

January 2017

Hi Lites of Lutheran Manor





NEW RESIDENTS
 Dalma Rohena 403
 Barbara Harden 703
 Marci McCully 903
 Richard Kave 902

January 1 (Sunday)	HAPPY NEW YEAR 2017!!!		
January 2 (Monday)	HOLIDAY <i>Weis Market</i>	OFFICE CLOSED <i>9:30 a.m.</i>	<i>Van Trip</i>
January 3 (Tuesday)	<i>Banks, CVS, \$ Store, Post Office</i> Zumba Rev. James Harper, Notre Dame RC Church, Bethlehem	<i>9:30 a.m.</i> 10:00 a.m. 2:00 p.m.	<i>Van Trip</i> Lounge Lounge
January 4 (Wednesday)	Exercise Bible Study Computer Class Piano Playing <i>Dinner @Calvary Baptist Church</i> <i>Easton Cost: \$7.00</i>	10:00 a.m. 12:30 p.m. 1:00 p.m. 3:00 p.m. <i>4:15 p.m.</i>	Lounge Lounge Comp Rm Lounge <i>Van Trip</i>
January 5 (Thursday)	Massage Chat Room <i>Good Shepherd Aquatic Pool</i> <i>Program Cost: \$8.00 (Physician waiver required)</i> Blood Pressure Check Prayer Time	9:00 a.m. 10:00 a.m. <i>4:00 p.m.</i> 6:00 p.m. 6:30 p.m.	Conf Rm Lounge <i>Van Trip</i> Lounge Lounge
January 6 (Friday)	Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am) Yoga Tai Chi Second Harvest <i>Lunch @Sam Owens Restaurant</i> Wii Bowling	7:00 a.m. 10:00 a.m. 12:45 p.m. 1:00 p.m. <i>11:30 a.m.</i> 5:30 p.m.	Lounge Lounge Lounge Lounge <i>Van Trip</i> Lounge
January 7 (Saturday)	Coffee & Donuts Pinochle Party	8:00 a.m. 12:30 p.m.	Lounge Lounge
January 8 (Sunday)	Sunday Praise	1:00 p.m.	Lounge
January 9 (Monday)	Exercise <i>Shopping @Kmart/Lunch @ Wind Gap Diner</i> Committee Mtg Bingo	10:00 a.m. <i>10:30 a.m.</i> 1:30 p.m. 6:00 p.m.	Lounge <i>Van Trip</i> Lounge Lounge

January 10 (Tuesday)	Shop Rite-Freemansburg Ave Easton	9:30 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
	General Meeting (1st & 2nd Floor responsible for snacks)	2:00 p.m.	Lounge
January 11 (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
	Dinner @Calvary Baptist Church- Easton Cost: \$7.00	4:15 p.m.	Van Trip
January 12 (Thursday)	Chat Room	10:00 a.m.	Lounge
	Rev. Sharon Solt Harfman, Church of the Manger UCL, Beth Tri-Boro Spaghetti Night Dinner	2:00 p.m.	Lounge
		4:45 p.m.	Van Trip
January 13 (Friday)	Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am)	7:00 a.m.	Lounge
	Yoga	10:00 a.m.	Lounge
	Tai Chi	12:45 p.m.	Lounge
	Movie-Sully	1:00 p.m.	Conf Rm
	Wii Bowling	5:30 p.m.	Lounge
January 14 (Saturday)	Manicures by Appointment	9:30 a.m.	Lounge
January 16 (Monday)	Martin Luther King Day	OFFICE CLOSED	
	Breakfast/Walmart	9:00 a.m.	Van Trip
January 17 (Tuesday)	Zumba	10:00 a.m.	Lounge
	Senior Bingo w/lunch (donations)	10:45 a.m.	Van Trip
	Speaker-Healthy Eating	1:30 p.m.	Lounge
January 18 (Wednesday)	Exercise	10:00 a.m.	Lounge
	Bible Study	12:30 p.m.	Lounge
	Computer Class	1:00 p.m.	Comp Rm
	Piano Playing	3:00 p.m.	Lounge
	Bingo at Lehigh Valley Active Life	5:15 p.m.	Van Trip
January 19 (Thursday)	Chat Room	10:00 a.m.	Lounge
	Rev. Jay Wetzel, St. John Lutheran, Bath	2:00 p.m.	Lounge
	Good Shepherd Aquatic Pool Program Cost:\$8.00 (Physician Waiver required)	4:00 p.m.	Van Trip
January 20 (Friday)	Prayer Time	6:30 p.m.	Lounge
	Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am)	7:00 a.m.	Lounge

