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	OFFICE CLOSED	
<i>₹</i>	Weis Market	9:30 a.m.	Van Trip
🍃 January 3 (Tuesday)	Banks, CVS, \$ Store, Post Office	9:30 a.m.	Van Trip
<i>,</i> ⊯	Zumba	10:00 a.m.	Lounge
J	Rev. James Harper, Notre Dame	2:00 p.m.	Lounge
*	RC Church, Bethlehem		
January 4 (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
*	Dinner @Calvary Baptist Church	4:15 p.m.	Van Trip
	Easton Cost: \$7.00		
្ទី January 5 (Thursday)	Massage	9:00 a.m.	Conf Rm
# @	Chat Room	10:00 a.m.	Lounge
*	Good Shepherd Aquatic Pool	4:00 p.m.	Van Trip
<i>*</i> ≱	Program Cost: \$8.00 (Physician		
₹ ₩	waiver required)		
<i>?</i> ₩	Blood Pressure Check	6:00 p.m.	Lounge
Je	Prayer Time	6:30 p.m.	Lounge
🏂 January 6 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
*	(Lounge & Laundry Rm CLOSED	till 9:45 am)	
*	Yoga	10:00 a.m.	Lounge
*	Tai Chi	12:45 p.m.	Lounge
*	Second Harvest	1:00 p.m.	Lounge
*	Lunch @Sam Owens Restaurant	11:30 a.m.	Van Trip
*	Wii Bowling	5:30 p.m.	Lounge
	Coffee & Donuts	8:00 a.m.	Lounge
	Pinochle Party	12:30 p.m.	Lounge
្តី January 8 (Sunday)	Sunday Praise	1:00 p.m.	Lounge
🖢 January 9 (Monday)	Exercise	10:00 a.m.	Lounge
₹ &	Shopping @Kmart/Lunch @	10:30 a.m.	Van Trip
7 Me	Wind Gap Diner		
<i>Y</i> ≱	Committee Mtg	1:30 p.m.	Lounge
**	Bingo	6:00 p.m.	Lounge

January 10 (Tuesday)	Shop Rite-Freemansburg Ave	9:30 a.m.	Van Trip
	Easton		
	Zumba	10:00 a.m.	Lounge
	General Meeting	2:00 p.m.	Lounge
	(1st & 2nd Floor responsible for sna	cks)	
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-	4:15 p.m.	Van Trip
	Easton Cost: \$7.00		
January 12 (Thursday)	Chat Room	10:00 a.m.	Lounge
	Rev. Sharon Solt Harfman,	2:00 p.m.	Lounge
	Church of the Manger UCL, Beth		
	Tri-Boro Spaghetti Night Dinner	4:45 p.m.	Van Trip
January 13 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
*	(Lounge & Laundry Rm CLOSED till	9:45 am)	
	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 OF	FICE 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	2:00 p.m.	Lounge
	Lutheran, Bath		
	Good Shepherd Aquatic Pool	4:00 p.m.	Van Trip
	Program Cost:\$8.00 (Physician		
	Waiver required)		
	Prayer Time	6:30 p.m.	Lounge
January 20 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
	(Lounge & Laundry Rm CLOSED till	9:45 am)	

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
	Wii Bowling	5:30 p.m.	Lounge
January 21 (Saturday)	Soup & Hotdogs-Joe Kroboth	5:00 p.m.	Lounge
January 23 (Monday)	Apartment Inspections	8:30 a.m.	Floors
	(Floors, 11, 10, 9)		
	Breakfast/Valley Farms	9:00 a.m.	Van Trip
	Exercise	10:00 a.m.	Lounge
	Movie -Sully	1:00 p.m.	Conf Rm
*	Bingo	6:00 p.m.	Lounge
January 24 (Tuesday)	Apartment Inspections	8:30 a.m.	Floors
	(Floors, 8, 7, 6)		
	Wegmans	9:30 a.m.	Van Trip
	Zumba	10:00 a.m.	Lounge
	Speaker– Caption Call	1:30 p.m.	Lounge
January 25 (Wednesday)	Apartment Inspections	8:30 a.m.	Floors
	(Floors, 5, 4)		
	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 @Blue Monkey Sports	3:30 p.m.	Van Trip
	Restaurant		
January 26 (Thursday)	Apartment Inspections	8:30 a.m.	Floors
	(Floors, 3, 2, 1)	40.00	
	Chat Room	10:00 a.m.	Lounge
27 (5 : 1 .)	Rev. Clark, Memorial Service	2:00 p.m.	Lounge
January 27 (Friday)	Lounge Cleaning	7:00 a.m.	Lounge
	(Lounge & Laundry Rm CLOSED till	-	Maria Triba
	Allentown Farmers Market/Lunch	9:30 a.m.	Van Trip
	@Ritz Barbecue	10:00 a.m.	Loungo
	Yoga Tai Chi		Lounge
	Wii Bowling	12:45 p.m.	Lounge
January 29 (Sunday)	Social- <i>Kato</i>	5:30 p.m. 5:00 p.m.	Lounge
January 30 (Monday)	Giant Market	9:30 a.m.	Lounge <i>Van Trip</i>
January 30 (Worlday)	Exercise	10:00 a.m.	Lounge
		10:00 a.m.	•
	Therapy Dog Bingo	6:00 p.m.	Lounge Lounge
January 31 (Tuesday)	Zumba	10:00 p.m.	Lounge
January 31 (Tuesuay)	Watercolor Class	1:00 a.m.	Lounge
	vvatercolor class	1.00 p.111.	Lounge

Our Activities

	WACTIVITY ACTIVITY		
Activity	Dates	<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.



