers Club	23
24 5:00 Social	25 9:30 Wegmans 10:00 Fit For Life 11:30 Stand Up for Strength 2:00 Walkers Club 3:00 Snack Stand 6:00 BINGO	26 10:00 Joyful Joints 10:30 Shopping @ Kmart & Lunch @ Sal's Rest. 11:00 Basic Balance 1:00 MOVIE #2 1:00 Meditation & Stretch	27 10:00 Fit For Life 11:30 Stand Up for Strength 12:30 Bible Study 2:00 Walkers Club 3:00 Snack Stand 4:00 Dinner @ Samuel Owens Rest. 5:00 Ice Cream Sale	28 9:00 Zumba Gold 10:00 Shopping @ Stroudsburg Outlets & Lunch 10:00 Life Bio 10:00 Joyful Joints 11:00 Basic Balance 1:00 Meditation & Stretch 2:00 Church 6:00 Shuffleboard 6:30 Angel Study		

VAN TRIPS March 2019

DATE	DAY	TRIP	TIME
March 1	Friday	Shopping @ Palmer Park Mall & Lunch @ Carrabba's Italian Grill	10:00 am ____
March 4	Monday	Banks & Post Office	9:00 am ____
March 4	Monday	CVS & \$-Store	1:30 pm ____
March 5	Tuesday	Breakfast @ Tic Toc Family Restaurant & Walmart	9:00 am ____
March 6	Wednesday	Dinner @ Red Lobster	4:00 pm ____
March 7	Thursday	Shop-Rite	9:30 am ____
March 8	Friday	Lunch @ Red Robbins & Movie @ The Promenade	12:00 pm ____
March 11	Monday	Weis	12:00 pm ____
March 12	Tuesday	Lunch @ Ruby Tuesday & Shopping @ Lehigh Valley Mall	11:00 am ____
March 13	Wednesday	Dinner @ Doughboys	4:00 pm ____
March 15	Friday	Breakfast @ Williams Family Restaurant in Easton & Valley Farms	9:00 am ____
March 18	Monday	Dinner @ Applebee's Restaurant	4:00 pm ____
March 19	Tuesday	Giant	12:00 pm ____
March 20	Wednesday	Shopping @ Kmart Lunch @ Wind Gap Diner	10:00 am ____
March 22	Friday	Dinner @ Marblehead Chowder House	4:00 pm ____
March 25	Monday	Dinner @ Sewyco's Fire Co. in Hellertown	4:00 pm ____
March 26	Tuesday	Wegmans	12:00 pm ____
March 27	Wednesday	Dutch Apple Theater & Dinner Presents: Joseph and the Amazing Technicolor Dreamcoat Cost: \$58.00	8:30 pm ____
March 29	Friday	Dinner @ Outback Restaurant	4:00 pm ____
March 30	Saturday	Pig Stomach Dinner @ Jacob's Church, New Tripoli	2:30 pm ____

Forms will be collected starting at 8:30 am on Friday, February 1, 2019.

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 February 2019

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

(check off ☒ what you want to attend)

Movie Days - Please be in your seat 15 minutes before the start of the movie

_____ Monday, February 4 at 1:00 pm

_____ Tuesday, February 19 at 11:00 am

(Movie #1: Overboard)

_____ Monday, February 11 at 1:00 pm

_____ Tuesday, February 26 at 1:00 pm

(Movie #2: And So It Goes)

Card Making Class

_____ Monday, February 4 @ 1:30 pm

Paint with David

_____ Friday, February 8 at 1:30 pm

Computer Class with Nancy

_____ Friday, February 8 at 1:00 pm

_____ Friday, February 22 at 1:00 pm

SPEAKER: Heart Health

_____ Wednesday, February 6 at 2:00 pm

A MATTER OF BALANCE CLASS

_____ Fridays, February 1, 8, 15 & 22 at 1 pm

SPEAKER: Market on Wheels

_____ Tuesday, February 19 at 1:30 pm

Forms will be collected starting at 8:30 am on Friday, February 1, 2019.

NAME: _____ **APT#:** _____