January 20 (Friday)	Yoga	10:00 a.m.	Lounge
	Tai Chi	12:45 p.m.	Lounge
	Dinner @Outback Steakhouse	4:00 p.m.	Van Trip
January 21 (Saturday)	Wii Bowling	5:30 p.m.	Lounge
	Soup & Hotdogs-Joe Kroboth	5:00 p.m.	Lounge
January 23 (Monday)	Apartment Inspections (Floors, 11, 10, 9)	8:30 a.m.	Floors
	Breakfast/Valley Farms	9:00 a.m.	Van Trip
January 24 (Tuesday)	Exercise	10:00 a.m.	Lounge
	Movie-Sully	1:00 p.m.	Conf Rm
	Bingo	6:00 p.m.	Lounge
	Apartment Inspections (Floors, 8, 7, 6)	8:30 a.m.	Floors
January 25 (Wednesday)	Wegmans	9:30 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
	Speaker- Caption Call	1:30 p.m.	Lounge
	Apartment Inspections (Floors, 5, 4)	8:30 a.m.	Floors
	Exercise	10:00 a.m.	Lounge
January 26 (Thursday)	Bible Study	12:30 p.m.	Lounge
	Line Dancing	2:00 p.m.	Lounge
	Piano Playing	3:00 p.m.	Lounge
	Dinner @Blue Monkey Sports Restaurant	3:30 p.m.	Van Trip
	Apartment Inspections (Floors, 3, 2, 1)	8:30 a.m.	Floors
	Chat Room	10:00 a.m.	Lounge
January 27 (Friday)	Rev. Clark, Memorial Service	2:00 p.m.	Lounge
	Lounge Cleaning (Lounge & Laundry Rm CLOSED till 9:45 am)	7:00 a.m.	Lounge
	Allentown Farmers Market/Lunch @Ritz Barbecue	9:30 a.m.	Van Trip
January 29 (Sunday)	Yoga	10:00 a.m.	Lounge
	Tai Chi	12:45 p.m.	Lounge
	Wii Bowling	5:30 p.m.	Lounge
January 30 (Monday)	Social-Kato	5:00 p.m.	Lounge
	Giant Market	9:30 a.m.	Van Trip
January 31 (Tuesday)	Exercise	10:00 a.m.	Lounge
	Therapy Dog	11:00 a.m.	Lounge
	Bingo	6:00 p.m.	Lounge
	Zumba	10:00 a.m.	Lounge
	Watercolor Class	1:00 p.m.	Lounge

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
Church	1st Tuesday & 2nd, 3rd, 4th Thursday	2:00 p.m.	Lounge
Zumba	Every Tuesday	10 a.m.	Lounge
Bible Study	Every Wednesday	12:30 p.m.	Lounge
Piano Playing	Every Wednesday	3:00 p.m.	Lounge
Chat Room	Every Thursday	10 a.m.	Lounge
Prayer Time	1st & 3rd Thursday of each month	6:30 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



2017

Saturday	2/4	Coffee & Donuts	8:00 a.m.
Saturday	2/4	Pinochle Party	12:30 p.m.
Saturday	2/18	Soup & Hot Dogs-Jack & Friends	5:00 p.m.
Sunday	2/26	Social-Rehrig Brothers	5:00 p.m.