Claudies



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!





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.



Friday
at 12:45 pm
in the Lounge

YOGA

Every Friday 10:00 am in the Lounge





Piano Playing & Singing

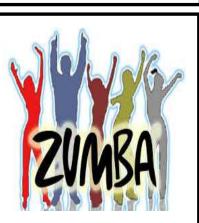
with Gladys

Every Wednesday 3pm in the Lounge

ZUMBA

Tuesday

10 am in the Lounge.



Therapy Dog

Monday, Jan 30
At 11:00 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.

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.





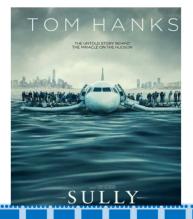
EXERCISE

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

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.



Linda will be here to do
MANICURES
Saturday, Jan 14



See Claudie for an appointment.



WALKERS CLUB

will be taking a <u>winter break</u>.

We will resume

in April 2017.



Prayer Time

of each month
In the Lounge
6:30-7:30 pm

Everyone is Welcome!

Coordinators: Bev Westwood & Loretta Mollo

SNACK STAND

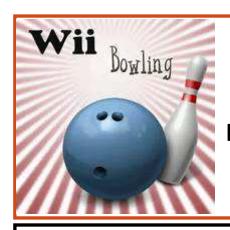


Snacks available every

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



6pm
In the Lounge

BINGO

Entertainment by: Joe Kroboth

50/50 Drawing Friends and Family

are Welcome!



Ling Pancing

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.

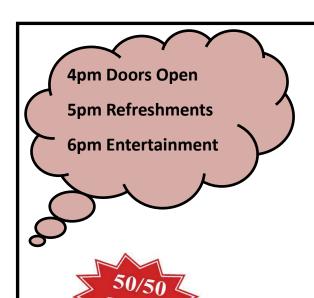


Second Harvest

Food Box <u>pick up time & date</u> has changed.

from 11:00 to 1pm. Starting Jan 6

1st Friday of every month.



Social

Sunday, January 29, 2017



Ice Cream \$1.00



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.

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.

<u>CHAT ROOM</u> 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.

<u>MEMORIAL SERVICE-</u> 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 **<u>DO NOT</u>** 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



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

5pm in the Lounge Doors Open at 4 pm

Cost:

\$12 per person

\$14 per guest (limit 2)

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





of Guests

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:

DEADLINE FOR RESERVATIONS IS WEDNESDAY, FEBRUARY 8TH.

Special Events & Speakers

NAME:	APT#
Complete and	d return this form when you turn in your van trip sign up sheet!
Saturo	day, January 14 between 9:30am-5:00pm
<u>Manicures w</u>	ith Linda (An appointment time will be assigned to you!)
Thurs	day, January 5 starting at 9:00am
<u>Massage wit</u>	<u>h Jenn</u> (An appointment time will be assigned to you!)
Captio	on Call Phones, Tuesday, January 24 at 1:30 pm
Healt	<i>hy Eating</i> , Tuesday, January 17 at 1:30 pm
<u>Speakers</u>	
Wedn	esday, January 25 at 2:00 pm
Wedn	esday, January 11 at 2:00 pm
Line Dancing	
Wedn	esday, January 18 at 1:00 pm
Wedn	esday, January 4 at 1:00 pm
<u>Computer Cla</u>	ass with Nancy
Mond	ay, January 23 at 1pm-Be in your seat by 12:45pm.
Friday	, January 13 at 1pm-Be in your seat by 12:45pm.
<u>Movie</u> – Sully	(Pick one time only!)
Tuesd	ay, January 31 at 1:00 pm
Watercolor C	<u>llass</u>
(check off	what you want to attend)
I want to <u>sign u</u>	to attend the following special events and speakers







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.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY NEW YEAR	2 OFFICE CLOSED	3 10:00 Zumba 2:00 Rev James Harper Notre Dame RC Church Bethlehem	4 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing	5 9:00 Massage 10:00 Chat Room 6:00 Blood Pressure 6:30 Prayer Time	6 10:00 Yoga 12:45 Tai Chi 1:00 Second Harvest 5:30 Wii Bowling	7 8:00 Coffee & Donuts 12:30 Pinochle Party
8 1:00 Sunday Praise	9 10:00 Exercise 1:30 Committee Mtg 6:00 Bingo	10 10:00 Zumba 2:00 General Meeting	11 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing	12 10:00 Chat Room 2:00 Rev Sharon Solt Harfman, Church of the Manger UCL, Beth	13 10:00 Yoga 12:45 Tai Chi 1:00 Movi e-Sully 5:30 Wii Bowling	14 9:30 Manicures
15	KEEP THE DREAM ALIVE	17 10:00 Zumba 1:30 Speaker- Healthy Eating	18 10:00 Exercise 12:30 Bible Study 1:00 Computer Class 3:00 Piano Playing	19 10:00 Chat Room 2:00 Rev Jay Wetzel, St John Lutheran, Bath 6:30 Prayer Time	20 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	21 5:00 Soup & Hotdogs
22	23 10:00 Exercise 1:00 Movie — Sully 6:00 Bingo	24 10:00 Zumba 1:30 Speaker -Caption Call Phones	25 10:00 Exercise 12:30 Bible Study 2:00 Line Dancing 3:00 Piano Playing	26 10:00 Chat Room 2:00 Rev Clark Memorial Service	27 10:00 Yoga 12:45 Tai Chi 5:30 Wii Bowling	28
29 5:00 Social	30 10:00 Exercise 11:00 Therapy Dog 6:00 Bingo	31 10:00 Zumba 1:00 Watercolor Class				