Claudie's

Corner



Healthy Eating with the Seasons

Claudia Richan from
Bethlehem Health Bureau
will be here on

Tuesday, January 17 @ 1:30pm

- ◆ What does it mean to “eat seasonally?”
- ◆ Why Eating Seasonally & Locally is better for you
(and your wallet)
- ◆ Eating seasonally is better for the environment

Come down and
learn about
healthy eating
for the New Year.



CaptionCall

Colette Gorman from Caption Call
will be here on

Tuesday, January 24 @ 1:30pm

Are you experiencing hearing loss and can't hear who is on the phone calling you? Caption-Call is a revolutionary **no-cost** solution designed to **help people with hearing loss** use the phone with confidence.

Refreshments will be served!



**Thank
You**

The Staff at Lutheran Manor would like to send out a great big **THANK YOU** to each and every one of you. We appreciate all of your gifts, treats, cards and well wishes during this wonderful holiday season. Your generosity and thoughtfulness are greatly appreciated.

From us to you:

HAPPY NEW YEAR!!!

*Courtney, Michelle, Mona, Claudie, Ken, Donny, Nigel,
Kevin, Judy, Sacha, Pastor Clark, Don S., Ken C.*

Computer Class



Wednesday,
Jan 4 & 18
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
in the Lounge

ZUMBA

Tuesday
10 am
in the Lounge.



MASSAGE

Thursday, January 5th

9:00-12:00 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.



Therapy Dog

Monday, Jan 30
At 11:00 am in the lounge.

Coffee & Donuts

Saturday, January 7th

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

\$1.00 coffee

\$1.00 donut

\$1.00 additional donuts

Friends and Family



Blood Pressure Check
Thursday, Jan 5th
6:00 p.m.
in the Lounge.



Linda will be here to do
MANICURES
Saturday, Jan 14



See Claudie for an appointment.



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



WALKERS CLUB
 will be taking a winter break.
 We will resume
in April 2017.

NOW SHOWING
SULLY

Friday, January 13
&
Monday, January 23
1pm in the Conference Room

On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.



Prayer Time

1st & 3rd Thursday

of each month

In the Lounge

6:30-7:30 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



Soup & Hot Dogs
Saturday, Jan 21st
5 p.m.

- SOUP: Pepper Pot \$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:
Joe Kroboth
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, January 11 & 25
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!



Watercolor Class
Tuesday, January 31st
1pm
Sign up required

Sunday Praise

2nd Sunday of every month
1pm in the Lounge
A time for Song, Scripture and prayer. Everyone is welcome.



Second Harvest

Food Box pick up time & date has changed.
from 11:00 to 1pm. Starting Jan 6
1st Friday of every month.

Social

Sunday, January 29, 2017

4pm Doors Open
5pm Refreshments
6pm Entertainment

Esther's
Ice
Cream
\$1.00



50/50
Raffle



Donations
requested.

Entertainment by: Kato

MEMORIAL SERVICE

January 26, 2017, 2p.m.

A time to remember all those friends and family (not only Lutheran Manor Residents)
who passed away during 2016.

Person(s) to be remembered at Memorial Worship Service in the lounge.

(You may include residents of Lutheran Manor or other friends and family who passed in 2016).

Name: _____ Date/Death _____

Name: _____ Date/Death _____

Name: _____ Date/Death _____

Name: _____ Phone# _____ Apt# _____

Please give completed form to Pastor Clark no later than Thursday, January 19th.

Elvis Tribute





There is nothing like a good New Year's resolution. Lots of us resolve to change something in our lives at the beginning of the year in the hopes that we will actually do it. Lose some weight. Eat healthier. Exercise regularly. Quit smoking. Reduce stress. You name it and we might resolve to do it.

I have a suggestion for a New Year's resolution for YOU. This year – **PUT GOD FIRST.** What does it mean to put God first in your life? Give God first consideration in every decision in your life. Finances. Interests. Relationships. Schedules. Troubles. Make him the first part of your day. Make God's agenda your agenda. Care about what God cares about. Whatever you want God to bless, put him first in that area.

We try to make life so complicated when the simple truth is once we put God first in our lives, everything else will fall into place. That doesn't mean that life will be a bed of roses, but it does mean that God will be there to help us bring order out of chaos. Proverbs 3:6 says it this way: "In all thy ways acknowledge him, and he shall direct thy paths."

Blessings for a Happy New Year-Pastor Clark

WORSHIP IN JANUARY- 2pm in the Lounge

Tues. Jan 3rd - Rev. James Harper, Notre Dame RC Church, Bethlehem
Thurs Jan 12th - Rev Sharon Solt Harfman, Church of the Manager UCC, Bethlehem
Thurs Jan 19th – Rev. Jay Wetzel, St. John Lutheran Church, Bath
Thurs Jan 26th – Memorial Service (see below)- Chaplain Clark



BIBLE STUDY continues our study of Revelation on Wednesdays at 12:30pm in the Lounge. All are invited.

CHAT ROOM meets on Thursdays at 10am in the Lounge. We enjoy good conversation, puzzles, humor and stories with our neighbors. Come and see!



PRAYER TIME on the 1st and 3rd Thursdays of each month at 6:30 pm in the Lounge.

NEW!!! SUNDAY PRAISE...A Time For Song, Scripture, and Prayer led by David Garcia at 1 pm on Sunday, January 8th in the Lounge. This will occur each month at 1pm on the second Sunday of the month.

MEMORIAL SERVICE- On Thursday, January 26th at 2pm we will remember all those who have died in the past year. If you wish to remember a departed loved one in our prayers that day, please fill out the form found elsewhere in this HiLites and give it to Chaplain Clark or slide it under our office door.

Apartment Inspections

Dear Residents,

We are required by the Department of Housing and Urban Development to semi-annually inspect all equipment in Lutheran Manor's units. This inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting, and paint.

Due to our tight schedule the maintenance department will start their inspections at 8:30 AM on:

Monday, January 23, floors **11, 10, 9**

Tuesday, January 24, floors **8, 7, 6**

Wednesday, January 25, floors **5, 4,**

Thursday, January 26, floors **3, 2, 1**

You **DO NOT** have to do anything for this inspection.

You **do not have to be home**. If you are not home on these days, maintenance will enter your apartment and do their maintenance inspection. We thank you in advance for your cooperation in this matter. If you have any concerns or conflicts please visit the rental office.

Ken, Donny, Kevin
Maintenance Department

Valentine's Day Dinner

50/50 RAFFLE

Sunday, February 12, 2017

5pm in the Lounge

Doors Open at 4 pm

Cost:

\$12 per person

\$14 per guest (limit 2)

Menu:

Chicken Cordon Blue

Braised Beef Tips

Parsley Potatoes

Green Beans

Salad & Bacon Dressing

Cherry Pie

Coffee or Tea

Soda & Water-\$1.00

Coordinator: Esther Heimbach

**Entertainment by:
Glen Miller
6:00-7:30 pm**



Valentine's Day Dinner

Sunday, February 12, 2017

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 _____

DEADLINE FOR RESERVATIONS IS WEDNESDAY, FEBRUARY 8TH.

Special Events & Speakers

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

(check off  what you want to attend)

Watercolor Class

_____ Tuesday, January 31 at 1:00 pm

Movie– Sully (Pick one time only!)

_____ Friday, January 13 at 1pm-Be in your seat by 12:45pm.

_____ Monday, January 23 at 1pm-Be in your seat by 12:45pm.

Computer Class with Nancy

_____ Wednesday, January 4 at 1:00 pm

_____ Wednesday, January 18 at 1:00 pm

Line Dancing

_____ Wednesday, January 11 at 2:00 pm

_____ Wednesday, January 25 at 2:00 pm

Speakers

_____ **Healthy Eating**, Tuesday, January 17 at 1:30 pm

_____ **Caption Call Phones**, Tuesday, January 24 at 1:30 pm

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

_____ Thursday, January 5 starting at **9:00am**

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

_____ Saturday, January 14 between 9:30am-5:00pm

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

NAME: _____ APT# _____



Van Trips



Feb 2017

DATE	DAY	TRIP	TIME
February 1	Wednesday	Dinner @Calvary Baptist Church Cost: \$7.00	4:15 p.m.____
February 2	Thursday	Dinner @Doughboys	4:00 p.m.____
February 3	Friday	Banks, CVS, \$ Store, Post Office	9:30 a.m.____
February 6	Monday	Shop-Rite Freemansburg Ave—Easton	9:30 a.m.____
February 7	Tuesday	Dinner @ Texas Road House Restaurant	5:00 p.m.____
February 9	Thursday	Tri-Boro Spaghetti Night Dinner	4:45 p.m.____
February 10	Friday	Shopping @Palmer Mall	1:00 p.m.____
February 11	Saturday	Pines Dinner Theatre – I love you, You're Perfect, Now Change Cost: \$46.00	5:15 p.m.____
February 13	Monday	Giant	9:30 a.m.____
February 15	Wednesday	Bingo @The Lehigh Valley Active Life	5:15 p.m.____
February 16	Thursday	Good Shepherd Aquatic Pool Program Cost:\$8.00 (Physician waiver required)	4:00 p.m. ____
February 19	Sunday	Patsy Cline Tribute-Wind Gap Cost: \$10.00	1:00 p.m.____
February 20	Monday	Good Store & Farm Market/Lunch	8:30 a.m.____
February 21	Tuesday	Senior Bingo w/lunch (donations)	10:45 a.m.____
February 22	Wednesday	Dinner @Calvary Baptist Church Cost: \$7.00	4:15 p.m.____
February 23	Thursday	Good Shepherd Aquatic Pool Program Cost:\$8.00 (Physician waiver required)	4:00 p.m.____
February 24	Friday	Wert's Café for Lunch/Allentown Farmers Market	10:45 a.m.____
February 28	Tuesday	Wegmans	9:30 a.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
<p>1</p> 	<p>2 OFFICE CLOSED</p> 	<p>3 10:00 Zumba 2:00 Rev James Harper Notre Dame RC Church Bethlehem</p>	<p>4 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing</p>	<p>5 9:00 Massage 10:00 Chat Room 6:00 Blood Pressure 6:30 Prayer Time</p>	<p>6 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 5:30 Wii Bowling</p>	<p>7 8:00 Coffee & Donuts 12:30 Pinochle Party</p> 
<p>8 1:00 Sunday Praise</p> 	<p>9 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo</p>	<p>10 10:00 Zumba 2:00 General Meeting</p> 	<p>11 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing</p>	<p>12 10:00 Chat Room 2:00 Rev Sharon Solt Harfman, Church of the Manger UCL, Beth</p>	<p>13 10:00 Yoga 12:45 Tai Chi 1:00 Movie-Sully 5:30 Wii Bowling</p>	<p>14 9:30 Manicures</p> 
<p>15</p>	<p>16 OFFICE CLOSED</p> 	<p>17 10:00 Zumba 1:30 Speaker-Healthy Eating</p>	<p>18 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing</p>	<p>19 10:00 Chat Room 2:00 Rev Jay Wetzel, St John Lutheran, Bath 6:30 Prayer Time</p>	<p>20 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling</p>	<p>21 5:00 Soup & Hotdogs</p> 
<p>22</p>	<p>23 10:00 Exercise 1:00 Movie- Sully 6:00 Bingo</p>	<p>24 10:00 Zumba 1:30 Speaker-Caption Call Phones</p>	<p>25 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing</p>	<p>26 10:00 Chat Room 2:00 Rev Clark Memorial Service</p>	<p>27 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling</p>	<p>28</p>
<p>29 5:00 Social</p> 	<p>30 10:00 Exercise 11:00 Therapy Dog 6:00 Bingo</p>	<p>31 10:00 Zumba 1:00 Watercolor Class</p>				